

## Antonine Village Menus-Week 1

|           | Monday                    |             | Tuesday                                     |               | Wednesday                 |             | Thursday                |           | Friday                 |            | Saturday                                   |                   | Sunday                                      |               |
|-----------|---------------------------|-------------|---------------------------------------------|---------------|---------------------------|-------------|-------------------------|-----------|------------------------|------------|--------------------------------------------|-------------------|---------------------------------------------|---------------|
| DATE      |                           |             |                                             |               |                           |             |                         |           |                        |            |                                            |                   |                                             |               |
| BREAKFAST | Orange Juice              | 1/2 C       | Orange Juice                                | 1/2 C         | Orange Juice              | 1/2 C       | Orange Juice            | 1/2 C     | Orange Juice           | 1/2 C      | Orange Juice                               | 1/2 C             | Orange Juice                                | 1/2 C         |
|           | Skim Milk                 | 1 C         | Skim Milk                                   | 1 C           | Skim Milk                 | 1 C         | Skim Milk               | 1 C       | Skim Milk              | 1 C        | Skim Milk                                  | 1 C               | Skim Milk                                   | 1 C           |
|           | Oatmeal & Muffins         | 1/2 C & 1 P | Scrambled Eggs & potatoes w onions & pepers | 1/2 C & 1/2 C | Cheesy Eggs & Bacon       | 1/2 c & 2 P | Fried Eggs & Sausage    | 1 C & 2 P | Cheese Egg McMuffin    | 1 P        | Hard boiled Egg & Bagels with Cream Cheese | 1 P & 1 P & 1 Tsb | Pancakes with Fruit Topping & whipped cream | 2 pcs & 2 tsp |
|           | Bananas                   | 1/2 P       | Mandaraine                                  | 1/2 C         | Strawberries              | 1/2 C       | BlueBerries             | 1/2 C     | Pears                  | 1/2 C      | Cantaloupe                                 | 1/2 C             | Scrambled eggs                              | 1 c           |
| LUNCH     | Tomato soup               | 6 oz        | sausage Gravy over biscuits                 | 1 c & 1p      | Corned Beed with Cabbage  | 1 C         | Mac & Cheese            | 1 c       | Shrimp with fried rice | 10 P & 1 C | Philly steak sandwich                      | 1 P               | Turkey & Gravy                              | 4 oz          |
|           | Grilled Cheese            | 1 P         |                                             |               |                           |             |                         |           |                        |            | wedges potatoes                            | 1/2 C             | Stuffing                                    | 1 C           |
|           | Steamed Cauliflower       | 1 C         | Steamed Brocoli                             | 1/2 C         | Potatoes & Carrots        | 1/2 C       | Steamed Brussel Sprouts | 1/2 C     | Tossed Salad           | 1 C        | Mix Greens Salad                           | 1 C               | Cranberry Sauce                             | 1/2 C         |
|           | Chocolate Cake            | 2"x2"       | Apple Pies                                  | 2"x2"         | Vanilla Cake              | 2"x2"       | Rice Pudding            | 1 c       | Jello                  | 1/2 C      | Berris Pies                                | 2"x2"             | Sherbet / Ice Cream                         | 1/2 C         |
|           | Skim Milk                 | 1 C         | Skim Milk                                   | 1 C           | Skim Milk                 | 1 C         | Skim Milk               | 1 C       | Skim Milk              | 1 C        | Skim Milk                                  | 1 C               | Skim Milk                                   | 1/2 C         |
| DINNER    | Beef Stew with vegetables | 1 C         | Sloppy Joe over buns                        | 3 oz          | Fettucino Alfredo Chicken | 1 C         | Chicken with gravy      | 1 C       | Halluski               | 1 C        | Beef Chili / Italian Bread                 | 1 C & 1 P         | Baked Ham & fruit Pineapple                 | 3 oz          |
|           |                           |             | Potato Salad                                | 1/2 C         | Beats Salad               | 1/2 C       | Mashed Potatoes         | 1/2 C     |                        |            |                                            |                   |                                             | 1/2 C         |
|           | Pound Cake                | 1 P         |                                             |               |                           |             | Steamed carrots         | 1/2 C     | Cottage Cheese         | 1/2 C      | Maacaroni salad                            | 1/2 c             | Mashed Potatoes                             | 1/2 C         |
|           | Apple Sauce               | 1/2 C       | Pineapple                                   | 1/2 C         | Watermelon                | 1/2 C       | Cantaloupe              | 1/2 C     | Peaches                | 1/2 C      | Grapes                                     | 1/2 C             | Green beans                                 | 1/2 C         |
|           | Skim Milk                 | 1 C         | Skim Milk                                   | 1 C           | Skim Milk                 | 1 C         | Skim Milk               | 1 C       | Skim Milk              | 1 C        | Skim Milk                                  | 1 C               | Skim Milk                                   | 1 C           |

Dietitian's Signature: \_\_\_\_\_

*Kay White RDN*

Date: \_\_\_\_\_

*9-20-20*

## Antonine Village Menus-Week 2

|                       | Monday                     |           | Tuesday                                     |             | Wednesday              |           | Thursday             |       | Friday                     |       | Saturday                         |                     | Sunday                                     |               |
|-----------------------|----------------------------|-----------|---------------------------------------------|-------------|------------------------|-----------|----------------------|-------|----------------------------|-------|----------------------------------|---------------------|--------------------------------------------|---------------|
| DATE                  |                            |           |                                             |             |                        |           |                      |       |                            |       |                                  |                     |                                            |               |
| BR<br>EA<br>KFA<br>ST | Orange Juice               | 1/2 C     | Orange Juice                                | 1/2 C       | Orange Juice           | 1/2 C     | Orange Juice         | 1/2 C | Orange Juice               | 1/2 C | Orange Juice                     | 1/2 C               | Orange Juice                               | 1/2 C         |
|                       | Skim Milk                  | 1 C       | Skim Milk                                   | 1 C         | Skim Milk              | 1 C       | Skim Milk            | 1 C   | Skim Milk                  | 1 C   | Skim Milk                        | 1 C                 | Skim Milk                                  | 1 C           |
|                       | Cereal & Cinnamon Rolls    | 1 C & 1 P | Scrambled Eggs & potatoes w onions & pepers | 1 p & 1 C   | French Toast & Bacon   | 2 P & 2 P | Fried Eggs & Sausage | 1 C   | Cheesy Egg Croissant       | 1 P   | Scrambled Eggs & Bagels with PBJ | 1 1/2 & 1 P & 1 Tsb | Waffles with Fruit Topping & whipped cream | 2 pcs & 2 tsp |
|                       | Bananas                    | 1/2 P     | Mandaraine                                  | 1/2 C       | Strawberries           | 1/2 C     | BlueBerries          | 1/2 C | Pears                      | 1/2 C | Cantaloupe                       | 1/2C                | Scrambled eggs                             | 1 c           |
| LUN<br>CH             | Chicken W Spinash Gravy    | 1 C       | Spaguetti & Meatballs                       | 1C /3 Oz    | Potato brocoli Soup    | 1 C       | Pork with gravy      | 3 oz  | Baked Fish with lemon      | 3 oz  | Beef Taco & Sauce                | 1 C                 | French Fries Potatoes                      | 1/2 C         |
|                       | Potatoes Gratin            | 1/2 C     | Garlic Bread                                | 1 P         | Pizza ( Super Supreme) | 1 C       | White Rice           | 1/2 c | Cole Slaw                  | 1/2 c | White Rice                       | 1/2 CP              | Chicken Burgers / buns                     | 3 oz          |
|                       | Sweet peas                 | 1/2 C     | Chef salad                                  | 1/2 C       | Tomato salad           | 1/2 C     | Steamed brocoli      | 1/2 c | Baked potaoes & Sour Cream | 1 P   | Relish Tray & sour Cream         | 1 C                 | Relish Tray                                |               |
|                       | Vanilla Cake               | 2"x2"     | Rice Pudding                                | 1/2 C       | Chocolate Cake         | 2"x2"     | Jello                | 1/2 C | Cheese Cake                | 2"x2" | Berris Pies                      | 2"x2"               | Sherbet / Ice Cream                        | 1/2 C         |
|                       | Skim Milk                  | 1 C       | Skim Milk                                   | 1 C         | Skim Milk              | 1 C       | Skim Milk            | 1 C   | Skim Milk                  | 1 C   | Skim Milk                        | 1 C                 | Skim Milk                                  | 1 C           |
| DIN<br>NE<br>R        | Mushrrom Soup              | 1 C       | Chicken Noodle Soup                         | 1 C         | Stuffed Pepper         | 1 p       | Hot dog & Buns       | 1 P   | Vegetable Soup             | 1 C   | Meatloaf & Gravy                 | 3 oz                | Maacaroni salad                            | 1/2 C         |
|                       | Turkey & cheese Sandwishes | 1 P       | Ham Salad over buns                         | 1/2 C & 1 P | Mashed Potatoes        | 1/2 c     | Baked Chili Beans    | 1 C   |                            |       | Mashed Potatoes                  | 1/2 C               | Sausage with Onions & peppers              | 6 oz          |
|                       | Tomato Salad               | 1/2 C     | Sweet potato                                | 1/2 C       |                        |           | corn                 | 1/2 C |                            |       | Steamed Carrots                  | 1/2 C               |                                            |               |
|                       | Peaches                    | 1/2 C     | Cantaloupe                                  | 1/2 C       | Watermelon             | 1/2 C     | Pineapple            | 1/2 C | Apricot                    | 1/2 C | Grapes                           | 1 C                 | Fruit Salad                                | 1/2 C         |
|                       | Skim Milk                  | 1 C       | Skim Milk                                   | 1 C         | Skim Milk              | 1 C       | Skim Milk            | 1 C   | Skim Milk                  | 1 C   | Skim Milk                        | 1 C                 | Skim Milk                                  | 1 C           |

