



COMPLETECARE
— MANAGEMENT —

January- Complete Care Dining Service Inc. Monthly Menu

Week 1	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Friday 01/01/2021	Homestyle Waffles w/ Maple Syrup Assorted Hot/ Cold Cereal	News Year Day Meal	Soup of the Day Hot Roast Beef Sandwich w/ Au Jus, tossed Salad Or Homemade Chili over White Rice, Sauteed Garden Zucchini Dessert: Assorted Fruit		Coffee/ Tea Assorted Snacks	
Saturday 01/02/2021	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Meatloaf w/ Mushroom Gravy, Garlic Mashed Potatoes, Glazed Carrots Or Liver & onions, Cream Corn, Stewed Tomatoes Dessert: Assorted Pudding	Soup of the Day Classic Chicken Salad Sandwich w/ Marinated Tomatoes Or Egg Salad Sandwich, Broccoli Slaw Dessert: Assorted Fruit		Coffee/ Tea Assorted Snacks	

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Week 2	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 01/03/2021	Omelet& Pastry Assorted Hot/ Cold Cereal	Sauerbraten w/ Ginger Gravy, Mashed Potato, Sweet & Sour Red Cabbage Or Turkey Wings, Stuffing w/ Cranberries, Roasted Asparagus Dessert: Assorted Ice Cream	Soup of the Day Crab Cake on a Roll w/ Tatar Sauce, 3 Bean Marinated Salad Or Specialty Mac & Cheese, Mixed Vegetables Dessert: Assorted Fruit		Coffee/ Tea Assorted Snacks	
Monday 01/04/2021	Classic Texas French Toast w/ Maple Syrup Assorted Hot/ Cold Cereal	Spaghetti & Italian Meatballs, Roasted Broccoli Or Breaded Pork Chop, Rice Pilaf, Sauteed Green Beans Dessert: Assorted Fruit	Soup of the Day Hotdog w/ Cheese, Sauerkraut, Baked Beans Or Deluxe Burger w/ Lettuce, Tomato, Onion Dessert: Assorted Jell-O		Coffee/ Tea Assorted Snacks	
Tuesday 01/05/2021	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Roasted Chicken Leg Quarter, Cornbread Stuffing, California Blend Vegetables Or Liver & Onions, Buttery Mashed Potatoes, Winter Blend Vegetables Dessert: Assorted Fruit	Soup of the Day Tuna Salad Platter, Potato Salad, Carrot Raisin Salad, Crackers Or Ham Sandwich, Fresh Spinach Salad Dessert: Assorted Pudding		Coffee/ Tea Assorted Snacks	



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Wednesday 01/06/2021	Golden Brown Pancakes w/ Maple Syrup Assorted Hot/ Cold Cereal	Homemade Meatloaf w/ Mushroom Gravy, Buttered Noodles, Sugar Snap Peas Or Pan Seared Ham Steak, Scalloped Potatoes, Fresh Zucchini Dessert: Assorted Cake/ Pastry	Soup of the Day Pulled Pork on a Roll, Buttered Green Beans Or Chicken Salad on a Croissant, Rainbow Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 01/07/2021	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Sweet & Sour Fish over White Rice, Oriental Blend Vegetables Or Shepard's Pie, Mixed Vegetables Dessert: Assorted Pudding	Soup of the Day Sausage Pizza w/ Tossed Salad Or Ranch Chicken Wrap w/ Crispy Fries Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Friday 01/08/2021	Homestyle Waffles w/ Maple Syrup Assorted Hot/ Cold Cereal	Roast Pork Loin, Sweet Potato, Broccoli Or Manicotti w/ meatsauce, Sauteed Green Beans Dessert: Assorted Cake/ Pastry	Soup of the Day Philly Cheese Steak on a Roll, Peppers & Onions Or Bread Fish Sandwich on a Roll, Marinated Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 01/09/2021	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Veal & Peppers, Parslied Noodles, Creamed Spinach Or Homemade Swedish Meatballs, White Rice, Broccoli Spears Dessert: Assorted Cake/ Pastry	Soup of the Day California Burger, Lettuce, Tomato, Onion Or Grilled Cheese w/ Tomato, Marinated Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 3	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 01/10/2021	Omelet & Pastry Assorted Hot/ Cold Cereal	Stuffed Peppers, Parslied Noodles, Glazed Carrots Or Island Style Chicken, Stuffing Muffins, Green Beans Dessert: Assorted Ice Cream	Soup of the Day Chili Dog on a Roll, Sauerkraut Or Fish Cake on a Roll, Marinated Vegetables Dessert: Assorted Fruit		Coffee/ Tea Assorted Snacks	
Monday 01/11/2021	Classic Texas French Toast w/ Maple Syrup Assorted Hot/ Cold Cereal	Chicken Chow Mein, White Rice, Chinese Vegetables Or Smothered Pork Chops, Buttery Mashed Potatoes, Sauteed Cabbage Dessert: Assorted Pudding	Soup of the Day Classic Ryebein on Rye, Cole Slaw Or Tuna Melt on an English Muffin, Lettuce & Tomato Dessert: Assorted Fruit		Coffee/ Tea Assorted Snacks	



