



# Capitol Care 2010 Spring/Summer - Week 1

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Orange Juice Cream Of Rice French Toast Sausage Patty Margarine Syrup 2% Milk Coffee -- -- Dry Cereal of Choice Toast Jelly	Orange Juice Malt-O-Meal Scrambled Eggs Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Oatmeal Hard Boiled Egg Biscuit Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Creamy Wheat Pancakes Sausage Link Syrup 2% Milk Coffee -- -- Dry Cereal of Choice Toast Margarine Jelly	Orange Juice Cinnamon Oatmeal Scrambled Eggs Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Oatmeal Scrambled Eggs&Cheese Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice Hard Boiled Egg	Orange Juice Cream Of Rice Sausage Link Waffles Margarine Syrup 2% Milk Coffee -- -- Dry Cereal of Choice Toast Jelly
Salami Sandwich Tossed Salad & Dressing Bran Muffin Margarine Seasonal Fresh Fruit Coffee -- -- Vegetable Quiche Three Bean Salad	Seafood Salad Sandwich Pickled Beets Glazed Lemon Square Coffee -- -- Chicken Pot Pie Brussels Sprouts Slice of Bread Margarine	Turkey Rotini Salad Tossed Salad & Dressing Slice of Bread Margarine Apple Cake Coffee -- -- Breaded Veal Patty Marinated Fresh Veg Sld	Shepherd's Pie Garden Mix Vegetables Slice of Bread Margarine Chilled Pears Coffee -- -- Cott Cheese/Fresh Fruit Pea & Cheese Salad	Spaghetti In Meat Sauce Sicilian Mix Vegetables Garlic Bread Chilled Pineapple Coffee -- -- Deli Bologna & Chez Sandwich Cucumber Dill Salad	Southwest Chicken Pasta Seasoned Fresh Zucchini Slice of Bread Margarine Oatmeal Cookies Coffee -- -- B L T Sandwich Mixed Green Salad	Pork Fried Rice Stir-Fried Vegetables Slice of Bread Mandarin Oranges Coffee -- -- Egg Salad/Fruit Plate Marinated Fresh Veg Sld
Herbed Chicken Breast Mashed Potatoes Seasoned Green Peas Slice of Bread Margarine Sugar Cookies 2% Milk Coffee -- -- Mock Fillet Meadow Vegetables	BBQ Beef Brisket Ranch Beans Confetti Coleslaw Slice of Bread Margarine Strawberry Fruit Cup 2% Milk Coffee -- -- Cheese Enchiladas Whole Kernel Corn	Baked Ham Au Gratin Potatoes Seasoned Broccoli Slice of Bread Margarine Glazed Bananas 2% Milk Coffee -- -- Battered Cod Crunchy Baked Fish Stewed Tomatoes	Oven Fried Chicken Poultry Gravy Rice Pilaf Buttered Spinach Slice of Bread Margarine Fresh Watermelon 2% Milk Coffee -- -- Roast Pork Loin Pork Gravy Sliced Carrots	Salmon Croquettes Dill Sauce Oven Browned Potato Fresh Green Beans Slice of Bread Margarine Frosted Brownie 2% Milk Coffee -- -- Tangy Beef Steak Season Fresh Cauliflower	Polish Sausage Roasted Potatoes Seasoned Cabbage Slice of Bread Margarine Seasonal Fresh Fruit 2% Milk Coffee -- -- Roast Turkey Capri Mix Vegetables	Beef Pot Roast Mashed Potatoes Parslied Carrots Slice of Bread Margarine Strawberry Shortcake 2% Milk Coffee -- -- Baked Cod French Green Beans