Dietitian's Signature: Kay Peltz RDIV

Date: 9-20-24

### Antonine Village Menus-Week 3

|                   | Monday            |             | Tuesday                                     |               | Wednesday                           |             | Thursday             |           | Friday                 |       | Saturday                                   |                   | Sunday                                      |               |
|-------------------|-------------------|-------------|---------------------------------------------|---------------|-------------------------------------|-------------|----------------------|-----------|------------------------|-------|--------------------------------------------|-------------------|---------------------------------------------|---------------|
| DATE              |                   |             |                                             |               |                                     |             |                      |           |                        |       |                                            |                   |                                             |               |
| BRE<br>AKF<br>AST | Orange Juice      | 1/2 C       | Orange Juice                                | 1/2 C         | Orange Juice                        | 1/2 C       | Orange Juice         | 1/2 C     | Orange Juice           | 1/2 C | Orange Juice                               | 1/2 C             | Orange Juice                                | 1/2 C         |
|                   | Skim Milk         | 1 C         | Skim Milk                                   | 1 C           | Skim Milk                           | 1 C         | Skim Milk            | 1 C       | Skim Milk              | 1 C   | Skim Milk                                  | 1 C               | Skim Milk                                   | 1 C           |
|                   | Oatmeal & Muffins | 1/2 C & 1 P | Scrambled Eggs & potatoes w onions & pepers | 1/2 C & 1/2 C | Cheesy Eggs & Bacon                 | 1/2 c & 2 P | Fried Eggs & Sausage | 1 C & 2 P | Cheese Egg McMuffin    | 1 P   | Hard boiled Egg & Bagels with Cream Cheese | 1 P & 1 P & 1 Tsb | Pancakes with Fruit Topping & whipped cream | 2 pcs & 2 tsp |
|                   | Bananas           | 1/2 P       | Mandarine                                   | 1/2 C         | Strawberries                        | 1/2 C       | BlueBerries          | 1/2 C     | Pears                  | 1/2 C | Cantaloupe                                 | 1/2 C             | Scrambled eggs                              | 1 c           |
| LUN<br>CH         | Tomato soup       | 6 oz        | Mac & Cheese                                | 1 c           | Beef Noodle Casserole w Brown Gravy | 3 oz        | Chicken Noodle Soup  | 1 C       | Fish Fingers           | 3 oz  | Sheperd Pie                                | 2"x 2"            | Roasted Chicken drumsticks                  | 3 Oz          |
|                   | Grilled Cheese    | 1 P         |                                             |               |                                     |             | Quiche               | 2"x2"     | baked Potatoes         | 1/2 C |                                            |                   | Potatoe Wedges                              | 1 C           |
|                   | Green Salad       | 1 C         | Steamed Carrots                             | 1/2 C         | Angel Hair                          | 1/2 C       | Brussel Sprouts      | 1/2 c     | Cucumber Salad         | 1/2 C | Steamed Brocoli                            | 1/2 c             | Cole Slaw                                   | 1 C           |
|                   | Chocolate Cake    | 2"x2"       | Rice Pudding                                | 1/2 C         | Vanilla Cake                        | 2"x2"       | Apple Pies           | 2"x2"     | Jello                  | 1/2 C | Berris Pies                                | 2"x 2"            | Sherbet / Ice Cream                         | 1/2 C         |
|                   | Skim Milk         | 1 C         | Skim Milk                                   | 1 C           | Skim Milk                           | 1 C         | Skim Milk            | 1 C       | Skim Milk              | 1 C   | Skim Milk                                  | 1 C               | Skim Milk                                   | 1 C           |
| DIN<br>NER        | Zucchini Parmesan | 4 oz        | Sloppy Joe over buns                        | 3 oz          | Beef Vegetable Soup                 | 1 C         | BBQ Pork Ribs        | 3 oz      | Cream of Mushroom Soup | 1/2 C | Scalloped Potatoes & ham                   | 1 C               | Salisbury Steak                             | 3 oz          |
|                   | Mashed Potatoes   | 1/2 C       | 3 colors Pasta Salad                        | 1/2 C         | Ham & cheese Sandwishes             | 1 P         | Potato Gratin        | 1/2 C     | Meat or cheese Ravioli | 1 C   |                                            |                   | Mashed Potatoes                             | 1/2 C         |
|                   |                   |             |                                             |               | Tomato Salad                        | 1/2 C       | Green beans          | 1/2 c     | Sweet Peas             | 1/2 C | Steamed Carrots                            | 1/2 C             | Green Beans                                 | 1/2 C         |
|                   | Cantaloupe        | 1/2 C       | Apple Sauce                                 | 1/2 C         | Watermelon                          | 1/2 C       | Pineapple            | 1/2 C     | Peaches                | 1/2 C | Grapes                                     | 1/2 C             | Fruit Salad                                 | 1/2 C         |
|                   | Skim Milk         | 1 C         | Skim Milk                                   | 1 C           | Skim Milk                           | 1 C         | Skim Milk            | 1 C       | Skim Milk              | 1 C   | Skim Milk                                  | 1 C               | Skim Milk                                   | 1 C           |

