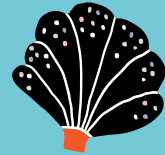


BREAKFAST



Parfaits: Fruit, Granola & Yogurt Parfait | Assorted Yogurts
Hot Cereal: Oatmeal | Cream of Rice | Apple Cinnamon Cream of Wheat
Cold Cereal: Cheerios | Cornflakes | Frosted Flakes | Raisin Bran
Entrées: Scrambled Eggs | Hard Boiled Egg | French Toast | Pancakes
Sides: Bacon | Sausage | Breakfast Potatoes | Cottage Cheese
Bakery: English Muffin | Bagel | Blueberry Muffin
Toast: White | Wheat | Rye | Cinnamon Raisin
Fruit: Fresh Fruit Cup | Apple | Banana | Orange | Applesauce
 Peaches | Pears | Stewed Prunes

LUNCH & DINNER



Soup: Minestrone | Chicken Noodle | Tomato Basil Bisque
Salads: Chicken Caesar Salad | Caprese Salad | Hummus with Pita Chips
Salad Dressings: Ranch | Balsamic Vinaigrette | Italian | Oil and Vinegar
Grill: Hamburger | Turkey Burger | Black Bean Burger
 Grilled Chicken Sandwich
 Grilled Cheese | Cheese or Pepperoni Pizza
Sandwiches: Chicken Salad | Tuna Salad | Egg Salad | Turkey
 Roast Beef | Ham | Peanut Butter & Jelly
Cheese: American, Cheddar, Swiss
Bread: Wheat | White | Wheat Sandwich Thin
Toppings: Lettuce | Tomato | Onion
Hot Entrées: Grilled Chicken Breast | Baked Tilapia
 Pasta & Marinara Sauce | Chicken Tenders
Sides: Mashed Potatoes | Mashed Sweet Potatoes | Brown Rice | White Rice
 Red Beans & Rice | Baked French Fries | Dinner Roll
Vegetables: Fresh Broccoli | Steamed Carrots
 Seasoned Green Beans | Side Salad

BEVERAGES

Coffee: Regular | Decaf
Tea: Iced | Hot | Decaf | Regular
Hot Chocolate: Regular | Sugar-Free
Juice: Apple | Cranberry | Grape | Orange | Prune
Milk: Skim | Whole | Vanilla Soy | Almond | Lactaid
Soft Drinks: Ginger Ale | Diet Ginger Ale | Cola | Diet Cola | Water

DESSERTS

Chocolate Chip Cookie | Oatmeal Raisin Cookie | Sugar Cookie
Pudding: Vanilla | Chocolate
Gelatin: Citrus | Red

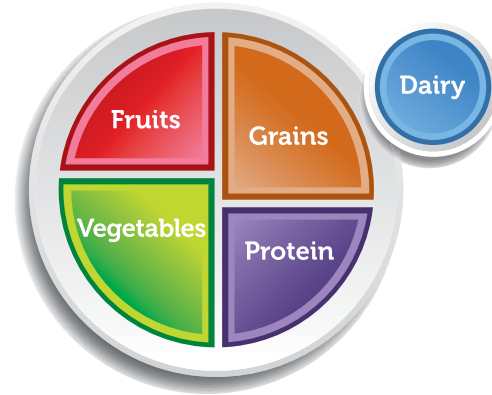
FROZEN TREATS

Ice Cream: Vanilla | Chocolate
Italian Ice: Lemon | Orange
Sherbet: Orange | Lemon Sugar-Free Sorbet

CONDIMENTS

Salt | Pepper | Herb Seasoning | Lemon Wedge | Lemon Packet
 Parmesan Cheese Packets | Honey | Raisins | Cinnamon
 Brown Sugar | Mayo | Mustard | Ketchup

