



Coram Human Services
Coram cares!

Nutritional Nugget

Week 1 Meal Menu

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|---|--|---|---|--|--|--|
| Breakfast | <ul style="list-style-type: none"> - Scrambled Eggs - Potato Chunks - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Pancakes - Turkey Bacon - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Waffle - Hash browns - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Soufflé/Quiche - Oatmeal - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Baked French Toast - Yogurt Parfait - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Omelets - Turkey Sausage - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Egg burrito - Hash Browns - English Muffin - Toast - Fresh Fruit - Juice & Coffee |
| Snack | <ul style="list-style-type: none"> - Hummus - Fresh Fruit | <ul style="list-style-type: none"> - Yogurt Cup - Fresh Fruit | <ul style="list-style-type: none"> - Apple Sauce - Fresh Fruit | <ul style="list-style-type: none"> - Pudding - Fresh Fruit | <ul style="list-style-type: none"> - Jell-O - Fresh Fruit | <ul style="list-style-type: none"> - Cookie - Fresh Fruit | <ul style="list-style-type: none"> - Custard - Fresh Fruit |
| Lunch | <ul style="list-style-type: none"> - Cream of Mushroom Soup - Chicken Parmesan - Steamed Vegetables - Ice Cream | <ul style="list-style-type: none"> - Black Bean Soup - Beef & Potato Stew - Rice Pilaf - Pudding | <ul style="list-style-type: none"> - Chicken Lemon Rice Soup - Tuna Melt - Steamed Vegetables - Brownie | <ul style="list-style-type: none"> - Lentil Soup - Spaghetti & Meatballs - Sourdough Roll - Cookie | <ul style="list-style-type: none"> - Split Pea Soup - Chicken Wrap - Baked French Fries - Apple Pie | <ul style="list-style-type: none"> - Garden Vegetable Soup - Grilled Tilapia - Mixed Vegetables - Chocolate Mousse | <ul style="list-style-type: none"> - French Onion Soup - Baked Ziti - Garlic Bread - Green Beans - Baklava |
| Snack | <ul style="list-style-type: none"> - Grilled Cheese Sandwich - Juice or Coffee | <ul style="list-style-type: none"> - Meat Pie - Juice or Coffee | <ul style="list-style-type: none"> - Turkey Sandwich - Juice or Coffee | <ul style="list-style-type: none"> - Chicken Salad Sandwich - Juice or Coffee | <ul style="list-style-type: none"> - PB&J Sandwich - Juice or Coffee | <ul style="list-style-type: none"> - Spinach Pie - Juice or Coffee | <ul style="list-style-type: none"> - Egg Salad Sandwich - Juice or Coffee |
| Dinner | <ul style="list-style-type: none"> - Chicken Chopped Salad - Fettuccine Alfredo - Mixed Vegetables - Ice Cream | <ul style="list-style-type: none"> - Pasta Salad - Chicken Marsala - Steamed Broccoli - Pudding | <ul style="list-style-type: none"> - Taco Salad - Chicken Quesadillas - Mexican Rice - Brownie | <ul style="list-style-type: none"> - Fresh Garden Salad - Grilled Salmon - Rice Pilaf - Cookie | <ul style="list-style-type: none"> - Fattoush Salad - Meatloaf - Potato Chunks - Apple Pie | <ul style="list-style-type: none"> - Cole Slaw - Baked Fish & Chips - Chocolate Mousse | <ul style="list-style-type: none"> - Spinach Strawberry Salad - Sloppy Joes - Mashed Potatoes - Baklava |

* Menu substitution per management as needed

Individuals have the right to refuse meals and choose alternative items for breakfast, lunch, dinner, and snack