Dietitian's Signature: \_\_\_\_\_

*Kay Peltz RDN*

Date: \_\_\_\_\_

*9-20-24*

## Antonine Village Menus-Week 4

|           | Monday                  |           | Tuesday                                     |           | Wednesday                                          |           | Thursday              |             | Friday                                  |       | Saturday                                    |                     | Sunday                                     |               |
|-----------|-------------------------|-----------|---------------------------------------------|-----------|----------------------------------------------------|-----------|-----------------------|-------------|-----------------------------------------|-------|---------------------------------------------|---------------------|--------------------------------------------|---------------|
| DATE      |                         |           |                                             |           |                                                    |           |                       |             |                                         |       |                                             |                     |                                            |               |
| BREAKFAST | Orange Juice            | 1/2 C     | Orange Juice                                | 1/2 C     | Orange Juice                                       | 1/2 C     | Orange Juice          | 1/2 C       | Orange Juice                            | 1/2 C | Orange Juice                                | 1/2 C               | Orange Juice                               | 1/2 C         |
|           | Skim Milk               | 1 C       | Skim Milk                                   | 1 C       | Skim Milk                                          | 1 C       | Skim Milk             | 1 C         | Skim Milk                               | 1 C   | Skim Milk                                   | 1 C                 | Skim Milk                                  | 1 C           |
|           | Cereal & Cinnamon Rolls | 1 C & 1 P | Scrambled Eggs & potatoes w onions & pepers | 1 p & 1 C | French Toast & Bacon                               | 2 P & 2 P | Fried Eggs & Sausage  | 1 C         | Cheesy Egg Croissant                    | 1 P   | Scrambled Eggs & Bagels with PBJ            | 1 1/2 & 1 P & 1 Tsb | Waffles with Fruit Topping & whipped cream | 2 pcs & 2 tsp |
|           | Bananas                 | 1/2 P     | Mandaraine                                  | 1/2 C     | Strawberries                                       | 1/2 C     | BlueBerries           | 1/2 C       | Pears                                   | 1/2 C | Cantaloupe                                  | 1/2C                | Scrambled eggs                             | 1 c           |
| LUNCH     | Mushroom Soup           | 1 C       | Chicken Caccatore                           | 3 oz      | Chicken Nuggets                                    | 3 oz      | Spaguetti & Meatballs | 1C / 3 Oz   | Salmon with lemon                       | 3 oz  | Chicken & gravy                             | 3 oz                | Potatoe Wedges                             | 1/2 C         |