# Capitol Care 2010 Spring/Summer - Week 2

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Orange Juice Oatmeal Scrambled Eggs Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Creamy Wheat French Toast Sausage Link Syrup Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Cream Of Rice Hard Boiled Egg Cinnamon Toast Margarine 2% Milk Coffee -- -- Dry Cereal of Choice Toast Jelly	Orange Juice Cinnamon Oatmeal Sausage Link Waffles Syrup Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice Toast	Orange Juice Malt-O-Meal Sausage Patty Blueberry Pancakes Margarine Syrup Coffee -- -- Dry Cereal of Choice Toast Jelly	Orange Juice Cream Of Rice Scrambled Eggs Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Oatmeal Cheese Omelet Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice
Grilled Swiss on Rye Three Bean Salad Chilled Peaches Coffee -- -- Beef & Potato Pie Seasoned Broccoli Slice of Bread Margarine	TunaSalad/FruitPlate Marinated Carrots Slice of Bread Margarine Frosted Marble Cake Coffee -- -- BrdChickenPattyOnBun SeasonedFreshZucchini	Italian Pasta Bake Parslied Cauliflower Garlic Bread Chocolate Chip Cookies Coffee -- -- Chef Salad/Dressing Pickled Beets	Cheeseburger on Bun Lettuce/TomatoGarnish Corn Salad Ketchup/Mayo/Mustard Seasonal Fresh Fruit Coffee -- -- Turkey Pasta Salad Pea & Cheese Salad Slice of Bread Margarine	Pepperoni Pizza Caesar Salad/Dressing Slice of Bread Margarine Fresh Cantaloupe Coffee -- -- Oriental Chicken Salad Marinated Cucumbers	Turkey Sandwich Tomato Cucumber Salad Seasonal Fresh Fruit Coffee -- -- German Sausage Sauerkraut	Chicken & Dumplings Seasoned Broccoli Slice of Bread Margarine Caramel Apple Slices Coffee -- -- Turkey PastramiOnRye Tossed Sld & Dressing
Veal Paprika Fluffy Rice Brussels Sprouts Slice of Bread Margarine Blushing Pears 2% Milk Coffee -- -- Honey Chicken Whole Kernel Corn	Turkey a la King Glazed Sweet Potato ScandinavianVegetables Slice of Bread Margarine Chilled Apricots 2% Milk Coffee -- -- Breaded Pork Cutlet Buttered Spinach	Steak & MushroomSauce Baked Potato Seasoned Green Peas Slice of Bread Margarine Sour Cream Fruit Cup 2% Milk Coffee -- -- Lemon Pepper Fish Fresh Green Beans	French Chicken Applesauce Garnish Potato Pancakes Lima Beans Slice of Bread Margarine Bread Pudding 2% Milk Coffee -- -- Braised Pork Chop SeasonedYellowSquash	Crunchy Baked Fish Crispy Potato Cubes Baby Carrots Slice of Bread Margarine Frosted Yellow Cake 2% Milk Coffee -- -- Turkey Pot Roast Wax Beans & Pimiento	Swedish Meatballs Egg Noodles SeasonedGreenBeans ParmesanBreadStick Chilled Pineapple 2% Milk Coffee -- -- Veal Hungarian Capri Mix Vegetables	Roast Beef Brown Gravy Rosemary Potatoes Buttered Spinach Slice of Bread Margarine ChocolateOatmealCookie 2% Milk Coffee -- -- Pork Medallions GardenMixVegetables

# Capitol Care 2010 Spring/Summer - Week 3

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Orange Juice Malt-O-Meal Hard Boiled Egg Cinnamon Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice Toast	Orange Juice Oatmeal Scrambled Eggs&Cheese Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Creamy Wheat Egg of Choice Waffles Margarine Syrup 2% Milk Coffee -- -- Dry Cereal of Choice Toast Jelly	Orange Juice Cream Of Rice French Toast Breakfast Ham Syrup Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Cinnamon Oatmeal Scrambled Eggs Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Cream Of Rice Scrambled Eggs&Cheese Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Oatmeal Pancakes Sausage Link Syrup Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice
Catfish Nuggets Creamy Pasta Salad Sweet-n-Sour Coleslaw Slice of Bread Tartar Sauce Margarine Crispy Rice Bar Coffee -- -- ChezFruit&CrackerPlate	Turkey Salad Sandwich GreenGoddessSld/Dress Spiced Peaches Coffee -- -- PhillySteakSand/NoChez Tossed Salad	Cheese Ravioli & Sauce Seasoned Broccoli Garlic Bread Chilled Pineapple Coffee -- -- Tuna Salad Sandwich Tomato Cucumber Salad	ChickenSalad/Croissant Oven Brownd Potato OrangeCranberryMuffin Margarine Seasonal Fresh Fruit Coffee -- -- Spanish Omelet Pickled Beets	Chicken Strips BBQ Sauce Steak Fries Whole Kernel Corn Slice of Bread Margarine Chilled Pears Coffee -- -- Shaved Ham Sandwich Tossed Salad &Dressing	Spaghetti & Meatballs Zucchini Squash Slice of Bread Margarine Seasonal Fresh Fruit Coffee -- -- EggSalad/Fruit Plate Carrot Pineapple Salad	GrilledCheeseSandwich Tator Tots Chilled Tropical Fruit Coffee -- -- Turkey&CheeseDeliSand Three Bean Salad
Beef Patty/Gravy Garlic Mashed Potatoes SeasonedGreenBeans Slice of Bread Margarine Fresh Watermelon 2% Milk Coffee -- -- Parmesan Chicken Parslied Carrots	Grilled Ham Scalloped Potatoes Meadow Vegetables Slice of Bread Margarine Frosted Brownie 2% Milk Coffee -- -- Irish Lamb Stew SeasonFreshCauliflower	Lemon Chicken Mashed Potatoes Italian Mix Vegetables Slice of Bread Margarine Frosted Cake 2% Milk Coffee -- -- Liver & Onions Buttered Green Peas	Meatloaf Fluffy Rice Capri Mix Vegetables Slice of Bread Margarine Mandarin Oranges 2% Milk Coffee -- -- Roast Pork Loin SeasonedGreenBeans	Parmesan Baked Fish Parslied Noodles Escalloped Tomatoes Slice of Bread Margarine Oatmeal Cookies 2% Milk Coffee -- -- Braised Beef Cubes Broccoli	Stir Fried Pork Fluffy Rice Seasoned Broccoli Slice of Bread Margarine Cinnamon Applesauce 2% Milk Coffee -- -- Turkey Cutlet & Gravy Buttered Spinach	Baked Chicken Breast Poultry Gravy Buttered Pasta Shells Dilled Green Peas Slice of Bread Margarine Strawberries & Topping 2% Milk Coffee -- -- Beef Tips in Gravy Capri Mix Vegetables

