

FALL - WINTER CYCLE		Healthcare Services Group, Inc. - Customized North Menu					WEEK 1	
Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Sept 28, Nov 2, Dec 7, Jan 11, Feb 15, Mar 22, Apr 26	Sept 29, Nov 3, Dec 8, Jan 12, Feb 16, Mar 23, Apr 27	Sept 30, Nov 4, Dec 9, Jan 13, Feb 17, Mar 24, Apr 28	Oct 1, Nov 5, Dec 10, Jan 14, Feb 18, Mar 25, Apr 29	Oct 2, Nov 6, Dec 11, Jan 15, Feb 19, Mar 26, Apr 30	Oct 3, Nov 7, Dec 12, Jan 16, Feb 20, Mar 27, May 1	Oct 4, Nov 8, Dec 13, Jan 17, Feb 21, Mar 28, May 2	
B R E A K F A S T	Fruit Juice Cold Cereal or Hot Cereal Fruit Mix Scrambled Egg Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Sausage Pancake Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Scrambled Egg Raisin Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Bacon French Toast Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Cheesy Scramble Egg Toast Margarine Toast Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Sausage Waffle Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Scrambled Egg Muffin Margarine Milk Coffee or Hot Tea	
L U N C H	Oven Roasted Turkey with Cranberry Sauce Stuffing with Turkey Gravy Seasoned Green Beans Dinner Roll or Bread Margarine Chocolate Brownie Beverage of Choice	Lemon Pepper Pork Roast Whipped Sweet Potatoes Buttered Greens Dinner Roll or Bread Margarine Berry Cobbler Beverage of Choice	Salisbury Steak with Mushroom Gravy Oven Baked Potato with Sour Cream and Cheese Normandy Blend Vegetables Dinner Roll or Bread Margarine Chilled Pears Beverage of Choice	Veal Piccata Garlic Mashed Potatoes Buttered Broccoli Dinner Roll or Bread Margarine Lemon Pudding with Whipped Topping Beverage of Choice	Rosemary Herb Marinated Chicken Roasted Red Potatoes Winter Blend Vegetables Dinner Roll or Bread Margarine Orange Cake with Cream Cheese Frosting Beverage of Choice	Battered Fish Tarter Sauce Tator Tots Ketchup Okra and Tomatoes Dinner Roll or Bread Margarine Ice Cream Beverage of Choice	Pork Roast Supreme Buttered Rice Peas and Carrots Dinner Roll or Bread Margarine Spiced Apples Beverage of Choice	
A L T	Maple Glazed Ham	Tarragon Seasoned Fish	Oven Roasted Turkey	Cranberry Orange Chicken	Home Style Meatloaf	Salisbury Steak	Tangy BBQ Chicken	
D I N N E R	Penne and Italian Sausage Bake Zucchini Garlic Bread Margarine Fruit Parfait Whipped Topping Milk Beverage of Choice	Open Faced Hot Roast Beef Sandwich Mashed Potatoes with Gravy Capri Vegetable Blend Dinner Roll or Bread Margarine Gelatin with Whip Topping Milk Beverage of Choice	Family Style Macaroni and Cheese Bake Stewed Tomatoes Dinner Roll or Bread Margarine White Cake with Creamy Frosting Milk Beverage of Choice	Tuna Melt Garden Vegetable Soup Three Bean Salad Crackers Fruit Dream Milk Beverage of Choice	Sloppy Joe on Bun Pasta Salad Creamy Coleslaw Peach Crisp Milk Beverage of Choice	Eggplant Parmesan over Pasta Tossed Garden Salad Dressing Dinner Roll or Bread Margarine Pineapple Tidbits Milk Beverage of Choice	Crispy Chicken Sandwich Mustard and Mayo Potato Salad Lettuce/Tomato/Onion/Pickl on a Bun Sherbet Milk Beverage of Choice	
A L T	Maryland Chicken	Chicken Tenders	Chicken Stuffed Pepper w/ Rice	Philly Steak and Cheese	Ham Salad Sandwich	Chicken Piccata	Hamburger	
