



CAPITAL HEALTH

CARRIAGE INN OF STEUBENVILLE

Week-At-A-Glance

Carriage Inn Winter 2015-2016 Week 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Crispy Bacon 2 Sl Scrambled Egg 2 Oz Hot Cereal 4 Oz White Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Sausage Patty 2 Oz Pancakes 2 Ind Cereal, Hot 4 Oz 2% Milk 8 Oz Margarine 1 Pkg Syrup 1 Pkt Vit C Juice 4 Oz	Sausage Link 2 Oz Scrambled Egg 2 Oz Hot Cereal 4 Oz White Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Sausage Patty 2 Oz French Toast 1 Sl Hot Cereal 4 Oz 2% Milk 8 Oz Margarine 1 Pkg Syrup 1 Ind Vit C Juice 4 Oz	Sausage Link 2 Oz Scrambled Egg 2 Oz Hot Cereal 4 Oz White Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Sausage Patty 2 Oz French Toast 2 Sl Hot Cereal 4 Oz 2% Milk 8 Oz Margarine 1 Pkg Syrup 1 Ind Vit C Juice 4 Oz	Crispy Bacon 2 Sl Egg Sandwich 3 Oz Hot Cereal 4 Oz 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz
Lunch:Regular						
Salisbury Steak 3 Oz Brown Gravy 1 Oz Steamed Rice 4 Oz Buttered Corn 1/2 Cup Bread 1 Sl Margarine 1 Ind Chilled Pears 1/2 Cup	Beef& Pasta Casserole 8 Oz Buttered Carrots 1/2 Cup Bread 1 Sl Margarine 1 Ind Orange Sherbet 1/2 Cup	Chicken Breast 3 Oz Rice Pilaf 4 Oz Tossed Salad 1 Cup Dressing 1 Pc Bread 1 Sl Margarine 1 Ind Fruit Cup 1/2 Cup	Baked Fish 3 Oz Scalloped Potatoes 4 Oz Zucchini 4 Oz Bread 1 Sl Margarine 1 Ind Cookie 2 Ind	Hot Turkey Sandwich 1 Whole Poultry Gravy 2 Oz Mashed Potato 4 Oz Broccoli 4 Oz Fruit Pie 1 Srv	Egg Salad 3 Oz Cream Of Potato Soup 6 Oz Crackers 3 Pkt Pickled Beets 1/2 Cup Bun 1 Ind Diced Peaches 4 Oz	Country Fried Steak 3 Oz Country Gravy 1 Oz French Fries 4 Oz Mixed Vegetables 4 Oz Bread 1 Sl Margarine 1 Ind Crushed Pineapple 1/2 Cup
Dinner:Regular						
Bbq Chicken 3 Oz Buttered Parsley Noodles 1/2 Cup Mixed Vegetable 1/2 Cup Bread 1 Sl Margarine 1 Ind Ice Cream 4 Oz 2% Milk 8 Oz	Tuna Noodle Casserole 8 Oz Green Peas 1/2 Cup Bread 1 Sl Margarine 1 Ind Peaches 4 Oz 2% Milk 8 Oz	Pulled Pork on Bun 1 Ind Tator Tots 4 Oz Italian 3-bean Salad 4 Oz Bun 1 Ind Pudding 4 Oz 2% Milk 8 Oz	Chicken Drumstick 2 Ind Parsley Noodles 4 Oz Corn 4 Oz Bread 1 Sl Margarine 1 Ind Yogurt 4 Oz 2% Milk 8 Oz	Beef Tips 3 Oz Buttered Noodles 4 Oz Buttered Green Beans 1/2 Cup Bread 1 Sl Margarine 1 Ind Fruit Cocktail 4 Oz 2% Milk 8 Oz	Cheeseburger Pasta Bake 8 Oz Italian Vegetables 1 Cup Garlic Breadstick 1 Ind Strawberry shortcake 1 Sl 2% Milk 8 Oz	Deli Sandwich 3 Oz Mayo 1 Pc Chicken Noodle Soup 4 Oz Relish Plate 1 Ind Fruit Cup 1/2 Cup 2% Milk 8 Oz



