



OptimaSolutions²
Dietary Management System

2023 Spring/Summer Menus
August/September

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**All menus are subject to change

Jean M. Schmitt

Breakfast

Sunday 27th	Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st	Friday sept 1st	Saturday sept 2nd
Juice of choice egg of choice bacon coffee cake /toast Fruit Beverage	Juice of choice Oatmeal/cereal of choice Egg of choice Toast Fruit cup Beverage	Juice of Choice Egg of choice Hashbrowns Cereal of choice Toast fruit Beverage	Juice of Choice Eggs of choice Cereal of Choice Sausage links Fruit beverage	Juice of Choice French toast Breakfast Ham Fruit beverage	Juice of Choice Cheesy scrambled eggs Toast/Danish Fruit Beverage	Juice of Choice Pancakes Sausage links cereal of choice toast fruit beverage

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Turkey roast Mashed Potatoes w/ Gravy carrots Dinner Roll Strawberry fluff Beverage of Choice	Spaghetti with meat sauce Vegetable melody Garlic bread stick Peach cobbler Beverage of choice	Pork roast Mashed Potatoes w/ Gravy broccoli Pumpkin bar Beverage of choice	Baked ham Seasoned Baby red potatoes Brownie Beverage of Choice	Homemade beef stew. Dinner roll Cheesecake Beverage of choice	Baked Cod Potato salad Coleslaw Rye bread Lemon cake Beverage of choice	Scalloped potatoes with ham Green beans Carrot cake Beverage of choice

Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Egg rolls Sweet and sour sauce Garden vegetable rice Jello Beverage	Deli Trio sandwich Bologna Turkey salami lettuce tomato cheese Pudding Beverage	Egg salad sandwich Lettuce tomato Pasta salad Peanut butter cookie Beverage	Sloppy joes Potato chips Pickle Spears ice cream	Grilled cheese Sandwich Tomato soup Fruit cup Beverage	Crab salad sandwich Tomato cucumber salad Brownies Beverage	Hamburger sliders lettuce tomato onion 3 bean salad Peanut butter bars Beverage



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2023 Spring/Summer Menus

Week 2

Print Date: 08/10/2023

RD: _____

for M Schmitt

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Sunday 13th	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th
Egg of choice Hashbrowns Sausage links Cereal of Choice Toast Beverage of choice	Cereal of choice Oatmeal Toast Danish Fruit Beverage of choice	Pancakes Bacon Egg of choice Cereal Fruit Beverage of choice	Egg of choice Toast Cereal of choice Fresh fruit cup Beverage of choice	French toast Sausage links Cereal of choice Fruit Beverage of choice	Egg of choice Bacon Toast Fruit Beverage of choice	Western omelet Toast Cereal of choice Fruit Beverage of choice

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Roasted turkey Mashed Potatoes w/ Gravy Seasoned Broccoli Dinner roll Strawberry short cake Beverage	Scalloped potatoes with ham Dinner roll Buttered carrots Éclair Cake Beverage of choice	Pulled BBQ beef sandwich. French fries Baked beans Pecan bars Beverage of choice	Beef Goulash Dinner roll Ice cream Beverage of choice	Meatloaf Baked Baked Potato Capri Vegetables Dinner Roll Carrot Cake Beverage of Choice	Grilled Shrimp with lemon and dill Rice Pilaf Creamy Coleslaw Mandarin orange torte Beverage of Choice	Bbq pork ribs Au Gratin Potato Mixed Garden Veggies Dinner Roll Apple Crisp Beverage of Choice

Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Egg Salad Sandwich Pasta Salad Jello with whipped topping Beverage of choice	Homemade Chicken noodle soup Cracker Dinner roll Oatmeal cookie Beverage of Choice	Grilled cheese Tomato soup Crackers Pudding with whip topping Beverage of Choice	Cheeseburger Onion Rings Lettuce/Tomato/Onion brownie Beverage of Choice	Ham & Swiss Sandwich On Rye Bread Pasta salad Cheesecake Beverage of choice	Crab salad on a roll Lettuce and tomato Corn chips Strawberry fluff Beverage of choice	Pizza Garlic Toast Pasta salad Chocolate chip cookie Beverage of choice



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2023 Spring/Summer Menus

WEEK 3

Print Date: 08/17/2023

RD: _____

Jean M. Schmidt

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Breakfast

Sunday 20th	Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th	Saturday 26th
Juice of Choice Scrambled Egg Bacon Cereal of Choice Toast fruit Coffee/Tea	Juice of Choice Egg of Choice Oatmeal / Cereal of Choice Toast fruit Coffee/Tea	Juice of Choice Sausage links Pancakes Cereal of choice fruit Coffee	Juice of Choice Cheesy scrambled eggs Hashbrowns Toast fruit Cereal of choice Coffee/Tea	Juice of Choice Egg of Choice bacon Cereal of Choice Toast fruit Coffee/Tea	Juice of Choice Breakfast sandwich Cereal of choice Fruit Coffee/tea	Juice of Choice French Toast Sausage link Cereal of choice Fruit Coffee/Tea