DAILY FOOD

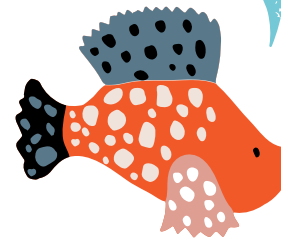


Choose **MyPlate.gov**

FOOD GROUP WORD PUZZLE

C	F	B	M	O	M	X	V	K
O	S	J	M	C	H	V	H	E
P	N	O	R	E	B	I	F	M
O	A	O	Q	S	A	U	Q	C
V	E	G	G	I	E	T	U	B
F	B	G	R	A	I	N	S	K
X	R	Y	X	N	U	A	F	Y
W	Q	U	T	T	D	I	R	C
Z	P	B	I	T	O	I	L	S
J	D	F	G	T	A	B	X	O
F	J	A	S	D	S	R	W	X

GRAINS
OILS
FRUITS
FIBER
DAIRY
MEATS
BEANS
VEGGIE



Foods that may be a choking hazard for Toddlers age 1-3 years include corn, whole grapes, hot dogs, meat, nuts, raw fruits and vegetables, and peanut butter. These foods could block a toddler's airway if not chewed properly. Please be aware that these foods may be modified by cooking to soften or chopped into smaller pieces for your child.

pediatric MENU



LET'S HAVE A WHALE OF A GOOD MEAL TIME!



TO PLACE YOUR MEAL ORDER:
 A Hospitality Associate will visit you daily before your meals to take your order.

For any questions or concerns please call extension 36631 (FOOD1) between 7:00 am and 7:00 pm

Family members who would like to order a meal on behalf of the patient can call (845) 483-6631 between 7:00am-7:00pm.

Our menu features daily Chef Specials as well as comforting Alternative Selections items. Our skilled chefs prepare each meal using the freshest ingredients tailored to your prescribed diet.



BREAKFAST

Sunday

French Toast
Scrambled Eggs
Oatmeal
Fresh Fruit Cup

Monday

Pancakes
Scrambled Eggs
Vanilla Yogurt
Cold Cereal
Mandarin Oranges

Tuesday

Scrambled Eggs
Breakfast Potatoes
Oatmeal
Banana

Wednesday

French Toast
Scrambled Eggs
Cold Cereal
Vanilla Yogurt
Fruit Cup

Thursday

Scrambled Eggs
Sausage Links
Cold Cereal
Mandarin Oranges

Friday

Denver Scrambled Eggs
Buttermilk Biscuit
Oatmeal
Banana

Saturday

Pancakes
Scrambled Eggs
Cold Cereal
Fruit Cup

LUNCH

Sunday

Beef Pot Roast with Gravy
Maple Roasted Butternut Squash
Green Beans
Apple Crisp

Alternative:

Grilled Chicken Caesar Salad
Romain Lettuce | Grilled Chicken
Parmesan Cheese
Croutons

Tuesday

Cheese Quesadillas
Pico de Gallo | Brown Rice
Sautéed Fresh Spinach
Banana Parfait

Alternative:

Candlewood Salad with Walnuts
Mixed Greens | Pears
Walnuts | Blue Cheese

Thursday

Tomato Basil Chicken
Herbed Noodles with Marinara Sauce
Green Salad with Ranch Dressing
Orange Dreamsicle Delight

Alternative:

Grilled Chicken Caesar Salad
Romaine Lettuce | Grilled Chicken
Parmesan Cheese
Croutons

Saturday

Rotisserie Chicken
Macaroni & Cheese | Steamed Carrots
Chocolate Ice Cream

Alternative:

Chicken Salad on Wheat
Chicken Salad | Wheat Bread
Lettuce | Tomato

Monday

Cheese Pizza
Mashed Potatoes | Carrots
Lemon Meringue Pie

Alternative:

Bistro Turkey Sandwich
Turkey | Swiss Cheese
Whole Wheat Bread
Lettuce | Tomato | Mayo

Wednesday

Roasted Pork Loin
Garlic & Herb Potatoes
Balsamic Roasted Brussel Sprouts
Vanilla Ice Cream

Alternative:

Caprese Salad
Mixed Greens | Mozzarella
Tomato | Red Onion
Basil | Croutons

Friday

Smoked Paprika Crusted Salmon
Mashed Potatoes
Seasoned Green Beans
Chocolate Chip Cookies

Alternative:

Grilled Chicken Sandwich
Grilled Chicken | Hamburger Bun
Lettuce | Tomato | Mayo

DINNER

Sunday

Turkey Bolognese with
Whole Wheat Pasta
Zucchini, Yellow Squash & Red Peppers
Mandarin Oranges
Strawberry Shortcake

Alternative:

Grilled Chicken Caesar Salad
Romain Lettuce | Grilled Chicken
Parmesan Cheese
Croutons

Tuesday

Tri-Color Cheese Tortellini with
Marinara Sauce
Steamed Broccoli
Fresh Fruit Cup
Orange Dreamsicle Delight

Alternative:

Candlewood Salad with Walnuts
Mixed Greens | Pears
Walnuts | Blue Cheese

Thursday

Lasagna Roll Up
Steamed Broccoli
Dinner Roll
Fresh Fruit Cup

Alternative:

Grilled Chicken Caesar Salad
Romaine Lettuce | Grilled Chicken
Parmesan Cheese
Croutons

Saturday

Apricot BBQ Pork Chop
Mashed Sweet Potatoes
Seasoned Green Beans
Lemon Meringue Pie

Alternative:

Chicken Salad on Wheat
Chicken Salad | Wheat Bread
Lettuce | Tomato

Monday

Meatloaf with Gravy
Mashed Sweet Potatoes | Green Beans
Chocolate Chip Cookies

Alternative:

Bistro Turkey Sandwich
Turkey | Swiss Cheese
Whole Wheat Bread
Lettuce | Tomato | Mayo

Wednesday

Honey Mustard Chicken Breast
Mashed Sweet Potatoes
Seasoned Green Beans
Apple Crisp

Alternative:

Caprese Salad
Mixed Greens | Mozzarella
Tomato | Red Onion
Basil | Croutons

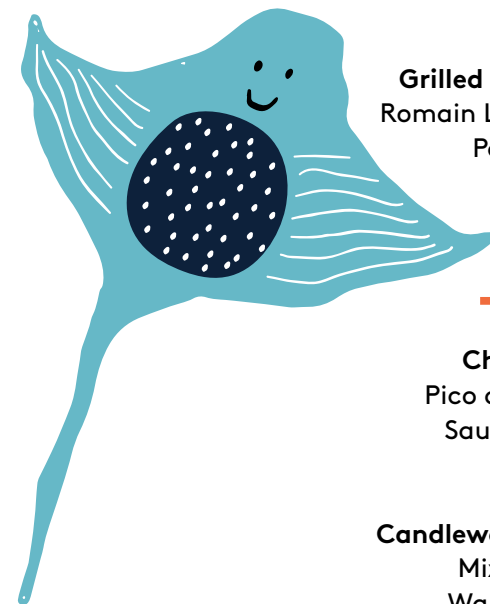
Friday

Asian Beef Pepper Steak
Brown Rice
Zucchini, Yellow Squash, & Red Pepper
Fresh Fruit Cup

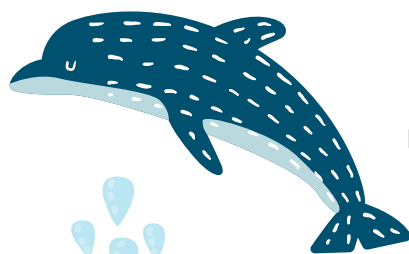
Alternative:

Grilled Chicken Sandwich
Grilled Chicken | Hamburger Bun
Lettuce | Tomato | Mayo

ALWAYS
AVOID PIER
PRESSURE



DOLPHINATELY
FOOD THAT IS
FLIPPIN
AWESOME!



DON'T
FORGET TO
"FIN"ISH
YOUR FOOD!

AIM FOR
THE
STARS!



SCHOOL
IS COOL!



SHELL WE
DANCE?