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Week 2 Meal Menu

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|--|---|---|---|---|--|
| Breakfast | <ul style="list-style-type: none"> - Scrambled Eggs - Potato Chunks - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Pancakes - Turkey Bacon - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Waffle - Hash browns - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Soufflé/Quiche - Oatmeal - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Baked French Toast - Yogurt Parfait - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Omelets - Turkey Sausage - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Egg burrito - Hash Browns - English Muffin - Toast - Fresh Fruit - Juice & Coffee |
| Snack | <ul style="list-style-type: none"> - Apple Sauce - Fresh Fruit | <ul style="list-style-type: none"> - Jell-O - Fresh Fruit | <ul style="list-style-type: none"> - Cookie - Fresh Fruit | <ul style="list-style-type: none"> - Custard - Fresh Fruit | <ul style="list-style-type: none"> - Hummus - Fresh Fruit | <ul style="list-style-type: none"> - Pudding - Fresh Fruit | <ul style="list-style-type: none"> - Yogurt Cup - Fresh Fruit |
| Lunch | <ul style="list-style-type: none"> - Cream of Broccoli Soup - Pot Roast - Steamed Mixed Vegetables - Cookie | <ul style="list-style-type: none"> - Italian Wedding Soup - Lasagna - Garlic Bread - Ice Cream | <ul style="list-style-type: none"> - Creamy Tomato Soup - Atlantic Cod - Rice Pilaf - Pudding | <ul style="list-style-type: none"> - Chicken Noodle Soup - Eggplant Parmesan - Mashed Potatoes - Flan | <ul style="list-style-type: none"> - Egg Drop Soup - Chicken Chili - Garlic Bread - Chocolate Cake | <ul style="list-style-type: none"> - Clam Chowder Soup - Chicken Caesar Wrap - Baked Fries - Baklava | <ul style="list-style-type: none"> - Chicken Corn Soup - Salisbury Steak - Rice Pilaf - Ice Cream |
| Snack | <ul style="list-style-type: none"> - Turkey BLT Sandwich - Juice & Coffee | <ul style="list-style-type: none"> - Cheese Quesadilla - Juice & Coffee | <ul style="list-style-type: none"> - Grilled Cheese Sandwich - Juice & Coffee | <ul style="list-style-type: none"> - Meat Pie - Juice & Coffee | <ul style="list-style-type: none"> - PB&J Sandwich - Juice & Coffee | <ul style="list-style-type: none"> - Egg Salad Sandwich - Juice & Coffee | <ul style="list-style-type: none"> - Spinach Pie - Juice & Coffee |
| Dinner | <ul style="list-style-type: none"> - Coleslaw - Chicken Pot Pie - Green Bean - Casserole - Cookie | <ul style="list-style-type: none"> - Garden Salad - Pizza - Ice Cream | <ul style="list-style-type: none"> - Garden Salad - Tacos - Mexican Rice - Pudding | <ul style="list-style-type: none"> - Pasta Salad - Chicken Picatta - Steamed Mixed Vegetables - Flan | <ul style="list-style-type: none"> - Spinach & Strawberry Salad - Angel Hair Pasta with Shrimp - Breadsticks - Chocolate Cake | <ul style="list-style-type: none"> - Chopped Salad - Baked Tilapia - Steamed Broccoli - Baklava | <ul style="list-style-type: none"> - Caesar Salad - Baked Chicken Teriyaki - Sticky Rice - Ice Cream |

* Menu substitution per management as needed

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Week 3 Meal Menu

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|---|--|---|--|--|---|--|
| Breakfast | <ul style="list-style-type: none"> - Scrambled Eggs - Potato Chunks - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Pancakes - Turkey Bacon - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Waffle - Hash browns - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Soufflé/Quiche - Oatmeal - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Baked French Toast - Yogurt Parfait - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Omelets - Turkey Sausage - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Egg burrito - Hash Browns - English Muffin - Toast - Fresh Fruit - Juice & Coffee |
| Snack | <ul style="list-style-type: none"> - Apple Sauce - Fresh Fruit | <ul style="list-style-type: none"> - Pudding - Fresh Fruit | <ul style="list-style-type: none"> - Hummus - Fresh Fruit | <ul style="list-style-type: none"> - Custard - Fresh Fruit | <ul style="list-style-type: none"> - Cookie - Fresh Fruit | <ul style="list-style-type: none"> - Yogurt Cup - Fresh Fruit | <ul style="list-style-type: none"> - Jell-O - Fresh Fruit |
| Lunch | <ul style="list-style-type: none"> - French Onion Soup - Fettuccine Alfredo - Garlic Bread - Carrot Cake | <ul style="list-style-type: none"> - Lentil Soup - Chicken Parmesan - Steamed Vegetables - Cookies | <ul style="list-style-type: none"> - Chicken Noodle Soup - Grilled Tilapia - Steamed Broccoli - Pudding | <ul style="list-style-type: none"> - Cream of Mushroom Soup - Beef & Potato Stew - Rice Pilaf - Chocolate Mousse | <ul style="list-style-type: none"> - Split Pea Soup - Chicken w/ Angel Hair Pasta - Mashed Potatoes - Brownie | <ul style="list-style-type: none"> - Black Bean Soup - Lasagna - Garlic Bread - Ice Cream | <ul style="list-style-type: none"> - Italian Wedding Soup - Chicken Wrap - Baked French Fries - Apple Pie |
| Snack | <ul style="list-style-type: none"> - Turkey Sandwich - Juice or Coffee | <ul style="list-style-type: none"> - Grilled Cheese Sandwich - Juice & Coffee | <ul style="list-style-type: none"> - Chicken Salad Sandwich - Juice or Coffee | <ul style="list-style-type: none"> - Meat Pie - Juice & Coffee | <ul style="list-style-type: none"> - Cheese Quesadilla - Juice or Coffee | <ul style="list-style-type: none"> - PB&J Sandwich - Juice or Coffee | <ul style="list-style-type: none"> - Egg Salad Sandwich - Juice or Coffee |
| Dinner | <ul style="list-style-type: none"> - Fattoush Salad - Meatloaf - Potato Chunks - Carrot Cake | <ul style="list-style-type: none"> - Fresh Garden Salad - Grilled Salmon - Rice Pilaf - Cookies | <ul style="list-style-type: none"> - Chicken Chopped Salad - Baked Ziti - Garlic Bread - Green Beans - Pudding | <ul style="list-style-type: none"> - Pasta Salad - Chicken Marsala - Steamed Broccoli - Chocolate Mousse | <ul style="list-style-type: none"> - Coleslaw - Chicken Pot Pie - Green Bean - Casserole - Brownie | <ul style="list-style-type: none"> - Spinach Strawberry Salad - Sloppy Joes - Mashed Potatoes - Ice Cream | <ul style="list-style-type: none"> - Green Bean Salad - Mahi Mahi - Rice Pilaf - Apple Pie |

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Week 4 Meal Menu

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|--|--|---|--|---|--|
| Breakfast | <ul style="list-style-type: none"> - Scrambled Eggs - Potato Chunks - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Pancakes - Turkey Bacon - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Waffle - Hash browns - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Soufflé/Quiche - Oatmeal - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Baked French Toast - Yogurt Parfait - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Omelets - Turkey Sausage - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Egg burrito - Hash Browns - English Muffin - Toast - Fresh Fruit - Juice & Coffee |
| Snack | <ul style="list-style-type: none"> - Apple Sauce - Fresh Fruit | <ul style="list-style-type: none"> - Cookie - Fresh Fruit | <ul style="list-style-type: none"> - Yogurt Cup - Fresh Fruit | <ul style="list-style-type: none"> - Custard - Fresh Fruit | <ul style="list-style-type: none"> - Pudding - Fresh Fruit | <ul style="list-style-type: none"> - Jell-O - Fresh Fruit | <ul style="list-style-type: none"> - Hummus - Fresh Fruit |
| Lunch | <ul style="list-style-type: none"> - Chicken Corn Soup - Tuna Melt - Potato Chunks - Baklava | <ul style="list-style-type: none"> - Clam Chowder - Atlantic Cod - Rice Pilaf - Pudding | <ul style="list-style-type: none"> - Garden Vegetable Soup - Turkey Chili - Garlic Bread - Strawberry Short Cake | <ul style="list-style-type: none"> - Egg Drop Soup - Chicken Stir Fry - Sticky Rice - Flan | <ul style="list-style-type: none"> - Creamy Tomato Soup - Mac & Cheese - Mixed Vegetables - Ice Cream | <ul style="list-style-type: none"> - Cream of Broccoli Soup - Turkey Burgers - Baked French Fries - Peach Cobbler | <ul style="list-style-type: none"> - Chicken Lemon Rice Soup - Meat Ball & Spaghetti - Green Bean Casserole - Rice Pudding |
| Snack | <ul style="list-style-type: none"> - Spinach Pie - Juice or Coffee | <ul style="list-style-type: none"> - Grilled Cheese Sandwich - Juice or Coffee | <ul style="list-style-type: none"> - PB&J Sandwich - Juice or Coffee | <ul style="list-style-type: none"> - Meat Pie - Juice or Coffee | <ul style="list-style-type: none"> - Egg Salad Sandwich - Juice & Coffee | <ul style="list-style-type: none"> - Turkey BLT Sandwich - Juice & Coffee | <ul style="list-style-type: none"> - Cheese Quesadilla - Juice or Coffee |
| Dinner | <ul style="list-style-type: none"> - Caesar Salad - Salisbury Steak - Rice Pilaf - Baklava | <ul style="list-style-type: none"> - Chopped Salad - Baked Tilapia - Steamed Broccoli - Pudding | <ul style="list-style-type: none"> - Cole Slaw - Baked Fish & Chips - Strawberry Short Cake | <ul style="list-style-type: none"> - Fruit Salad - Pot Roast - Steamed Mixed Vegetables - Flan | <ul style="list-style-type: none"> - Taco Salad - Chicken Quesadillas - Mexican Rice - Ice Cream | <ul style="list-style-type: none"> - Garden Salad - Pizza - Peach Cobbler | <ul style="list-style-type: none"> - Pasta Salad - Chicken Picatta - Steamed Mixed Vegetables - Rice Pudding |