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Roast Beef Mashed Potatoes w/ Gravy Seasoned baby carrots Banana cream pie Beverage of Choice	lasagna Broccoli Garlic bread stick Mandarin oranges Beverage of choice	Hamburger Gravy Mashed Potatoes w/ Gravy Normandy blend veggie Dinner Roll Brownie Beverage of choice	Baked chicken Garden blend rice Gravy Peas Strawberry shortcake Beverage of choice	Pulled pork on a bun. French fries Baked beans Ice cream Beverage of choice	Fried cod nuggets Fried potatoes Coleslaw lemon bar beverage of choice Lemon Bar	Homemade Swedish meatballs /egg noodles Bread and butter Cherry cobbler Beverage of choice

Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chicken Salad Sandwich Creamy cucumber salad Jello Beverage of choice	Pulled beef: On a Bun / potato chips pickle spear peanut butter cookie beverage of choice	Pizza Burger French fries Southwest corn pudding whip topping Beverage of choice	Ham & Cheese Sandwich Vegetable Soup Harvard Beets Crackers Tapioca Pudding Beverage of Choice Milk of Choice, 8oz	Wild West BBQ/ Chili cook Off!	Chicken sliders Chips Tomato cucumber salad Chocolate chip cookie Beverage of choice	Grilled cheese Tomato soup Crackers Chocolate cake Beverage of choice



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2023 Spring/Summer Menus

WEEK 4

Print Date: 07/27/2023

RD: _____

for M. Schmidt

Breakfast

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Sunday 30	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
Juice of Choice Egg of Choice Bacon Cereal of Choice Toast Coffee/Tea Milk of Choice, 8oz Jelly	Juice of Choice Scrambled Egg Sausage Link Cereal of Choice Toast Fruit Cup Milk of Choice, 8oz Coffee/Tea Margarine Jelly Pepper	Juice of Choice Scrambled Egg Breakfast Meat Cereal of Choice Toast Milk of Choice, 8oz Coffee/Tea Pepper Jelly / Margarine	Juice of Choice Sausage & Gravy Cereal of Choice Biscuit Coffee/Tea Milk of Choice, 8oz Pepper Jelly / Margarine	Juice of Choice Breakfast Meat Cereal of Choice French Toast Coffee/Tea Milk of Choice, 8oz Margarine Syrup	Juice of Choice Scrambled Egg Breakfast Meat Cereal of Choice Toast Coffee/Tea Milk of Choice, 8oz Pepper Jelly / Margarine	Juice of Choice Fried Egg Breakfast Meat Cereal of Choice Toast Coffee Milk of Choice, 8oz Pepper Jelly / Margarine

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chicken Baked Mashed Potatoes w/ Gravy Mixed Vegetables Dinner Roll Strawberry Cream Pie Beverage of Choice	Scalloped Potatoes with ham Vegetable Blend Fruit crisp Beverage of choice	Chicken w/ Lemon Pepper Rice pilaf Peas & Carrots Dinner Roll Fruited Jello Beverage of Choice	BBQ Ribs Baked Potatoes Corn Bread Sticks Cake/Icing Beverage of Choice	Ham Baked Sweet Potatoes Brussels Sprouts Cornbread Cheese cake Beverage of Choice	Fish Battered French Fries Coleslaw Ice cream Beverage of Choice	Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Ice Cream Beverage of Choice Milk of Choice, 8oz

Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Split pea Soup With ham Biscuit Chocolate chip cookie Beverage of choice	Grilled cheese Tomato Soup Crackers Pistachio Fluff Beverage of choice	Pork Pulled Sandwich Baked Beans Creamy Coleslaw Sherbet Beverage of Choice Milk of Choice, 8oz	BLT Waffle fries Seasoned Green Peas Melon Cup Beverage of Choice Milk of Choice, 8oz Dill Pickle	Turkey Open Faced Sandwich Mashed Potatoes Cucumber Tomato Salad Fruit Fluff Beverage of Choice Milk of Choice, 8oz	Spaghetti Sauce w/Meat Spaghetti Noodles Italian Vegetables Garlic Bread Brownie Beverage of Choice Milk of Choice, 8oz	Deli sandwich chips Three Bean Medley Chefs choice desert Beverage of Choice Milk of Choice, 8oz