# Capitol Care 2010 Spring/Summer - Week 4

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Orange Juice Malt-O-Meal Scrambled Eggs Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Creamy Wheat Sausage Patty Pancakes Margarine Syrup 2% Milk Coffee -- -- Dry Cereal of Choice Toast Jelly	Orange Juice Cinnamon Oatmeal Scrambled Eggs&Cheese Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Oatmeal Hard Boiled Egg Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Cream Of Rice French Toast Sausage Link Syrup Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Cinnamon Oatmeal Plain Egg Omelet Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice	Orange Juice Creamy Wheat Waffles Breakfast Ham Syrup Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice
Hot Dog on Bun Herbed Green Beans Ketchup & Mustard Peach Pinwheel Coffee -- -- Stuffed Veal Whole Kernel Corn	Beef Lasagna Caesar Salad/Dressing Slice of Bread Margarine Seasonal Fresh Fruit Coffee -- -- Turkey Sandwich Lettuce/TomatoGarnish Cucumber Dill Salad	Cobb Salad/Dressing Italian Pasta Salad Slice of Bread Margarine Butterscotch Square Coffee -- -- Brd Fish Fillet on Bun Tossed Salad &Dressing	French Dip Sandwich Potato Wedges Tomato & Onion Salad Vanilla Ice Cream Cup Coffee -- -- Garden Veg Frittata Spinach Salad/Dressing Slice of Bread Margarine	Hamburger on Bun Dill Potato Salad Marinated Carrots Ketchup & Mustard Frosted Yellow Cake Coffee -- -- Chicken Salad Plate Potato Chips	Brd Fish Fillet on Bun CountryTrioVegetables Tartar Sauce Chilled Pineapple Coffee -- -- Rueben Sandwich Tossed Salad &Dressing	ChezTortellini/Marinar Buttered Spinach Garlic Bread Seasonal Fresh Fruit Coffee -- -- Mandarin Chicken Salad MarinatedFreshVegSld
Cheese Herb Fish Parslied Potatoes Caribbean Vegetables Slice of Bread Margarine Peanut Butter Cookies 2% Milk Coffee -- -- Sliced Roast Beef Baby Carrots	Cornflake Chicken Mashed Potatoes Sliced Beets Slice of Bread Margarine Boston Cream Cake 2% Milk Coffee -- -- Tangy Beef Steak ScandinavianVegetables	Pepper Steak & Gravy Rosemary Potatoes Seasoned Green Peas Slice of Bread Margarine Pears & Blueberries 2% Milk Coffee -- -- Baked Pork Chop French Cut Green Beans	Kielbasa Sausage Confetti Rice Sweet N Sour Cabbage Slice of Bread Margarine Cinnamon Applesauce 2% Milk Coffee -- -- Crispy Herb Chicken Lima Beans	Roast Pork Loin Pork Gravy Glazed Sweet Potato Parslied Cauliflower Slice of Bread Margarine Fresh Melon Cup 2% Milk Coffee -- -- OrientalBeef&Broccoli Sliced Beets	Veal Marengo Egg Noodles Italian Mix Vegetables Slice of Bread Margarine Strawberry Fruit Cup 2% Milk Coffee -- -- Savory Roast Chicken SeasonedFreshZucchini	Roast Turkey Poultry Gravy Cranberry Sauce Scalloped Potatoes Seasoned Broccoli Slice of Bread Margarine Rocky Road Brownie 2% Milk Coffee -- -- Roast Pork Loin Brown Gravy Calico Corn