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Carriage Inn Winter 2015-2016 Week 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Sausage Gravy 3 Oz Hot Cereal 4 Oz Biscuit 1 Ind 2% Milk 8 Oz Margarine 1 Pkg Syrup 1 Ind Vit C Juice 4 Oz	Crispy Bacon 2 Sl Scrambled Egg 2 Oz Hot Cereal 4 Oz White Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Sausage Patty 2 Oz Cinnamon French Toast 2 Sl Hot Cereal 4 Oz 2% Milk 8 Oz Margarine 1 Pkg Syrup 1 Ind Vit C Juice 4 Oz	Baked Omelet 1 Ind Hot Cereal 4 Oz Toast 1 Sl 2% Milk 8 Oz Margarine 1 Tsp Jelly 1 Ea Vit C Juice 4 Oz	Crispy Bacon 3 Sl Pancakes 2 Ind Hot Cereal 4 Oz 2% Milk 8 Oz Margarine 1 Pkg Syrup 1 Ind Vit C Juice 4 Oz	Sausage Pattie 2 Oz Scrambled Egg 2 Oz Hot Cereal 4 Oz White Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Sausage Link 2 Oz French Toast 2 Sl Hot Cereal 4 Oz 2% Milk 8 Oz Margarine 1 Pkg Syrup 1 Ind Vit C Juice 4 Oz
Lunch:Regular						
Grilled Chicken Breast 3 Oz Pasta/ Alfredo Sauce 1/2 Cup Buttered Beets 1/2 Cup Garlic Bread 1 Sl Orange Cake/icing 1 Srv	Cheeseburger On Bun 1 Ind Ketchup/mustard 1 Ea Macaroni Salad 4 Oz Relish Plate 1 Ind Hamburger Bun 1 Ea Fruit Cup 1/2 Cup	Fried Chicken 3 Oz Sweet Potato Fries 4 Oz Buttered Green Peas 1/2 Cup Bread 1 Sl Margarine 1 Ind Applesauce 1/2 Cup	Salisbury Steak 3 Oz Brown Gravy 1 Oz Mashed Potatoes 4 Oz Gravy 2 Oz Buttered Corn 1/2 Cup Bread 1 Sl Margarine 1 Ind Fruit Cup 1/2 Cup	Pork Chop 3 Oz Baked Potato 1 Ind Sour Cream 1 Pc Margarine 1 Ind Fried Cabbage 1/2 Cup Bread 1 Sl Margarine 1 Ind Cookie 1 Ind	Sweet& Sour Chicken 4 Oz Rice Pilaf 1/2 Cup Oriental Mixed Vegetables 4 Oz Bread 1 Sl Margarine 1 Ind Cheesecake 1 Pc Topping 1 Srv	Polish Sausage 3 Oz Mashed Potatoes 4 Oz Sauerkraut 1/2 Cup Dinner Roll 1 Ind Margarine 1 Pkg Fruit Cup 1/2 Cup
Dinner:Regular						
Beef Stew 6 Oz Mashed Potato 4 Oz Chocolate Chip Cookie 1 Ind 2% Milk 8 Oz	Meat Sauce 4 Oz Spaghetti 1/2 Cup Tossed Salad 1 Cup Dressing 1 Pc Garlic Bread Stick 1 Ind Blushing Pears 1/2 Cup 2% Milk 8 Oz	Ham And Cheese Sandwich 3 Oz Cream Of Broccoli Soup 6 Oz Crackers 3 Pkt Italial bean salad 4 Oz Bun 1 Ind Peaches 4 Oz 2% Milk 8 Oz	Vegetable Lasagna 8 Oz Buttered Carrots 1/2 Cup Bread 1 Sl Margarine 1 Ind Sherbet 4 Oz 2% Milk 8 Oz	Bologna Cheese on bun 3 Oz Chicken Noodle Soup 6 Oz Relish Plate 1 Ind Bun 1 Ind Strawberry Shortcake 1 Srv 2% Milk 8 Oz Crackers 3 Pkt	Roast Beef 3 Oz Brown Gravy 2 Oz Mashed Potatoes 4 Oz Cauliflower 4 Oz Bread 1 Sl Margarine 1 Ind Apricots 1/2 Cup 2% Milk 8 Oz	Chicken Patty 3 Oz Onion Rings 5 Ind Green Beans 1/2 Cup Bun 1 Ind Ice Cream 4 Oz 2% Milk 8 Oz