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Week 5 Meal Menu

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|--|---|---|--|---|--|
| Breakfast | <ul style="list-style-type: none"> - Scrambled Eggs - Potato Chunks - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Pancakes - Turkey Bacon - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Waffle - Hash browns - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Soufflé/Quiche - Oatmeal - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Baked French Toast - Yogurt Parfait - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Omelets - Turkey Sausage - Toast - Fresh Fruit - Juice & Coffee | <ul style="list-style-type: none"> - Egg burrito - Hash Browns - English Muffin - Toast - Fresh Fruit - Juice & Coffee |
| Snack | <ul style="list-style-type: none"> - Jell-O - Fresh Fruit | <ul style="list-style-type: none"> - Yogurt Cup - Fresh Fruit | <ul style="list-style-type: none"> - Hummus - Fresh Fruit | <ul style="list-style-type: none"> - Pudding - Fresh Fruit | <ul style="list-style-type: none"> - Cookie - Fresh Fruit | <ul style="list-style-type: none"> - Custard - Fresh Fruit | <ul style="list-style-type: none"> - Apple Sauce - Fresh Fruit |
| Lunch | <ul style="list-style-type: none"> - Chicken Corn Soup - Ravioli - Steamed Vegetables - Cookies | <ul style="list-style-type: none"> - Lentil Soup - Atlantic Cod - Rice Pilaf - Carrot Cake | <ul style="list-style-type: none"> - Split Pea Soup - Chicken Caesar Wrap - Baked Fries - Baklava | <ul style="list-style-type: none"> - Chicken Noodle Soup - Baked Ziti - Garlic Bread - Green Beans - Pudding | <ul style="list-style-type: none"> - Italian Wedding Soup - Pizza - Peach Cobbler | <ul style="list-style-type: none"> - French Onion Soup - Grilled Salmon - Rice Pilaf - Flan | <ul style="list-style-type: none"> - Cream of Mushroom Soup - Beef & Potato Stew - Steamed Broccoli - Brownies |
| Snack | <ul style="list-style-type: none"> - Turkey Sandwich - Juice & Coffee | <ul style="list-style-type: none"> - Spinach Pie - Juice & Coffee | <ul style="list-style-type: none"> - Grilled Cheese Sandwich - Juice & Coffee | <ul style="list-style-type: none"> - Meat Pie - Juice & Coffee | <ul style="list-style-type: none"> - PB&J Sandwich - Juice & Coffee | <ul style="list-style-type: none"> - Cheese Quesadilla - Juice & Coffee | <ul style="list-style-type: none"> - Egg Salad Sandwich - Juice & Coffee |
| Dinner | <ul style="list-style-type: none"> - Caesar Salad - Baked Chicken Teriyaki - Sticky Rice - Cookies | <ul style="list-style-type: none"> - Garden Salad - Lasagna - Garlic Bread - Carrot Cake | <ul style="list-style-type: none"> - Garden Salad - Tacos - Mexican Rice - Baklava | <ul style="list-style-type: none"> - Fattoush Salad - Meatloaf - Potato Chunks - Pudding | <ul style="list-style-type: none"> - Chicken Chopped Salad - Fettuccine Alfredo - Mixed Vegetables - Peach Cobbler | <ul style="list-style-type: none"> - Pasta Salad - Eggplant Parmesan - Mashed Potatoes - Flan | <ul style="list-style-type: none"> - Spinach Strawberry Salad - Sloppy Joes - Mashed Potatoes - Brownies |

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