HS SNACK	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	

FALL - WINTER CYCLE		Healthcare Services Group, Inc. - Customized North Menu					WEEK 2	
Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Oct 5, Nov 9, Dec 14, Jan 18, Feb 22, Mar 29, May 3	Oct 6, Nov 10, Dec 15, Jan 19, Feb 23, Mar 30, May 4	Oct 7, Nov 11, Dec 16, Jan 20, Feb 24, Mar 31, May 5	Oct 8, Nov 12, Dec 17, Jan 21, Feb 25, Apr 1, May 6	Oct 9, Nov 13, Dec 18, Jan 22, Feb 26, Apr 2, May 7	Oct 10, Nov 14, Dec 19, Jan 23, Feb 27, Apr 3, May 8	Oct 11, Nov 15, Dec 20, Jan 24, Feb 28, Apr 4, May 9	
B R E A K F A S T	Fruit Juice Cold Cereal or Hot Cereal Sausage Biscuit Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Cheesy Scrambled Egg Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Bacon French Toast Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Western Scrambled Egg Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Fruit Cold Cereal or Sausage Pancakes Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Scrambled Egg English Muffin Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Hard Boiled Egg Waffles Margarine Syrup Milk Coffee or Hot Tea	
L U N C H	Oven Fried Chicken Roasted Potatoes Seasoned Green Beans Dinner Roll or Bread Margarine Cherry Cobbler Beverage of Choice	Beef Stir-Fry Fried Rice Oriental Blend Vegetables Dinner Roll or Bread Margarine Fruit Crisp Beverage of Choice	Battered Fish Filet Tarter Sauce Rice Pilaf Broccoli with Cheese Sauce Dinner Roll or Bread Margarine Sherbet Beverage of Choice	Home Style Meatloaf with Onion Gravy Scalloped Potatoes Wax Beans and Red Pepper Dinner Roll or Bread Margarine Chocolate Pudding Parfait Beverage of Choice	Pineapple Glazed Ham Baked Sweet Potato Seasoned Cabbage Dinner Roll or Bread Margarine Marble Cake with Creamy Frosting Beverage of Choice	Herb Roasted Pork with Mushroom Gravy Pierogies Prince Edward Blend Veg Dinner Roll or Bread Margarine Chilled Apricots Beverage of Choice	Chicken Marsala Buttered Noodles Sweet Peas Dinner Roll or Bread Margarine Oatmeal Raisin Cookie Beverage of Choice	
A L T	Tarragon Seasoned Fish	Savory Roast Pork	Chicken Piccata	Oven Roasted Turkey	Salisbury Steak	Home Style Meatloaf	Maple Glazed Ham	
D I N N E R	Sweet Italian Sausage Sub with Peppers and French Fries Ketchup Tossed Garden Salad Dressing Rice Pudding Milk Beverage of Choice	Ham and Cheese Sandwich Lettuce and Tomato Pasta Salad Mayonnaise and Mustard Homemade Veggie Soup Crackers Chocolate Ice Cream Milk Beverage of Choice	Chicken Tenders Mashed Potatoes with Cream Gravy Baby Carrots Dinner Roll or Bread Margarine Peaches and Cream Milk Beverage of Choice	Egg Salad Sandwich Minestrone Soup Tossed Garden Salad Dressing Crackers Forest Pears Milk Beverage of Choice	Beef Stroganoff over Noodles Seasoned Green Beans Dinner Roll or Bread Margarine Ambrosia Milk Beverage of Choice	Tuna Salad Sandwich Macaroni Salad Calico Coleslaw Rainbow Jewels with Whipped Topping Milk Beverage of Choice	Meatball Hoagie Cream of Potato Soup Marinated Vegetable Salad Crackers Pineapple Tidbits Milk Beverage of Choice	
A L T	Tuna Melt	Philly Steak and Cheese	Hot Roast Beef Sandwich	Grilled Ham and Cheese	Maryland Chicken	Egg Salad Sandwich	Ham and Cheese Sandwich	