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Tuesday 01/12/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Spaghetti & Meatballs, Tossed Salad Or Roast Turkey, Fresh Sweet Potatoes, Garden Zucchini Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Menu Planning Meal	Coffee/ Tea Assorted Snacks
Wednesday 01/13/2021	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup Assorted Hot/ Cold Cereal	Beer Battered Cod, 3 Cheese Mac & Cheese, Creamed Spinach Or Salisbury Steak w/ Onion Gravy, Rice Pilaf, Asparagus Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Roast Beef Sandwich, Cucumber Salad Or Turkey & Swiss Sandwich, 3 Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 01/14/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Slow Cooked Pot Roast, Garlic Mashed Potatoes, California Blend Vegetables Or Chicken Tenders, Macaroni Salad, Green Bean Salad Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Sausage Pizza, Tossed Salad Or Ham & Cheese Sandwich, Greek Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Friday 01/15/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup Assorted Hot/ Cold Cereal	Baked Ham w/ Pineapple Glaze, Scalloped Potatoes, Glazed Carrots Or Seafood Marinara w/ Mussels over Pasta w/ Roasted Broccoli Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Meatloaf Parmesan Sub, Creamy Cole Slaw Or Turkey Melt, Lettuce & Tomatoes Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 01/16/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Jumbo Cheese Ravioli w/ Chunky Bolognese, Broccoli Spears Or Breaded Veal Cutlet, Stuffing w/ Cranberries, Creamed Spinach Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Seafood Salad Sandwich on a Croissant, Carrot Raisin Salad Or Chicken Caesar Wrap, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 4	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 01/17/2021	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Pot Roast w/ Ginger Gravy, Buttered Noodles, Sautéed Green Beans Or Maple Glazed Ham, Scalloped Potatoes, California Blend Vegetables Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey & Cheese Sandwich, Lettuce & Tomato Or Liver wurst Sandwich on Rye, Lettuce & Onion Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