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Week-At-A-Glance

Carriage Inn Winter 2015-2016 Week 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Sausage Pattie 2 Oz Scrambled Egg 2 Oz Oatmeal 4 Oz Donut 1 Ind 2% Milk 8 Oz Vit C Juice 4 Oz	Sausage Gravy 3 Oz Hot Cereal 4 Oz Biscuit 1 Ind 2% Milk 8 Oz Jelly 1 Ea Vit C Juice 4 Oz	Crispy Bacon 3 Sl Pancakes 2 Ind Hot Cereal 4 Oz 2% Milk 8 Oz Margarine 1 Pkg Syrup 1 Ind Vit C Juice 4 Oz	Sausage Pattie 2 Oz Scrambled Egg 2 Oz Hot Cereal 4 Oz Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Sausage Link 2 Oz Scrambled Egg 2 Oz Hot Cereal 4 Oz Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Crispy Bacon 2 Sl Scrambled Egg 2 Oz Hot Cereal 4 Oz White Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Sausage Patty 2 Oz Scrambled Eggs 2 Oz Hot Cereal 4 Oz Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz
Lunch:Regular						
Roast Pork 3 Oz Pork Gravy 1 Oz Roasted Potatoes 3 Ind Succotash 4 Oz Dinner Roll 1 Ind Margarine 1 Pkg Winter Fruit Compote 1/2 Cup	Chicken Salad 3 Oz Potato Chips 1 Oz Coleslaw 4 Oz Bun 1 Ind Peaches With Whipped Topping 4 Oz Broccoli Cheese Soup 6 Oz Saltine Crackers 3 Pkg	Meatloaf 3 Oz Gravy 1 Oz Au gratin Potatoes 4 Oz Butter Corn 1/2 Cup Bread 1 Sl Margarine 1 Ind Sherbet 1/2 Cup	Macaroni & Cheese 1 Cup Buttered Green Peas 4 Oz Garlic Bread 1 Sl Banana Pudding 4 Oz	Salisbury Steak 3 Oz Brown Gravy 1 Oz Scalloped Potatoes 4 Oz Buttered Carrots 1/2 Cup Bread 1 Sl Margarine 1 Ind Diced Peaches 4 Oz	Hot Dog On A Bun 2 Oz Chili 6 Oz Tossed Salad 1 Cup Bun 1 Ind Fruit Cocktail 4 Oz Crackers 3 Pkt	Roast Beef 3 Oz Brown Gravy 2 Oz Mashed Potatoes 4 Oz Gravy 2 Oz Green Beans W/bac.&onions 1/2 Cup Bread 1 Sl Margarine 1 Ind Cake 1 Srv
Dinner:Regular						
Cheese Ravioli/sauce 4 Oz Meat Sauce 4 Oz Broccoli 1/2 Cup Garlic Bread 1 Sl Orange Sherbet 1/2 Cup 2% Milk 8 Oz	Swedish Meatballs 3 Oz Mashed Potatoes 4 Oz Gravy 2 Oz Peas & Carrots 4 Oz Bread 1 Sl Margarine 1 Ind Yellow Cake W/frosting 1 Pc 2% Milk 8 Oz	Baked Rosemary Chicken 3 Oz Bread Dressing 1/2 Cup Spinach 4 Oz Bread 1 Sl Margarine 1 Ind Mandarin Oranges 4 Oz 2% Milk 8 Oz	Tuna Salad 3 Oz Cream Of Tomato Soup 6 Oz Crackers 3 Pkt Pickled Beets 4 Oz Bun 1 Ind Chilled Fruit Cup 1/2 Cup 2% Milk 8 Oz	Cabbage Roll with sauce 5 Oz Mashed Potatoes 4 Oz Mixed Vegetables 4 Oz Bread 1 Sl Margarine 1 Ind Fruited Yogurt 4 Oz 2% Milk 8 Oz	Fish Sandwich 3 Oz French Fries 4 Oz Cucumber Salad 1 Cup Bun 1 Ind Cookie 2 Ind 2% Milk 8 Oz Tartar Sauce 1 Ea	Swiss Steak 3 Oz Onion Rings 5 Ind Italian Blend Vegetable 4 Oz Dinner Roll 1 Srv Banana Pineapple Cup 1/2 Cup 2% Milk 8 Oz



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Carriage Inn Winter 2015-2016 Week 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast:Regular						
Crispy Bacon 3 Sl Cinnamon French Toast 2 Sl Hot Cereal 4 Oz 2% Milk 8 Oz Margarine 1 Pkg Syrup 1 Ind Vit C Juice 4 Oz	Sausage Pattie 2 Oz Scrambled Egg 2 Oz Hot Cereal 4 Oz White Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Crispy Bacon 3 Sl Scrambled Egg 2 Oz Hot Cereal 4 Oz Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Sausage Link 2 Oz Scrambled Egg 2 Oz Hot Cereal 4 Oz Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Crispy Bacon 3 Sl Pancakes 2 Ind Hot Cereal 4 Oz 2% Milk 8 Oz Margarine 1 Pkg Syrup 1 Ind Vit C Juice 4 Oz	Sausage Pattie 2 Oz Scrambled Egg 2 Oz Hot Cereal 4 Oz Toast 1 Sl 2% Milk 8 Oz Margarine 1 Pkg Jelly 1 Ea Vit C Juice 4 Oz	Sausage Gravy 3 Oz Hot Cereal 4 Oz Biscuit 1 Ind 2% Milk 8 Oz Margarine 1 Pkg Vit C Juice 4 Oz
Lunch:Regular						
Lasagna 8 Oz Cauliflower 1/2 Cup Bread 1 Sl Margarine 1 Ind Fruit Pie 1 Srv	Beef& Pasta Casserole 8 Oz Green Beans 4 Oz Dinner Roll 1 Ind Margarine 1 Pkg Yogurt 4 Oz	Baked Pork Chop 3 Oz Augratin Potatoes 1/2 Cup Peas 4 Oz Bread 1 Sl Margarine 1 Ind Orange Sherbet 1/2 Cup	Philly Steak Sandwich 1 Srv Potato Chips 2 Oz Pickled Beets 4 Oz Bun 1 Ind Lemon Pudding 1/2 Cup Peppers And Onions 2 Oz	Cheeseburger 3 Oz Tator Tots 4 Oz Alternate Vegetable 4 Oz Bun 1 Ind Baked Apples 1/2 Cup Cheese 1 Sl	Hot Creamed Chicken Sandwich 4 Oz mashed potatoes w/ gravy 1/2 Cup Broccoli 1/2 Cup Biscuit 1 Ind Margarine1 1 Pkg Fruited Yogurt 4 Oz	Meatloaf 3 Oz Gravy 1 Oz Candied Sweet Potato 4 Oz Buttered Spinach 1/2 Cup Dinner Roll 1 Ind Margarine1 1 Pkg Fruit Cup 1/2 Cup
Dinner:Regular						
Chicken Leg 3 Oz Bread Stuffing 4 Oz Gravy 2 Oz Creamed Corn 1/2 Cup Orange Smiles 4 Oz 2% Milk 8 Oz	Open Faced Hot Turkey Sandwi 3 Oz Gravy 2 Oz Bread 1 Sl Baby Baker Potatoes 4 Oz Succotash 4 Oz Mixed Fruit Cup 4 Oz 2% Milk 8 Oz	Stuffed Pepper with sauce 5 Oz Mashed Potatoes 4 Oz Gravy 2 Oz Oriental Mix Veg. 1/2 Cup White Bread 1 Sl Margarine1 1 Pkg Mandarin Oranges 4 Oz 2% Milk 8 Oz	Baked Cod 3 Oz French Fries 4 Oz Coleslaw 4 Oz Bread 1 Sl Margarine 1 Ind Fruit Cup 1/2 Cup 2% Milk 8 Oz Tartar Sauce 1 Ea	Beef Stew 8 Oz Carrots 4 Oz Biscuit 1 Ind Margarine 1 Pkg Jelly 1 Pc Diced Peaches 4 Oz 2% Milk 8 Oz Crackers 3 Pkt	Deli Sandwich 3 Oz Bun 1 Ind Wedding Soup 6 Oz Crackers 3 Pkt Tossed Salad 1 Cup Dressing 1 Pc Mixed Fruit Cup 4 Oz 2% Milk 8 Oz	Fried Chicken 3 Oz Tator Tots 4 Oz Winter Blend 4 Oz Bread 1 Sl Margarine 1 Ind Cheesecake 1 Pc Topping 1 Srv 2% Milk 8 Oz