



CAPITAL HEALTH

CARRIAGE INN OF CADIZ

Week-At-A-Glance

Cadiz Winter 2015-2016 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Egg Hot Cereal White Toast Margarine1 Jelly 2% Milk Vit C Juice	Sausage Patty Pancakes Syrup Margarine1 Cereal, Hot 2% Milk Vit C Juice	Scrambled Egg Hot Cereal White Toast Margarine1 Jelly 2% Milk Vit C Juice	Sausage Patty French Toast Syrup Margarine1 Hot Cereal 2% Milk Vit C Juice	Scrambled Egg Hot Cereal White Toast Margarine1 Jelly 2% Milk Vit C Juice	Sausage Patty French Toast Syrup Margarine1 Hot Cereal 2% Milk Vit C Juice	Cheese Omelet Hot Cereal Biscuit Margarine1 Jelly 2% Milk Vit C Juice
Lunch:Regular						
Salisbury Steak Brown Gravy Baked Potato Sour Cream Buttered Corn Bread Margarine Chilled Pears	Italian Sausage Peppers And Onions Macaroni& Cheese Green Beans Bread Margarine German Chocolate Cake	Grilled Cheese Sandwich Tomato Soup Saltine Crackers Cucumber Onion Salad Fruited Gelatin	Glazed Ham Scalloped Potatoes Brussel Sprouts Bread Margarine Whipped Gelatin	Roast Beef& Swiss Sandwich Onion Rings Ketchup Relish Plate Fruit Pie Bun	Pork Roast Gravy Mashed Potatoes Gravy Sauerkraut Bread Margarine Diced Peaches Cottage Cheese	Country Fried Steak Country Gravy French Fries Mixed Vegetables Bread Margarine Crushed Pineapple
Dinner:Regular						
Bbq Chicken French Fries Cole Slaw Bread Margarine Ice Cream 2% Milk	Tuna Noodle Casserole Mixed Vegetables Bread Margarine Peaches 2% Milk	Sloppy Joe Tator Tots Italian 3-bean Salad Bun Pudding 2% Milk	Beef& Pasta Casserole Peas Bread Margarine Yogurt 2% Milk	Swedish Meatballs Mashed Potatoes Gravy Buttered Green Beans Bread Margarine Fruit 2% Milk	Lasagna Tossed Salad Dressing Garlic Breadstick Strawberry shortcake cake 2% Milk	Ham Salad Navy Bean Soup Saltine Crackers Tomato Juice Croissant Margarine Fruit Cup 2% Milk



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Vit C Juice Sausage Gravy Hot Cereal Biscuit Margarine1 Jelly 2% Milk	Scrambled Egg Hot Cereal White Toast Margarine1 Jelly 2% Milk Vit C Juice	Sausage Patty Hot Cereal Cinnamon French Toast Syrup Margarine 2% Milk Vit C Juice	Baked Omelet Hot Cereal Toast Jelly 2% Milk Margarine Vit C Juice	Crispy Bacon Pancakes Syrup Margarine1 Hot Cereal 2% Milk Vit C Juice	Scrambled Egg Hot Cereal White Toast Margarine1 Jelly 2% Milk Vit C Juice	Sausage Link French Toast Syrup Margarine1 Hot Cereal 2% Milk Vit C Juice
Lunch:Regular						
Grilled Chicken Breast Pasta/ Alfredo Sauce Buttered Beets Garlic Bread Orange Cake/icing	Cheeseburger On Bun Ketchup/mustard Macaroni Salad Relish Plate Hamburger Bun Fruit Cup	Fried Chicken Sweet Potato Fries Coleslaw Bread Margarine Cherry Pie	Roast Turkey W/ Gravy Mashed Potatoes Gravy Buttered Corn Bread Margarine Applesauce	Pork Chop Baked Potato Sour Cream Margarine Fried Cabbage Bread Margarine Cookie	Sweet&Sour Meatballs Rice Pilaf Oriental Mixed Vegetables Bread Margarine Cheesecake Topping	Polish Sausage Mashed Potatoes Sauerkraut Dinner Roll Margarine1 Fruited Gelatin
Dinner:Regular						
Hot Dog Chili Crackers Cheese Cole Slaw Hot Dog Roll Chocolate Chip Cookie 2% Milk	Meat Sauce Spaghetti Tossed Salad Dressing Garlic Bread Stick Blushing Pears 2% Milk	Ham And Cheese Sandwich Cream Of Broccoli Soup Crackers Italian 3-bean Salad Bun Bananas And Mandarin Oranges 2% Milk	Vegetable Lasagna Buttered Carrots Bread Margarine Sherbet 2% Milk	Bologna Cheese on bun Chicken Noodle Soup Relish Plate Bun Strawberry Shortcake 2% Milk Crackers	Ham Loaf Mashed Potatoes Cauliflower Bread Margarine Apricots 2% Milk	Chicken Tenderloins Hash Brown Patty Green Beans Bread Margarine Ice Cream 2% Milk Bbq Sauce



