



	Sun 05-14-2017	Mon 05-15-2017	Tue 05-16-2017	Wed 05-17-2017	Thu 05-18-2017	Fri 05-19-2017	Sat 05-20-2017
B R K	Whole Wheat Pancakes Sausage Link Fresh Fruit 100% Juice	Brunch Burritos Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy/Biscuits Hash Browns Fresh Fruit 100% Juice	French Toast Bacon Fresh Fruit 100% Juice	Egg Mushroom Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Oatmeal Raisin Muffins Egg of Choice Fresh Fruit 100% Juice	Belgian Waffle Breakfast Ham Fresh Fruit 100% Juice
L U N	Caesar Salad Thyme Glazed Ham <i>or</i> Country Fried Steak Baked Sweet Potato Skillet Cabbage Baked Roll Blueberry Pie	Creamy Pear Jello Butter Crumb Chicken <i>or</i> Shrimp Limon/Lemon Cream Sauce Creamy AuGratin Potatoes Capri Blend Fresh Biscuits Oreo Cheesecake	Classic Waldorf Salad Beef Jardineiere <i>or</i> Turkey Piccata Penne Pasta Seasoned Cauliflower Baked Roll Mississippi Mud Cake	Mixed Melons Roast Pork/Ginger Glaze <i>or</i> Asparagus and Red Pepper Quiche Steamed Red Potatoes Sauteed Yellow Squash Baked Roll Mixed Berry Crisp	Green Salad BBQ Beef Brisket <i>or</i> Chicken Vanderbilt Ranch M' Potatoes Mixed Vegetables Baked Roll Fresh Coconut Cream Pie	Coleslaw Buttermilk Breaded Catfish <i>or</i> Pork Ribs and Kraut Parsley Rice Steamed Broccoli Baked Roll Angel Food Cake	Pickle Relish Plate Turkey/Glazed Vegetables <i>or</i> Sirloin Steak Homemade Stuffing Roasted Brussels Sprouts Baked Roll Yellow Cake with Fruit Topping
D I N	Creamy Vegetable Soup Turkey A La King <i>or</i> Roast Pork Sandwich Buttery Carrots Noodles <i>or</i> Roast Pork Sandwich <i>or</i> Stir Fry Pork with Snap Peas Apple Spinach Salad Mellow Pudding Dessert	Garden Cheese Soup Egg Salad Sandwich <i>or</i> Three Cheese Potatoes/Beef Mediterranean Tomato Salad <i>or</i> Three Cheese Potatoes/Beef <i>or</i> Tavern Sandwich Bacon Peas Apple Brownies	Vegetable Macaroni Soup Spinach Chicken Gorgonzola Salad <i>or</i> Ham Pickle Sandwich Veggies in Salad Baked Roll <i>or</i> Ham Pickle Sandwich <i>or</i> Ham and Cheese Souffle Vegetable Pasta Salad Sugar Drop Cookie	Pepper Pot Soup Spaghetti/Marinara Meat Sauce <i>or</i> Fish Burger Green Beans Italian Mozzarella Garlic Bread <i>or</i> Fish Burger <i>or</i> Salmon Broccoli Bake Cucumber Onion Salad Tapioca Pudding	Broccoli Cream Soup Turkey Salad Sandwich <i>or</i> Baked Potato Sausage Casserole Carrot Coin Salad <i>or</i> Bratwurst and Sauerkraut <i>or</i> Baked Potato Sausage Casserole German Potato Salad Oatmeal P/B Cookie	Vegetable Medley Soup Beef Stew <i>or</i> Club Sandwich Melon Layered Fruit Fresh Cornbread <i>or</i> Club Sandwich <i>or</i> Cheese Chili Bake Melon Layered Fruit Nut Bread	Tomato Florentine Soup Chicken and Biscuits <i>or</i> Grilled 3 Cheese Sandwich Green and Gold Beans <i>or</i> Grilled 3 Cheese Sandwich <i>or</i> Pork Egg Roll/Sweet Sour Sauce Kiwi Fruit Salad Cinnamon Cookies
	Milk offered at every meal						Week 1

# Beef Jardineiere



Servings: 125

Cooking Time: 1 1/2 hours

Serving Size: 6 oz

<b>Ingredients:</b>	<b>125</b>
Pepper.....	1 1/2 Tbsp
Beef Roast.....	31 1/4 lbs
Thyme.....	1 1/2 Tbsp
Bay Leaf.....	2 1/4 each
Sugar.....	8 1/4 Tbsp
Wine, Red.....	15 1/2 oz
Water.....	5 1/2 cups
Beef Base.....	3 oz
Tomatoes Diced, Canned...	12 1/2 lbs
Carrots, Fresh.....	6 1/2 lbs
Margarine.....	1 1/2 lbs
Flour.....	6 1/2 cups
Peas, Frozen.....	3 3/4 lbs

**Procedure:**

1. Trim all the fat from the meat and cut into serving sized cubes. Coat cubes with flour. Peel and cut carrots into fourths.
2. In a skillet, brown the meat using trimmed fat for oil. Stir in the tomatoes breaking them up with the spoon, beef stock (water + base + red wine). Adjust acidity with sugar, if required. Add the seasonings and carrots.
3. Cover and simmer for 1 1/2 hours. Stir in the peas just before serving.

**Special Diet Instructions:**

Diabetic-CC - DB-CCHO      None

<b>Nutrition Facts</b>	
Serving Size 6 oz	
Servings Per Recipe 125	
Amount Per Serving	
<b>Calories 249</b>	Calories from Fat 96
% Daily Value*	
<b>Total Fat 11g</b>	<b>16%</b>
Saturated Fat 4g	<b>19%</b>
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 418mg</b>	<b>17%</b>
<b>Potassium 632mg</b>	<b>18%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein 26g</b>	
Vitamin A 89%	Vitamin C 13%
Calcium 4%	Iron 22%
*Percent Daily Values are based on a 2,000 calorie diet.	

# Spinach Chicken Gorgonzola Salad



**Servings:** 125

**Serving Size:** 1-1/2 c

<b>Ingredients:</b>	<b>125</b>
Spinach Leafs.....	23 1/2 lbs
Onions, Red.....	4 lbs
Eggs.....	63 egg(s)
Chicken Breast.....	23 1/2 lbs
Cheese, Gorgonzola.....	2 2/3 lbs
Dressing, Honey Mustard..	125 oz

<b>Nutrition Facts</b>	
Serving Size 1-1/2 c	
Servings Per Recipe 125	
Amount Per Serving	
<b>Calories</b> 301	Calories from Fat 141
% Daily Value*	
<b>Total Fat</b> 16g	<b>24%</b>
Saturated Fat 4g	20%
<b>Cholesterol</b> 172mg	<b>57%</b>
<b>Sodium</b> 602mg	<b>25%</b>
<b>Potassium</b> 860mg	<b>25%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	8%
Sugars 9g	
<b>Protein</b> 26g	
Vitamin A 170%	• Vitamin C 43%
Calcium 15%	• Iron 18%
*Percent Daily Values are based on a 2,000 calorie diet.	

**Procedure:**

1. Wash and drain spinach and cut into bite-sized pieces. Peel, then dice or chop hard-boiled eggs. Slice COOKED chicken on the BIAS.
2. To assemble salad: Spread a layer of spinach on a plate. Top with SLICED onion rings. Sprinkle on chopped eggs. Arrange chicken slices on top and sprinkle with Gorgonzola cheese. Serve dressing on the side.

**Special Diet Instructions:**

**Diabetic-CC - DB-CCHO**      None