HS SNACK	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	

FALL - WINTER CYCLE		Healthcare Services Group, Inc. - Customized North Menu					WEEK 3	
Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Oct 12, Nov 16, Dec 21, Jan 25, Mar 1, Apr 5, May 10	Oct 13, Nov 17, Dec 22, Jan 26, Mar 2, Apr 6, May 11	Oct 14, Nov 18, Dec 23, Jan 27, Mar 3, Apr 7, May 12	Oct 15, Nov 19, Dec 24, Jan 28, Mar 4, Apr 8, May 13	Oct 16, Nov 20, Dec 25**, Jan 29, Mar 5, Apr 9, May 14	Oct 17, Nov 21, Dec 26, Jan 30, Mar 6, Apr 10, May 15	Oct 18, Nov 22, Dec 27, Jan 31, Mar 7, Apr 11, May 16	
B R E A K F A S T	Fruit Juice Cold Cereal or Hot Cereal Scrambled Egg Raisin Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Sausage Pancakes Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Scrambled Egg Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Bacon English Muffin Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Scrambled Egg Raisin Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Fresh Fruit Sausage French Toast Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Western Scrambled Egg Biscuit Margarine Jelly Milk Coffee or Hot Tea	
L U N C H	Herb Roasted Beef with Gravy Oven Baked Potato with Sour Cream Gingered Carrots Dinner Roll or Bread Margarine Pumpkin Custard Beverage of Choice	Veal Scaloppini Rice Pilaf Lemon Broccoli Dinner Roll or Bread Margarine Apple Crisp Beverage of Choice	Polish Sausage Oven Fried Potatoes Seasoned Cabbage Dinner Roll or Bread Margarine Pear Raisin Cup Beverage of Choice	Cranberry Orange Chicken Dressing Seasoned Greens Dinner Roll or Bread Margarine Spiced Peaches Beverage of Choice	Honey Baked Ham Lyonnais Potatoes French Green Beans Dinner Roll or Bread Margarine Mock Pecan Pie Beverage of Choice	Tarragon Seasoned Fish Parsley Buttered Noodles Tossed Garden Salad Dressing Dinner Roll or Bread Margarine Starburst Cake Beverage of Choice	Chicken Stuffed Pepper Buttered Rice Winter Blend Vegetables Dinner Roll or Bread Margarine Fruit Basquet Crumble Beverage of Choice	
A L T	Oven Fried Fish	Chicken Piccata	Rosemary Herb Marinated Chicken	Pepper Swiss Steak	Polish Sausage	Roast Pork Supreme	Tuna Croquette	
D I N N E R	Maryland Chicken Parsley Noodles Seasoned Zucchini Dinner Roll or Bread Margarine Fruited Gelatin Milk Beverage of Choice	Cheese Ravioli with Marinara Sauce Italian Blend Vegetables Dinner Roll or Bread Margarine Bread Pudding Milk Beverage of Choice	Turkey and Cheese Mayonnaise Potato Salad Hearty Vegetable Soup Crackers Rocky Road Pudding Milk Beverage of Choice	Philly Steak and Cheese French Fries Ketchup Yellow Squash on Roll Peanut Butter Cookie Milk Beverage of Choice	Baked Lasagna California Blend Vegetables Dinner Roll or Bread Margarine Mixed Fruit Cup Milk Beverage of Choice	Family Style Macaroni and Cheese Bake Stewed Tomatoes Dinner Roll or Bread Margarine Peach Cobbler Milk Beverage of Choice	Tuna Salad on Lettuce Bed Pasta Salad Split Pea Soup Crackers Rosy Pears Milk Beverage of Choice	
A L T	Eggplant Parmesan	Family Style Macaroni and Cheese Bake	Hamburger	Tuna Melt	Chicken Stuffed Pepper	Penne and Italian Sausage Bake	Crispy Chicken Sandwich	
HS SNACK	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	

FALL - WINTER CYCLE		Healthcare Services Group, Inc. - Customized North Menu					WEEK 4	
Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Oct 19, Nov 23, Dec 28, Feb 1, Mar 8, Apr 12, May 17	Oct 20, Nov 24, Dec 29, Feb 2, Mar 9, Apr 13, May 18	Oct 21, Nov 25, Dec 30, Feb 3, Mar 10, Apr 14, May 19	Oct 22, Nov 26, Dec 31**, Feb 4, Mar 11, Apr 15, May 20	Oct 23, Nov 27**, Jan 1, Feb 5, Mar 12, Apr 16, May 21	Oct 24, Nov 28, Jan 2, Feb 6, Mar 13, Apr 17, May 22	Oct 25, Nov 29, Jan 3, Feb 7, Mar 14, Apr 18, May 23	
B R E A K F A S T	Fruit Juice Cold Cereal or Hot Cereal Bacon Pancakes Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Scrambled Egg Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Western Scrambled Egg Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Bacon French Toast Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Cheesy Scramble Egg Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Sausage Waffles Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Fruit Cup Scrambled Egg Raisin Toast Margarine Jelly Milk Coffee or Hot Tea	
L U N C H	Meat Sauce over Angel Hair Pasta Italian Green Beans Dinner Roll or Bread Margarine Strawberry Applesauce Beverage of Choice	Sweet and Sour Pork over Fried Rice Seasoned Broccoli Dinner Roll or Bread Margarine Margarine Spiced Apples Beverage of Choice	Chicken Piccata Red Skin Potatoes Spinach Soufflé Dinner Roll or Bread Margarine Banana Pudding Cup Beverage of Choice	Herb Roasted Pork with Brown Gravy Confetti Corn Normandy Blend Vegetables Dinner Roll or Bread Margarine Warm Fruit Compote Beverage of Choice	Roast Turkey with Gravy Mashed Potatoes Green Beans Dinner Roll or Bread Margarine Pumpkin Pie Beverage of Choice	Oven Fried Fish Filet Primavera Rice Stewed Tomatoes Dinner Roll or Bread Margarine Butterscotch Squares Beverage of Choice	Pot Roast with Roasted Potatoes Baby Carrots Dinner Roll or Bread Margarine Pineapple Upside Down Beverage of Choice	
A L T	Veal Scaloppini	Battered Fish	Oven Roasted Turkey	Rosemary Herb Marinated Chicken	Home Style Meatloaf	Herb Roasted Beef	Oven Roasted Turkey	
D I N N E R	Grilled Ham and Cheese Sandwich Hot Potato Salad Hearty Tomato Soup Crackers Gelatin Milk Beverage of Choice	Open Faced Hot Roast Beef Sandwich Mashed Potatoes with Gravy Harvard Beets Dinner Roll or Bread Margarine Peaches and Cream Milk Beverage of Choice	Cheese Pizza Minestrone Soup Three Bean Marinated Dinner Roll or Bread Margarine Fruit Cocktail Milk Beverage of Choice	Creamed Chicken with Peas and Mushrooms over Texas Toast Tossed Garden Salad Dressing Carrot Cake with Cream Cheese Frosting Milk Beverage of Choice	Stuffed Shells with Marinara Sauce Mixed Vegetables Dinner Roll or Bread Margarine Oranges and Bananas with Whipped Topping Milk Beverage of Choice	Ham Salad Sandwich Tator Tots Ketchup Winter Garden Veggie Soup Crackers Chilled Pears Milk Beverage of Choice	Hamburger Lettuce/Tomato/Onion/Pickl Baked Beans Mayonnaise Sauerkraut and Apples Ice Cream Milk Beverage of Choice	
A L T	Meatball Hoagie	Chicken Tenders	Philly Steak and Cheese	Pepper Swiss Steak	Family Style Macaroni and Cheese Bake	Sloppy Joe	Crispy Chicken Sandwich	
HS SNACK	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	

FALL - WINTER CYCLE		Healthcare Services Group, Inc. - Customized North Menu					WEEK 5	
Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Oct 26, Nov 30, Jan 4, Feb 8, Mar 15, Apr 19, May 24	Oct 27, Dec 1, Jan 5, Feb 9, Mar 16, Apr 20, May 25	Oct 28, Dec 2, Jan 6, Feb 10, Mar 17, Apr 21, May 26	Oct 29, Dec 3, Jan 7, Feb 11, Mar 18, Apr 22, May 27	Oct 30, Dec 4, Jan 8, Feb 12, Mar 19, Apr 23, May 28	Oct 31, Dec 5, Jan 9, Feb 13, Mar 20, Apr 24, May 29	Nov 1, Dec 6, Jan 10, Feb 14, Mar 21, Apr 25, May 30	
B	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	
R	Cold Cereal or	Cold Cereal or	Cold Cereal or	Cold Cereal or	Cold Cereal or	Cold Cereal or	Cold Cereal or	
E	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	
A	Cheese Omelet	Sausage	Scrambled Egg	Bacon	Cheesy Scramble Egg	Sausage	Western Scrambled Egg	
K	Toast	Pancakes	Raisin Toast	English Muffin	Toast	French Toast	Toast	
F	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	
A	Jelly	Syrup	Jelly	Jelly	Jelly	Syrup	Jelly	
S	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
T	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	
L	Tangy BBQ Chicken	Beef Pot Pie	Savory Roast Pork	Turkey Apple Normandy	Kielbasa	Tuna Croquette	Pepper Swiss Steak	
N	Potato Salad	Buttered Corn	with Onion Gravy	Buttered Rice	Black-eyed Peas	Tarter Sauce	Baked Potato	
C	Collard Greens	Green Beans	Pierogies	Spinach AuGratin	Seasoned Cabbage	Buttered Rice	with Sour Cream and	
H	Cornbread	Biscuit	Mixed Vegetables	Dinner Roll or Bread	Dinner Roll or Bread	Broccoli with Lemon Butter	Winter Blend Vegetables	
	Margarine	Margarine	Dinner Roll or Bread	Margarine	Margarine	Dinner Roll or Bread	Dinner Roll or Bread	
	Apricot Halves	Fruit Medley	Margarine	Lemon Poke Cake	Apple Cobbler	Margarine	Margarine	
	Beverage of Choice	Beverage of Choice	Apple Cranberry Crisp	with Whipped Topping	Beverage of Choice	Spiced Pears	Chocolate Pudding	
			Beverage of Choice	Beverage of Choice		with Whipped Topping	Beverage of Choice	
						Beverage of Choice		
A	Salisbury Steak	Oven Fried Fish	Oven Roasted Turkey	Home Style Meatloaf	Rosemary Herb Marinated Chicken	Veal Piccata	Battered Fish	
L								
T								
D	Homemade Chili	Maple Glazed Ham	Fish Marinara	Cheese Enchiladas	Steak Fingers	Turkey and Cheese	Homemade Chicken and	
I	over	Hashbrown Casserole	Parslied Noodles	with Red Sauce	with Cream Gravy	Deli Sandwich	Dumplings	
N	Rice	California Blend Vegetables	Italian Blend Vegetables	Spanish Pinto Beans	Mashed Potatoes	French Fries	Carrot Coins	
N	Tossed Garden Salad	Dinner Roll or Bread	Dinner Roll or Bread	Sour Cream	Fried Okra	Ketchup	Dinner Roll or Bread	
E	Dressing	Margarine	Margarine	Shredded Lettuce-Tomato	Dinner Roll or Bread	Pea Salad	Margarine	
R	Dinner Roll or Bread	Marshmallow Squares	Peanut Butter Pudding	Tortilla	Margarine	Sherbet	Fruit Crisp	
	Margarine	Milk	Milk	Margarine	Peach Slices	Milk	Milk	
	Buttermilk Pie	Beverage of Choice	Beverage of Choice	Mixed Fruit Cup	Milk	Beverage of Choice	Beverage of Choice	
	Milk			Milk				
	Beverage of Choice			Beverage of Choice				
A	Chicken Piccata	Pepper Swiss Steak	Cheese Ravioli	Penne and Italian Sausage Bake	Chicken Tenders	Sloppy Joe	Family Style Macaroni and Cheese Bake	
L								
T								
HS	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	Snack of the Day	
SNACK								