



CAPITAL HEALTH

CARRIAGE INN OF DAYTON

Week-At-A-Glance Sysco fall/winter 2016 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Oatmeal Cereal Scrambled Eggs Assorted Muffin 2% Milk Ice Water Grape Juice	Grits Sausage Link Pancakes 2% Milk Ice Water Apple Juice	Cream Of Wheat Cereal Scrambled Egg Toast 2% Milk Ice Water Apple Juice	Oatmeal Cereal Sausage Gravy Biscuit 2% Milk Ice Water White Grape Juice	Grits Cheese Omelet Toast 2% Milk Ice Water Cranberry Juice	Cream Of Wheat Cereal Scrambled Egg Toast 2% Milk Ice Water Orange Juice	Oatmeal Cereal Scrambled Eggs Toast 2% Milk Ice Water Apple Juice
Lunch:Regular						
Baked Pork Chop Mashed Potatoes Mixed Vegetables Bread Sliced Apples Ice Water	Glazed Ham Candied Sweet Potato Green Beans Dinner Roll Fruit Cup Ice Water	Roast Beef Buttered Rice Mixed Vegetables Bread Boston Cream Pie Ice Water	Herbed Baked Chicken Garden Rice Parslied Cauliflower Dinner Roll Baked Apples Ice Water	Roast Beef Scalloped Potatoes Seasoned Broccoli Bread Cake Ice Water	Bbq Spareribs Baked Beans Buttered Corn Chilled Fruit Cup Ice Water	chicken and dumplings Green Beans White Bread Sweet Potato Pie Ice Water
Dinner:Regular						
Italian Crusted Fish Parslied Rice Broccoli Dinner Roll Pineapple Tidbits 2% Milk Ice Water	Turkey Sandwich Minestrone Soup Relish Plate Cinnamon Pears 2% Milk Ice Water	Spaghetti W/meatsauce Italian Blend Vegetable Garlic Bread Chilled Fruit Cup 2% Milk Ice Water	Bbq Pork on Bun Tater Tots Mixed Vegetables Fruit Cup 2% Milk Ice Water	Turkey Pot Pie Mashed Potatoes Carrots Bread Apple Pie 2% Milk Ice Water	Grilled Cheese Sand. 3 Bean Salad Tomato Soup Diced Peaches 2% Milk Ice Water	Cheese Pizza Tossed Salad Pineapple Chunks 2% Milk Ice Water



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Week-At-A-Glance
Sysco fall/winter 2016 Week 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Cream Of Wheat Cereal Sausage Link Pancakes 2% Milk Ice Water Cranberry Juice	Grits Cheddar Scrambled Egg Toast 2% Milk Ice Water Orange Juice	Oatmeal Cereal Sausage Pattie Biscuit 2% Milk Ice Water Apple Juice	Cream Of Wheat Cereal Scrambled Eggs Muffin 2% Milk Ice Water White Grape Juice	Grits Scrambled Eggs Pancakes 2% Milk Ice Water Cranberry Juice	Oatmeal Cereal Scrambled Egg Toast 2% Milk Ice Water Orange Juice	Cream Of Wheat Cereal Scrambled Egg Toast 2% Milk Ice Water Apple Juice
Lunch:Regular						
Herbed pork loin Red Bliss Potatoes Winter Blend Cream Pie Ice Water	Bbq Chicken Rice Carrots Dinner Roll Peach Cobbler Ice Water	Ham And Beans Collard Greens Cornbread Cinnamon Apples Ice Water	Beef And Noodles California Blend Vegetables Bread Pie Ice Water	Baked Chicken Mashed Potatoes Green Beans Bread Fruit Cup Ice Water	Baked Fish Garden Rice California Blend Vegetables Bread Lemon Meringue Pie Ice Water	Baked Pork Loin Mashed Potatoes Seasoned Broccoli Bread Cake Ice Water
Dinner:Regular						
Polish Sausage Mashed Potatoes Sauerkraut Emerald Pears 2% Milk Ice Water	Philly Steak Sandwich Steak Fries Tossed Salad Chocolate Chip Cookie 2% Milk Ice Water	Swiss Steak Scalloped Potatoes Winter Blend Dinner Roll Orange Sherbet 2% Milk Ice Water	Spaghetti W/meatsauce Italian Vegetables Garlic Bread Fruit Cup 2% Milk Ice Water	Sloppy Joe On Bun Cole Slaw Baked Beans Ice Cream 2% Milk Ice Water	Salisbury Steak Oven Roasted Potatoes Buttered Carrots Bread Cinnamon Pears Ice Water	Beef Stew Tossed Salad Cornbread Fruit Cocktail Ice Water



