OptimaSolutions² Dietary Management System

Optima Solutions 2021
2021 S/S Select Menu

Date: 6/5/2021 **RD:**

Week: 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Egg of Choice Sausage & Gravy Cereal of Choice Biscuit Beverage of Choice Milk of Choice, 8oz Juice of Choice Margarine	Sausage Cereal of Choice Pancakes Beverage of Choice Milk of Choice, 8oz Juice of Choice Syrup	Egg of Choice Bacon Cereal of Choice Danish Beverage of Choice Milk of Choice, 8oz Juice of Choice Margarine	Egg of Choice Breakfast Meat Cereal of Choice Toast Beverage of Choice Milk of Choice, 8oz Juice of Choice Syrup	Egg of Choice Bacon Cereal of Choice French Toast Beverage of Choice Milk of Choice, 8oz Juice of Choice Syrup	Scrambled Egg Sausage Link Cereal of Choice Toast Beverage of Choice Milk of Choice, 8oz Juice of Choice Margarine	Egg of Choice Bacon Cereal of Choice Waffle w/ Syrup Beverage of Choice Milk of Choice, 8oz Juice of Choice Syrup
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Penne Pasta w/ Sausage* Stewed Tomatoes Dinner Roll Cream Pie	Meatloaf Homestyle* Fluffy Steamed Rice Vegetable Medley Dinner Roll Fruited Jello	Club Sandwich Potato Salad Cucumber Salad Chocolate Pudding w/ Topping	Pork Roast* German Potato Salad* Peaches* Ice Cream	Turkey Sliced w/ Gravy Buttered Noodles Peas & Mushrooms Bread Sticks Pudding Tart	Chicken with Mushroom Gravy* Tossed Salad w/ Dressing* Strawberries*	Cheeseburger Potato Wedges Salad Pasta Sliced Peaches
Supper	**Supper**	**Supper**	**Supper**	**Supper**	**Supper**	**Supper**
Turkey Open Faced Sandwich Mashed Potatoes Mixed Vegetables Crackers Seasonal Fresh Fruit	Chicken Cordon Blue* Herb Rice* Broccoli Salad Cake/Icing	Pot Roast w/Gravy* Parsley Mashed Potatoes* Green Pea Salad Bread Sticks Apple Pie*	Chicken Pot Pie Mixed Baby Green Salad Dinner Roll Chocolate Mousse	Macaroni Beef Bake Tossed Salad w/ Dressing Garlic Bread Fruit Cocktail	Cool Tuna Salad on Bed of Lettuce Soup of the Day Cottage Cheese* Dinner Roll Oatmeal Cookie	Meatballs Sweet & Sour Egg Noodles Oriental Vegetables Biscuit Rosy Applesauce