

**Capital Care Adult Duplexes
Fall \ Winter Menu 2022 - 2023**

Week 1

Nov 7 -13, Nov 28 - Dec 4, Dec 19 -25, Jan 9 -15, Jan 30 -Feb 5, Feb20 - 26, Mar 13 -19, Apr 03 - 09, Apr 24 - 30,

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|------------------|---|--|---|---|---|---|--|
| | | Continental Breakfast | | | | | | |
| L u n c h | <i>Entrée</i> | Pasta Alfredo with Crab or Chicken & Foccacia Bread | Chicken Noodle Soup (packaged mix) Assorted Sandwiches | Cream of Tomato & Red Pepper Soup Grilled Ham & Cheese Sandwich & Pickle slice | Soft Tacos or Taco Salad ground beef, soft taco shell, shredded cheese,sour cream and salsa | Cod Nuggets with Tartar sauce & Steak Fries | Chicken Burger on bun with Mayonaise & Pickle slice | Omelet with Salsa & Sour Cream & Hash Browns |
| | <i>Vegetable</i> | Caesar Salad | Tossed Salad | Spinach Salad | Shredded Lettuce and Tomatoes | Asian Coleslaw | Shredded Lettuce and diced tomatoes | Mango Slices |
| | <i>Dessert</i> | Fruit Cocktail | Pudding | Diced Pears | Tropical Fruit Salad (Canned) | Ice Cream Sundae | Mandarine Orange (Canned or Fresh when available) | Yogurt |
| S u p p e r | <i>Entrée</i> | Pork Chop in Mushroom Gravy with Boiled Potatoes | Honey Garlic Chicken Thighs with Fried Rice | Meatloaf with Gravy Scalloped Potato | Chicken Pot Pie (purchased) with Tea Biscuit | Spaghetti & Meat Sauce & Garlic Toast | Sweet and Sour Pork Bites with steamed rice | Roast Turkey with gravy & Mashed Potato |
| | <i>Vegetable</i> | Kernel Corn | Winter Mix (Broccoli & Cauliflower) | Whipped Turnips | Peas | California Mixed Veg | Oriental Vegetable | Julienne Carrots |
| | <i>Dessert</i> | Brownies (Purchased) | Fresh Fruit (Canteloup) | Cheese Cake with Fruit Topping | Home Made Dessert | Diced Peaches | Fruit Pie (purchased) | Chocolate Fudge Cake |

Alternate Options:

Sandwich : Egg Salad, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad, Crab Salad

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Week 2

Nov 14 - 20, Dec 05 - 11 Dec 26 - Jan 01, Jan16 - 22, Feb 06 - 12, Feb 27 - Mar 05, Mar 20 - Mar 26, Apr 10 - 16, May 1 - 07

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|------------------------------|--|--|--|--|--|--|---------------------------------|
| | Continental Breakfast | | | | | | | |
| L u n c h | <i>Entrée</i> | Fish Burger or Beef Burger with Steak Fries | Home Style Chili with Shredded Cheese & Corn Bread | Pizza Buns (Burger Buns, pasta sauce, ham, shredded Mozza cheese) | Tomato Soup Grilled Cheese | Philly Steak Sandwich with Swiss Cheese (Use Shaved Roast Beef) on a Grilled Hot Dog Bun | Chicken Nachos Served with Shredded Cheese, Sour Cream & Salsa | Sloppy Joes on Hamburger Bun |
| | <i>Vegetable</i> | Coleslaw | Tossed Salad | Caesar Salad | Spinach Salad | Carrot and Celery Sticks | Shredded Lettuce & Tomatoes Diced Pears | Tossed Salad |
| | <i>Dessert</i> | Date Square (Purchased) | Pudding | Fruit Cocktail | Diced Peaches | Home Baked Cookie | | Mixed Berries & Yogurt |
| | | | | | | | | |
| S u p p e r | <i>Entrée</i> | Broccoli Stuffed Chicken Breasts with Roasted Potatoes | Salisbury Steak with Gravy and Mashed Potatoes | Battered Chicken Balls with Pineapple Sauce & Rice | Cod Nuggets or Breaded Chicken Tenders Home Fries & Tartar Sauce | Borscht Garlic Sausage with Perogies/ sour cream and Cabbage Rolls | Meat Lasagna Garlic Toast | Baked Ham with Scallop Potatoes |
| | <i>Vegetable</i> | Mixed Vegetables | Julienne Carrots | Oriental Vegetables | Tossed Salad Salad | Cucumber Salad | Pick of the Day | Kernal Corn |
| | <i>Dessert</i> | Fruit Cocktail | Strawberries & Rhubarb | Ice Cream | Apple Crisp (Home Baking) | Fresh Fruit Cup (Pail) | Vanilla Bean Cake (purchased) | Pumpkin Pie |

Alternate Options

Sandwich : Egg Salad, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad

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Week 3

Nov 21 -27, Dec 12 - 18, Jan 02 -08, Jan 23 -29 - Feb 13 -19, Mar 06 - 12, Mar 27 - Apr 2, Apr 17 - 23, May 08 -14

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|------------------|------------------------------------|--|--|--|--|---|---|
| Continental Breakfast | | | | | | | | |
| L u n c h | <i>Entrée</i> | Baked Beans & Weiners with Biscuit | Cream of Mushroom Soup w/ Assorted Sandwiches including Tuna or Crab on croissants | Crispy Chicken Drumsticks Hash Brown Potatoes | Minestrone Soup (Dry Mix) Macaroni & Cheese | Cream of Broccoli Soup (Dry Mix) Beef Burger on a Bun with Steak Fries. | Pizza Casserole (pasta, pepperoni, tomato sauce and cheese) | Bacon/Lettuce & Tomato Sandwiches |
| | <i>Vegetable</i> | Cucumber Salad | Asian Coleslaw | Niblet Corn | Tossed Salad | Assorted Vegetable Platter | Garden Salad | Strawberries (Frozen) |
| | <i>Dessert</i> | Diced Peaches | Mango Slices | Rice Krispie Squares (Purchased) | Diced Pears | Fresh Fruit (Melon) | Fruit Cocktail | Yogurt |
| S u p p e r | <i>Entrée</i> | Beef Stoganoff with Egg Noodles | Sweet & Sour Meatballs on Rice | BBQ Pork Riblet with baked potato & green onions, bacon bits,sour cream) | Beef Stew with Home Baked Vienna Bun | Roasted Salmon Fillet or Chicken Breast and Herbed Rice | Chicken Strips with Plum Sauce & Steak Fies | Roast Beef with Gravy and Mashed Potato & Yorkshire Pudding |
| | <i>Vegetable</i> | Peas | Julienne Carrots | Diced Beets | Green Beans | California Mixed Vegetables | Italian Mixed Vegetables | Turnips |
| | <i>Dessert</i> | Home Baked Cookie | Pound Cake (purchased) with Strawberry Sauce | Mandarine Orange (Canned or fresh when available) | Apple Turnovers (Purchased Bake off item) | Sorbet | Carrot Cake (Purchased item) | Coconut Cream Pie (Purchased item) |

Alternate Options:

Sandwich : Egg Salad, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad