



COMPLETECARE
— THE HAVENS —

September - Complete Care Dining Service Inc. Monthly Menu

Week 1	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Tuesday 9/1/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Montreal Roasted Chicken, Cornbread Stuffing, Buttery Garden Vegetables Or Liver Smothered w/ Bacon & Onions, Garlic Mashed Potatoes, Winter Blend Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Classic Tuna Fish Sandwich, Carrot Pineapple Salad Or Homestyle Egg Salad Sandwich Asian Fusion Spinach Salad Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks
Wednesday 9/2/2020	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup Assorted Hot/ Cold Cereal	BBQ MeatLoaf w/ Fried Onions, Cheesy Mac & Cheese, Vegetable Medley Or Shaved Ham w/ Pineapple Maple Glaze Buttery Potato Perogies, Pan Seared Zucchini Dessert: Crumbly Peach Pie	Coffee/ TeaAssorted Snacks	Soup of the Day Pulled Pork Sandwich, Buttered String Beans Or Chicken Salad on a Roll, Broccoli Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 9/3/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Parmesan Crusted Tilapia, Seasoned Potatoes, Oriental Blend Vegetables Or Shepherd's Pie layered w/ Garlic Mashed, Mixed Vegetables Dessert: Assorted Pudding	Coffee/ TeaAssorted Snacks	Soup of the Day Sausage Pizza w/ Tossed Salad Or Breaded Chicken Cutlet Sandwich w/ Honey Mustard Sauce, Marinated Beet Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Friday 9/4/2020	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup Assorted Hot/ Cold Cereal	Roasted Pork Loin w/ Sauerkraut, Fresh Baked Sweet Potatoes, Broccoli Rabe Or Roasted Turkey w/ Dressing, Stuffing w/ Peaches. Buttered French Style Green Beans Dessert: Assorted Cakes/ Pastry	Coffee/ TeaAssorted Snacks	Soup of the Day Philly Style CheeseSteak on a Roll, Sautéed Peppers & Onions Or Beer Battered Cod Filet on a Roll, Marinated Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 9/5/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Veal Marsala w/ Mushrooms over Buttered Noodles, Creamed Spinach Or Traditional Swedish Meatballs over Rice, Roasted Broccoli Dessert: Assorted Cakes/ Pastry	Coffee/ TeaAssorted Snacks	Soup of the Day Classic Grilled Cheese & Tomato Sandwich, Seasoned Vegetable Salad Or Homemade Cheeseburger on a Roll, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 2	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 9/6/2020	Coffee/ Tea Assorted Pastry	Cheese Omelet & Pastry Assorted Hot/ Cold Cereal	Classic Stuffed Peppers topped w/ Marinara, Buttered Pasta, Glazed Carrots Or Montreal Baked Chicken, Traditional Stuffing, Buttered Green Beans Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Battered Cod Filet, Marinated Spring Vegetables, Pasta Salad Or Jersey Hotdog w/ Sauerkraut, Baked Beans Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 9/7/2020	Coffee/ Tea Assorted Pastry	Classic Texas Toast w/ Maple Syrup Assorted Hot/ Cold Cereal	Chicken Stir Fry, Lo Mein Noodles, Chinese Vegetables Or Center Cut Pork Chop, Buttery Mashed Potatoes, Sautéed Cabbage Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Grilled Rubeen Sandwich, Cole Slaw Or Tuna Melt on an English Muffin, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 9/8/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Spaghetti Marinara & Italian Meatballs w/ Tossed Salad Or Peppercorn Turkey, Fresh Baked Sweet Potatoes, Sautéed Garden Zucchini Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day MENU PLANNING MEA	Coffee/ Tea Assorted Snacks
Wednesday 9/9/2020	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup Assorted Hot/ Cold Cereal	Salsa Topped Flounder w/ Peppers & Onions, Macaroni & Cheese, Garlic Spinach Or Old Fashioned Salisbury Steak, Rice Pilaf, Fresh Asparagus Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Hot Roast Beef Sandwich w/ Au Jus, Cucumber Basil Salad Or Fresh Roasted Turkey & Swiss Sandwich, Marinated 3 Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 9/10/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Slow Roasted Pot Roast, Garlic Mashed Potatoes, California Vegetables Or Herb Buttered Baked Chicken, Parslied Noodles, Sautéed Green Beans Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Thick Crust Extra Cheese Pizza, Tossed Salad Or Ham & Cheese Sandwich, Greek Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Friday 9/11/2020	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup Assorted Hot/ Cold Cereal	Ham Steak w/ Fresh Pineapple, Scalloped Potatoes, Glazed Carrots Or Seafood Marinara w/ Mussels over Pasta, Broccoli Dessert: Assorted Cakes/Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Meatloaf Parmesan Sandwich, Cole Slaw Or Homemade Turkey Burger on a Roll, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 9/12/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Jumbo Ravioli w/ Chunky Bolognese, Sautéed Broccoli w/ Garlic Or Breaded Veal Cutlet, Bread Stuffing, Spinach Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Seafood Salad on a Croissant, Pineapple Carrot Salad Or Grilled Chicken Caesar Sandwich, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