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Sysco fall/winter 2016 Week 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Grits Sausage Link Biscuit 2% Milk Ice Water White Grape Juice	Oatmeal Cereal Scrambled Egg Toast 2% Milk Ice Water Orange Juice	Cream Of Wheat Cereal Sausage Gravy Biscuit 2% Milk Ice Water Grape Juice	Grits Scrambled Egg Toast 2% Milk Ice Water Cranberry Juice	Oatmeal Cereal Sausage Link Waffles 2% Milk Ice Water Apple Juice	Grits Scrambled Egg/cheese Toast 2% Milk Ice Water Orange Juice	Cream Of Wheat Cereal Western Scrambled Egg Toast 2% Milk Ice Water Cran-apple Juice
Lunch:Regular						
Roast Turkey W/ Gravy Bread Stuffing Herbed Green Beans Dinner Roll Pineapple Chunks Ice Water	Meatloaf Mashed Potatoes Mixed Vegetables Dinner Roll Apple Pie Ice Water	Smothered Chicken Rice Pilaf Peas Dinner Roll Pudding Ice Water	chicken alfredo Broccoli Garlic Bread Stick Orange Sherbet Ice Water	Herbed pork loin Sweet Potatoes French Green Beans Dinner Roll Chilled Peaches Ice Water	Oven Fried Fish Scalloped Potatoes California Blend Vegetables Cream Pie Ice Water	Chicken Rice Casserole Italian Blend Vegetable Bread Chilled Fruit Cup Ice Water
Dinner:Regular						
Ham Sandwich Macaroni Salad Minestrone Soup Mandarin Oranges 2% Milk Ice Water	Crumb Topped Baked Fish French Fries California Blend Vegetables Bread Emerald Pears 2% Milk Ice Water	Chili Tossed Salad Cornbread Fruit Cup 2% Milk Ice Water	Open Faced Hot Turkey Sandwi Glazed Carrots Chilled Peaches 2% Milk Ice Water	Chicken Strips French Fries Mixed Vegetables Mandarin Oranges 2% Milk Ice Water	Chicken Salad Sandwich Potato Chips Relish Plate Apple Slices 2% Milk Ice Water	Sweet-n-sour Pork Rice Tossed Salad Dinner Roll Vanilla Pudding 2% Milk Ice Water



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Sysco fall/winter 2016 Week 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Cream Of Wheat Cereal Sausage Link Pancakes Ice Water Grape Juice	Oatmeal Cereal Scrambled Egg Muffin Ice Water Cranberry Juice	Grits Scrambled Egg Toast Ice Water Orange Juice	Cream Of Wheat Cereal Sausage Link Biscuit Ice Water Apple Juice	Oatmeal Cereal Scrambled Egg Toast Ice Water Grape Juice	Grits Sausage French Toast Sticks Ice Water Cranberry Juice	Cream Of Wheat Cereal Scrambled Egg Toast Ice Water Orange Juice
Lunch:Regular						
Beef Pot Roast Mashed Potatoes Carrot Dinner Roll Pumpkin Pie	Baked Pork Chop New Potatoes Capri Mix Dinner Roll Fruit Cup Ice Water	Herbed Baked Chicken Whipped Potatoes Collard Greens Bread Apple Pie Ice Water	Beef And Noodles California Blend Vegetables Bread Chilled Fruit Cup Ice Water	Swiss Steak Rice Pilaf Capri Mix Bread Tropical Fruit Cup Ice Water	Country Fried Steak Mashed Potatoes Corn Bread Cake Ice Water	Stuffed Pepper Mashed Potatoes Bread Chilled Fruit Cup Ice Water
Dinner:Regular						
Lasagna California Blend Vegetables Garlic Bread Stick Fruit Cup Ice Water	Roast Beef Sandwich Macaroni Salad Garden Vegetable Soup Frosted Cake Ice Water	Oven Fried Fish Tater Tots Italian Vegetables Bread Vanilla Pudding Ice Water	Ham Sandwich Potato Chips Tomato Slices/lettuce Rosy Pears Ice Water	Baked Spaghetti Buttered Green Beans Garlic Bread Stick Spiced Peaches Ice Water	Breaded Fish Au Gratin French Fries Italian Blend Vegetable Dinner Roll Baked Apples	Turkey Club Sandwich Garden Vegetable Soup Mandarin Oranges Ice Water



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Oatmeal Cereal Sausage Link Waffles Ice Water Apple Juice	Grits Scrambled Eggs Danish Ice Water Grape Juice	Oatmeal Cereal Scrambled Egg Toast Ice Water Cranberry Juice	Cream Of Wheat Cereal Sausage Gravy Biscuit Ice Water Orange Juice	Grits Scrambled Egg French Toast Ice Water Apple Juice	Oatmeal Cereal Cheese Omelet Toast Ice Water Grape Juice	Cream Of Wheat Cereal Scrambled Egg Toast Ice Water Cranberry Juice
Lunch:Regular						
Savory Baked Chicken Bread Stuffing French Green Beans Dinner Roll Fruit Cocktail	Salisbury Steak/gravy New Potatoes Mixed Vegetables Bread Cake Ice Water	Sliced Turkey Garden Rice Green Peas Bread Spiced Peaches Gravy Ice Water	Beef Tips/gravy Noodles California Blend Vegetables Dinner Roll Cookie Ice Water	Chicken Wings Mashed Potatoes Green Beans Dinner Roll Apple Pie Ice Water	Meatloaf Macaroni& Cheese Seasoned Broccoli Dinner Roll Cherry Cobbler Ice Water	Roast Turkey Tricolor Spiral Pasta Cauliflower Dinner Roll Tropical Fruit Ice Water
Dinner:Regular						
Pork Chop Mashed Potatoes California Blend Vegetables Bread Pineapple Chunks Ice Water	Egg Salad Sandwich Cream Of Broccoli Soup Chilled Pears Ice Water	Glazed Ham Whipped Sweet Potatos Broccoli Bread Orange Sherbet Ice Water	Fish Sandwich Tater Tots Coleslaw Chilled Fruit Cup Ice Water	Sliced Ham Baked Beans Collard Greens Bread Chocolate Chip Cookie Ice Water	Chili Italian Blend Vegetable Garlic Breadstick Pineapple Chunks Ice Water	Sloppy Joe On Bun Potato Salad Cole Slaw Peach Cobbler Ice Water