

Standardized Holiday Menus

MENU ITEMS	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5	Menu 6	Menu 7
APPETIZER: (Optional) Juice, soup, other	Orange Juice or Vitamin C Enriched Juice	Enr. Apple Juice or Vitamin C Enriched Juice	Orange Pineapple Juice or Vitamin C Enriched Juice	Cranberry Juice or Vitamin C Enriched Juice	Orange Juice or Vitamin C Enriched Juice	Enr. Apple Juice or Vitamin C Enriched Juice	Orange Pineapple Juice or Vitamin C Enriched Juice
	Soup and Salad	Soup and Salad	Soup and Salad	Soup and Salad	Soup and Salad	Soup and Salad	Soup and Salad
MAIN DISH: Meat, fish, poultry, cheese or alternate. 3oz cooked edible serving.	Roast Turkey w/ Giblet Gravy	Sliced Turkey Breast w/ Stuffing	4 oz.Cornish Hen	6 oz.Salmon w/Dill Sauce	Herbed Chicken	Leg of Lamb w/ Mint Jelly	Roast Lamb
If served, rice or pasta - - 1/2 cup	Pigion Peas and Rice		Rice Pilaf			Wild Rice	
VEGETABLES & FRUITS: Two (2) half cups required daily.	Kale (A)	Candied Yams Green Beans With Mushrooms	Parslied Baby Whole Carrots (A)	New Potatoes in Skin Asparagus	Potato Au Gratin Broccoli Normandy	California Blend Vegetables	Baked Sweet Potato Broccoli Spears (A)
	Cranberry Sauce	Cranberry Sauce					
Bread	Dinner Roll	Dinner Roll	Dinner Roll		Dinner Roll	Dinner Roll	Dinner Roll
MARGARINE: One (1) tsp. daily.	1 PC	1 PC	1 PC	1 PC	1 PC	1 PC	1 PC
DESSERT: 1/2 cup daily.	Fresh Fruit in Season or Apple	Fresh Fruit in Season or Orange	Fresh Fruit in Season or Banana	Fresh Fruit in Season or Apple	Fresh Fruit in Season or Orange	Fresh Fruit in Season or Banana	Fresh Fruit in Season or Apple
	Pound Cake	Peach Cobbler	Coconut Custard Pie	Butter Cookies	Apple Pie	Orange Sherbert	Tapioca Pudding
MILK: 8 oz.	1%	1%	1%	1%	1%	1%	1%

Standardized Holiday Menus

	Menu 8	Menu 9	Menu 10	Menu 11	Menu 12	Menu 13	Menu 14
MENU ITEMS							
APPETIZER: (Optional) Juice, soup, other	Cranberry Juice or Vitamin C Enriched Juice	Orange Juice or Vitamin C Enriched Juice	Orange Pineapple Juice Vitamin C Enriched Juice	Enr. Apple Juice or Vitamin C Enriched Juice	Cranberry Juice or Vitamin C Enriched Juice	Orange Juice or Vitamin C Enriched Juice	Enr. Apple Juice or Vitamin C Enriched Juice
	Soup or Salad	Soup and Salad	Soup and Salad	Soup and Salad	Soup and Salad	Soup and Salad	Soup and Salad
MAIN DISH: Meat, fish, poultry, cheese or alternate. 3oz cooked edible serving.	4 oz. Baked Ham w/ Pinepple	4 oz. Ham Steak w/Raisin Sauce	Glazed Roast Pork w/Applesauce	Spare Ribs	Brisket of Beef	Roast Beef Au Jus	TVP Roast
If served, rice or pasta - - 1/2 cup			Vegetable Rice	Rice			
VEGETABLES & FRUITS: Two (2) half cups required daily.	Mixed Vegetable (A) Baked Yams (A)	Baked Sweet Potato (A) Asparagus	 Green Beans With Mushrooms	Mustard Greens (A)	Baked Potato Scandinavian Blend Vegetables	Candied Yams (A) Brussel Sprouts	Parslied Baby Carrots (A) Spianch (A)
	Cranberry Sauce/Stuffiing						
Bread	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll
MARGARINE: One (1) tsp. daily.	1 PC	1 PC	1 PC	1 PC	1 PC	1 PC	1 PC
DESSERT: 1/2 cup daily.	Fresh Fruit in Season or Apple	Fresh Fruit in Season or Banana	Fresh Fruit in Season or Banana	Fresh Fruit in Season or Apple	Fresh Fruit in Season or Orange	Fresh Fruit in Season or Banana	Fresh Fruit in Season or Apple
	Carrot Cake	Peach Cobbler	Vanilla Pudding	Butter Cookies	Cheesecake topped w/Peaches	Orange Sherbert	Carrot Cake
MILK: 8 oz.	1%	1%	1%	1%	1%	1%	1%