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Week 3	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 9/13/2020	Coffee/ Tea Assorted Pastry	Cheese Omelet & Pastry Assorted Hot/ Cold Cereal	Slow Cooked Pot Roast, Buttered Noodles, Pan Seared Green Beans Or Baked Ham w/ Maple Glaze, Scalloped Potatoes, California Blend Veggies Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey Sandwich, Lettuce & Tomatoes Or Liverwurst on Rye, Lettuce & Onion Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 9/14/2020	Coffee/ Tea Assorted Pastry	Classic Texas Toast w/ Maple Syrup Assorted Hot/ Cold Cereal	Island Style Baked Chicken, Potato Wedges, Sunshine Carrots Or Breaded Center Cut Pork Cutlet, Cranberry Stuffing, Fresh Sautéed Zucchini Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Cheddar Cheese & Spinach Quiche, Garlic Sautéed Broccoli Or Meatball Parmesan Sandwich, Caprese Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 9/15/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Beef Stroganoff w/ Mushrooms over Pasta, Sautéed Spinach Or Sesame Seed Chicken, Baked Sweet Potato, Fresh Garden Zucchini Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Ham Sandwich, Pickled Beets Or Tuna Stuffed Tomatoes, 3 Bean Salad, Pasta Salad Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks
Wednesday 9/16/2020	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup Assorted Hot/ Cold Cereal	Baked Ziti w/ Meat Sauce, Tossed Salad Or Breaded Veal Cutlet, Seasoned Potatoes, Buttered Cabbage Dessert: Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Sandwich w/ Roasted Red Peppers & Mozzarella, Greek Salad Or Kielbasa, Sautéed Cabbage, Boiled Potatoes Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 9/17/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Sweet & Sour Broiled Tilapia, Rice Pilaf, Garden Vegetable Medley Or Stuffed Salisbury Steak, Fresh Roasted Potatoes, Winter Blend Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Grilled Ham & Cheese Sandwich, Carrot & Cranberry Salad Or Cheese Dog, Sauerkraut, Baked Beans Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks
Friday 9/18/2020	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup Assorted Hot/ Cold Cereal	Smothered Pork Chop w/ Mushrooms & Onions, Risotto, Steamed Green Beans Or Open Faced Turkey w/ Dressing, Stuffing, Glazed Carrots Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day BBQ Chicken Drumsticks, Mac & Cheese, Stewed Vegetables Or Philly Cheese Steak on a Roll, Peppers & Onions, Fries Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 9/19/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Stuffed Cabbage, Parsley Buttered Noodles, Key West Veggies Or Adobo Chicken, Seasoned Rice, Sautéed Spinach Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Classic Fish & Chips, Cole Slaw Or Egg Salad Sandwich, Lettuce & Tomatoes Dessert: Fruit	Coffee/ Tea Assorted Snacks