|           | Pizza ( Super Supreme)  | 4" x 4"   |                                             |           | Angel hair pasta with Tomato Sauce                 | 1/2 C     | Chef Salad            | 1/2 C       | Baked Potatoes w Sour Cream             | 1 P   | Cheesy Potatoes                             | 1/2 C               | HamBurgers over buns                       | 3 oz          |
|           | Green Salad             | 1 c       | Mashed Potatoes                             | 1/2 c     |                                                    |           | Garlic Bread          | 1           | Steamed brocoli                         | 1/2 C | Green Beans                                 | 1/2 C               | Relish Tray                                |               |
|           | Chocolate Cake          | 2"x2"     | Rice Pudding                                | 1/2 C     | Vanilla Cake                                       | 2"x2"     | Apple Pies            | 2"x2"       | Jello                                   | 1/2 C | Berris Pies                                 | 2"x2"               | Sherbet / Ice Cream                        | 1/2 C         |
|           | Skim Milk               | 1 C       | Skim Milk                                   | 1 C       | Skim Milk                                          | 1 C       | Skim Milk             | 1 C         | Skim Milk                               | 1 C   | Skim Milk                                   | 1 C                 | Skim Milk                                  | 1 C           |
| DINNER    | Stuffed Cabbage         | 1 P       | Hot dog & Buns                              | 1 P       | Beef vegetable Soup                                | 1 C       | Chicken Noodle Soup   | 1 C         | Tomato soup                             | 1 C   | Maacaroni salad                             | 1/2 C               | Pork w Gravy                               | 1 C           |
|           | Mashed Potatoes         | 1/2 C     | Baked Chili Beans                           | 1/2 C     | Assorted Deli Sandwiches (Bologne, Salami, Cheese) | 1 P       | Egg Salad over Buns   | 1/2 C & 1 P | Baked Perogies With Onions & Sour Cream | 3 P   | Sausage with onions& peppers & tomato sauce | 6 oz                | Mashed Potatoess                           | 1/2 C         |
|           |                         |           | Sauerkraut                                  | 1/2 c     | Steamed Carrots                                    | 1/2 C     | Cucumber Salad        | 1/2 C       |                                         |       |                                             |                     | Green Beans                                | 1/2 C         |
|           | Peaches                 | 1 P       | Cantaloupe                                  | 1/2 C     | Watermelon                                         | 1/2 C     | Pineapple             | 1/2 C       | Apricot                                 | 1/2 C | Grapes                                      | 1/2 C               | Fruit Salad                                | 1/2 C         |
|           | Skim Milk               | 1 C       | Skim Milk                                   | 1 C       | Skim Milk                                          | 1 C       | Skim Milk             | 1 C         | Skim Milk                               | 1 C   | Skim Milk                                   | 1 C                 | Skim Milk                                  | 1 C           |

Dietitian's Signature: Kay Peltz RDN.

Date: 9.20.24