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Cadiz Winter 2015-2016 Week 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Scrambled Egg Oatmeal Donut 2% Milk Vit C Juice	Sausage Gravy Hot Cereal Biscuit 2% Milk Vit C Juice	Crispy Bacon Pancakes Syrup Margarine Hot Cereal 2% Milk Vit C Juice	Scrambled Egg Hot Cereal Toast Jelly Margarine 2% Milk Vit C Juice	Sausage Link Scrambled Egg Hot Cereal Toast Jelly 2% Milk Vit C Juice	Scrambled Egg Hot Cereal White Toast Margarine1 Jelly 2% Milk Vit C Juice	Sausage Patty Hot Cereal Toast Jelly 2% Milk Vit C Juice
Lunch:Regular						
Roast Pork Pork Gravy Roasted Potatoes Succotash Dinner Roll Margarine1 Winter Fruit Compote	Chicken Salad Potato Chips Coleslaw Bun Peaches With Whipped Topping Broccoli Cheese Soup Saltine Crackers	Meatloaf Gravy Augratin Potatoes Butter Corn Bread Margarine Sherbet	Macaroni& Cheese Buttered Green Peas Garlic Bread Banana Pudding	Salisbury Steak Brown Gravy Scalloped Potatoes Buttered Carrots Bread Margarine Rosy Pears	Hot Dog On A Bun Chili Tossed Salad Fruit Cocktail Crackers	Roast Beef Brown Gravy Mashed Potatoes Gravy Green Beans W/bac.&onions Bread Margarine Whipped Gelatin
Dinner:Regular						
Cheese Ravioli/sauce Meat Sauce Broccoli Garlic Bread Orange Sherbet 2% Milk	Swedish Meatballs Mashed Potatoes Gravy Peas& Carrots Bread Margarine Yellow Cake W/frosting 2% Milk	Baked Rosemary Chicken Bread Dressing Spinach Bread Margarine Mandarin Oranges 2% Milk	Tuna Salad Cream Of Tomato Soup Crackers Pickled Beets Bun Chilled Fruit Cup 2% Milk	Cabbage Roll with sauce Mashed Potatoes Mixed Vegetables Bread Margarine Fruited Yogurt 2% Milk	Fish Sandwich French Fries 3 Bean Salad Pudding 2% Milk	Bbq Pork Rib Bun Onion Rings Italian Blend Vegetable Banana Pineapple Cup 2% Milk



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Cadiz Winter 2015-2016 Week 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Crispy Bacon Cinnamon French Toast Syrup Margarine1 Hot Cereal 2% Milk Vit C Juice	Scrambled Egg Hot Cereal White Toast Margarine1 Jelly 2% Milk Vit C Juice	Cheese Omelet Hot Cereal Biscuit Margarine1 Jelly 2% Milk Vit C Juice	Scrambled Egg Hot Cereal Toast Jelly Margarine1 2% Milk Vit C Juice	Crispy Bacon Pancakes Syrup Margarine1 Hot Cereal 2% Milk Vit C Juice	Scrambled Egg Hot Cereal Toast Jelly Margarine 2% Milk Vit C Juice	Sausage Gravy Hot Cereal Biscuit Margarine1 2% Milk Vit C Juice
Lunch:Regular						
Lasagna Cauliflower Bread Margarine Fruit Pie	Beef& Pasta Casserole Buttered Corn Bread Margarine Yogurt	Breaded Pork Chop Augratin Potatoes Peas Bread Margarine Ice Cream	Philly Steak Sandwich Potato Chips Pickled Beets Bun Lemon Pudding Peppers And Onions	Cheeseburger Tator Tots Mixed Vegetables Bun Fruited Gelatin Cheese	Hot Creamed Chicken Sandwich Rice Pilaf Broccoli Biscuit Margarine1 Pumpkin Pie	Meatloaf Gravy Candied Sweet Potato Buttered Spinach Dinner Roll Margarine1 Banana Cake
Dinner:Regular						
Pizza Tossed Salad Dressing Orange Smiles 2% Milk	Sausage Patty Pancakes Syrup Tomato Juice Mixed Fruit Cup 2% Milk Margarine	Stuffed Pepper with sauce Mashed Potatoes Gravy Oriental Mix Veg. White Bread Margarine1 Mandarin Oranges 2% Milk	Sloppy Joe On Bun French Fries Coleslaw Bun Fruit Ambrosia 2% Milk	Beef Stew Buttered Corn Cornbread Margarine Diced Peaches Cottage Cheese 2% Milk Crackers	Deli Sandwich Wedding Soup Crackers Tossed Salad Dressing Mixed Fruit Cup 2% Milk	Fried Chicken Tator Tots Winter Blend Bread Margarine Cheesecake Topping 2% Milk