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Week 4	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 9/20/2020	Coffee/ Tea Assorted Pastry	Cheese Omelet & Pastry Assorted Hot/ Cold Cereal	Montreal Roasted Chicken, Cornbread Stuffing, Buttery Garden Vegetables Or Liver Smothered w/ Bacon & Onions, Garlic Mashed Potatoes, Winter Blend Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Cheesy Bruschetta Pizza, Tossed Salad Or Cheese Blintz w/ Fruit Sauce, Fresh Baked Muffin Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 9/21/2020	Coffee/ Tea Assorted Pastry	Classic Texas Toast w/ Maple Syrup Assorted Hot/ Cold Cereal	Veal & Peppers over White Rice, Stewed Vegetables Or Lemon Herb Crusted Tilapia, Cream Corn, Sautéed Green Beans Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Ham Salad Sandwich, Cole Slaw Or Liverwurst on Rye, Lettuce, Tomato & Onion Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 9/22/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Chicken Parmesan over Pasta, Tossed Salad Or Homemade Salisbury Steak, Buttery Mashed Potatoes, Glazed Carrots Dessert: Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Classic Grilled Cheese Sandwich, Harvard Beets Or Taylor Ham, Egg & Cheese on a Roll, Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Wednesday 9/23/2020	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup Assorted Hot/ Cold Cereal	Stuffed Meatloaf, Lumpy Mashed Potatoes, Winter Blend Vegetables Or Veal Cordon Blue, Parmesan Noodles, California Vegetable Medley Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Egg Salad Sandwich w/ Relish, Carrot Raisin Salad Or Freshly Cooked Corned Beef Sandwich, Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 9/24/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Roast Turkey w/ Creamy Caper Sauce, Bread Stuffing, Roasted Broccoli Or Homemade Swedish Meatballs over Rice, Mediterranean Vegetables Dessert: Assorted Cakes/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Homemade Pizza Burger, Tossed Salad Or Tuna Salad Sandwich, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Friday 9/25/2020	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup Assorted Hot/ Cold Cereal	Slow Cooked Roast Beef, Buttered Noodles, Sweet & Sour Red Cabbage Or Baked Ham w/ Maple Glaze, Au Gratin Potatoes, Roasted Cauliflower Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Chili Con Carne over Rice, Seasoned Green Beans Or Grilled Chicken Caesar Sandwich, Cucumber Tomato Basil Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 9/26/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Stuffed Cheese Manicotti w/ Chunky Bolognese, Tossed Salad Or Seafood Scampi over Rice, Broccoli Rabe Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Roast Beef Sandwich, Rainbow Slaw Or Chicken Salad Sandwich, Fresh Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



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Week 5	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 9/27/2020	Coffee/ Tea Assorted Pastry	Cheese Omelet & Pastry Assorted Hot/ Cold Cereal	Roast Turkey w/ Apple Cranberry Dressing, Bread Stuffing, Roasted Winter Blend Vegetables Or Slow Cooked Pot Roast, Sweet Potato Wedges, Wax Beans Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Crab Cake Sandwich on a Roll, Cole Slaw Or Turkey Salad on a Roll, Cucumber Tomato Basil Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 9/28/2020	Coffee/ Tea Assorted Pastry	Classic Texas Toast w/ Maple Syrup Assorted Hot/ Cold Cereal	Chicken Marsala w/ Mushrooms, Rice Pilaf, Buttered Garden Vegetables Or Shaved Ham, Mashed Potatoes, Sautéed Squash Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Homemade Cheeseburger on a Roll, Lettuce Tomato & Onion Or Cheese Dog, Baked Beans, Sauerkraut Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 9/29/2020	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Veal Cordon Bleu, Baked Potato w/ Chives & Sour Cream, Winter Blend Veggies Or Shepherd's Pie, Buttered Noodles, Creamed Spinach Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Monte Cristo, Marinated Artichoke Salad Or Grilled Cheese Sandwich Marinated Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Wednesday 9/30/2020	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup Assorted Hot/ Cold Cereal	Stuffed Shells w/ Meat Sauce, Tossed Salad Or BBQ Chicken, Seasoned Potatoes, Parmesan Crusted Cauliflower Dessert: Fruited Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Salad Sandwich, Carrot Raisin Salad Or Salami & Swiss Sandwich, Fresh Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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