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Monday 01/18/2021	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup Assorted Hot/ Cold Cereal	Chicken Cacciatore, Seasoned Potatoes, Buttered Carrots Or Pork Chop w/ Sauerkraut, Bread Stuffing, Fresh Squash Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day 3 Cheese Quiche, Broccoli Florets Or Meatball Parmesan Sandwich, Caprese Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 01/19/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Beef Stroganoff w/ Fresh Mushrooms, Buttered Noodles, Garlic Spinach Or BBQ Chicken Legs, Sweet Potato Wedges, Fresh Garden Zucchiniw/ Montreal Seasoning Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Tuna Salad on a Kaiser Roll, 3 Bean Salad Or Ham Sandwich, Pickled Beets Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks
Wednesday 01/20/2021	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup Assorted Hot/ Cold Cereal	Baked Ziti w/ Bolognese, Tossed Salad Or Veal Cordon Bleu, Seasoned Potatoes, Sauteed Cabbage Dessert: Assorted Fruited Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Breaded Chicken Sandwich w/ Honey Mustard, Greek Salad Or Kielbasa, Cabbage, Boiled Potatoes Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 01/21/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Moroccan Fish, Rice Pilaf, Vegetarian Blend Vegetables Or Salisbury Steak w/ Onion Gravy, Baked Potato, Winter Blend Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Hotdog w/ Cheese, Sauerkraut, Baked Beans Or Grilled Cheese w/ Ham, Carrot Raisin Salad Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks
Friday 01/22/2021	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup Assorted Hot/ Cold Cereal	Pork Scallopini, Mushroom Risotto, Sauteed Garlic Green Beans Or Rosemary Crusted Turkey, Stuffing w/ Peaches, Glazed Carrots Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Tenders, 3 Cheese Mac & Cheese, Stewed Tomatoes Or Cheesesteaks on a Hoagie Roll, Peppers & Onions, French Fries Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 01/23/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Stuffed Cabbage, Parslied Noodles, Key West Vegetables Or General Tso Chicken over White Rice, Fresh Spinach Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Beer Battered Cod Sandwich, Cole Slaw Or Egg Salad Sandwich, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 5	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
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<p>Sunday 01/24/2021</p>	<p>Coffee/ Tea Assorted Pastry</p>	<p>Omelet& Pastry Assorted Hot/ Cold Cereal</p>	<p>Roast Pork Loin, Traditional Stuffing, Seasoned Kale Or Roast Lamb w/ Mint Jelly, Sweet Potatoes, Broccoli Florets Dessert: Assorted Ice Cream</p>	<p>Coffee/ Tea Assorted Snacks</p>	<p>Soup of the Day Specialty Pizza, Tossed Salad Or Liverwurst on Rye, Lettuce, Tomato, Onion Dessert: Assorted Fruit</p>	<p>Coffee/ Tea Assorted Snacks</p>
<p>Monday 01/25/2021</p>	<p>Coffee/ Tea Assorted Pastry</p>	<p>Classic Texas French Toast w/ Maple Syrup Assorted Hot/ Cold Cereal</p>	<p>Veal Tips over Rive, Stewed Vegetables Or Stuffed Fish, Cream Corn, Garlic Green Beans Dessert: Assorted Cake/ Pastry</p>	<p>Coffee/ Tea Assorted Snacks</p>	<p>Soup of the Day Ham Sandwich, Cole Slaw, or Cheese Blintz w/ Fruit Topping, Freshly Baked Muffin Dessert: Assorted Fruit</p>	<p>Coffee/ Tea Assorted Snacks</p>
<p>Tuesday 01/26/2021</p>	<p>Coffee/ Tea Assorted Pastry</p>	<p>Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal</p>	<p>Chicken Parmesan over Spaghetti, Tossed Salad Or Homemade Salisbury Steak, Garlic Mashed Potatoes, Glazed Carrots Dessert: Assorted Jell-O</p>	<p>Coffee/ Tea Assorted Snacks</p>	<p>Soup of the Day Jersey Cheese Steak, Peppers & Onions, Cole Slaw Or Grilled Cheese & Tomato, Pickled Beets Dessert: Assorted Fruit</p>	<p>Coffee/ Tea Assorted Snacks</p>
<p>Wednesday 01/27/2021</p>	<p>Coffee/ Tea Assorted Pastry</p>	<p>Golden Brown Pancakes w/ Maple Syrup Assorted Hot/ Cold Cereal</p>	<p>Stuffed Meatloaf, Buttery Mashed Potatoes, Winter Blend Vegetables Or Veal Cordon Bleu, Parslied Noodles, California Blend Vegetables Dessert: Assorted Cake/ Pastry</p>	<p>Coffee/ Tea Assorted Snacks</p>	<p>Soup of the Day Freshly Cooked Corned Beef Sandwich, Fresh Spinach Salad Or Egg Salad Sandwich, Carrot Raisin Salad Dessert: Assorted Fruit</p>	<p>Coffee/ Tea Assorted Snacks</p>
<p>Thursday 01/28/2021</p>	<p>Coffee/ Tea Assorted Pastry</p>	<p>Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal</p>	<p>Swedish Meatballs over White Rice, Mediterranean Blend Vegetables Or Open-Faced Turkey, Stuffing, Broccoli Florets Dessert: Assorted Cake/ Pastry</p>	<p>Coffee/ Tea Assorted Snacks</p>	<p>Soup of the Day California Burger, Tossed Salad Or Tuna Salad Platter, Macaroni Salad, Tomato Salad, Crackers Dessert: Assorted Fruit</p>	<p>Coffee/ Tea Assorted Snacks</p>
<p>Friday 01/29/2021</p>	<p>Coffee/ Tea Assorted Pastry</p>	<p>Homestyle Waffles w/ Maple Syrup Assorted Hot/ Cold Cereal</p>	<p>Slow Cooked Pot Roast, Buttered Noodles, Red Cabbage Or Baked Ham w/ Maple Glaze, Au gratin Potatoes, Roasted Cauliflower w/ Parmesan Dessert: Assorted Pudding</p>	<p>Coffee/ Tea Assorted Snacks</p>	<p>Soup of the Day Homemade Chili Topped w/ Cheese, over White Rice, Green Beans Or Chicken Caesar Wrap, Cucumber Basil Salad Dessert: Assorted Fruit</p>	<p>Coffee/ Tea Assorted Snacks</p>



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Saturday 01/30/2021	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Manicotti w/ Chunky Bolognese, Tossed Salad Or Seafood Creole over White Rice, Broccoli Rabe Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Hot Roast Beef Sandwich w/ Au Jus, Rainbow Slaw Or Chicken Salad Sandwich, Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
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Week 6	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 01/31/2021	Coffee/ Tea Assorted Pastry	Omelet& Pastry Assorted Hot/ Cold Cereal	Cajun Turkey, Cornbread Stuffing, Winter Blend Vegetables Or Slow Cooked Pot Roast, Sweet Potatoes, Wax Beans Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Bread Fish Cake on a Roll, Cole Slaw Or Turkey Salad on Roll, Cucumber Tomato Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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