



**New York Center**  
FOR REHABILITATION & NURSING

# Sample Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	Orange Juice Oatmeal Cheese Omelet Roll Breakfast	Apple Juice Cream of Wheat Sunny Side Egg Muffin	Cranberry Juice Oatmeal Hard Cooked Eggs Challah	Orange Juice Farina Cream Cheese/Jelly Scrambled Eggs Bagel	Apple Juice Oatmeal, Cinnamon Sunny Side Egg Biscuit	Cranberry Juice Grits Egg Scrambled French Toast Hashbrown	Apple Juice Cream of Rice Hard Cooked Eggs Danish
lunch	Egg Drop Soup Chicken Chow Mein Fried Rice Bread Cherry Pie	Minestrone Soup Spaghetti/Meatballs Sauce-tomato Veg-Scandinavian blend Garlic Knots Fruit Cocktail	Tomato Soup BBQ Chicken French Fries Garden Salad/ Dressing Fresh Fruit	Carrot Velvet Soup Roast Beef Sandwich Coleslaw Mandarin Oranges	Gumbo Soup Meatloaf Mashed Potato California Vegetable Bread Italian Ice	Lentil Soup Eggplant Parmesan Linguini Bread Fruit Salad Ambrosia	Borscht Soup Chicken in Orange Sauce Sweet Potato Peas w/ Mushroom Bread Fresh Fruit
lunch alt.	Hot Dog on a Bun	Roast Chicken	Hamburger on a Bun	Chicken Salad Sandwich	Cold Cuts Sandwich	Fish Sticks	Hot Dog on a Bun
dinner	Split Pea Soup Garden Burger/bun Mixed Vegetables Pineapple	Butternut Squash Soup Fried Fish Fillet Peas & Carrots Barley Pilaf Bread Butterscotch Pudding	Potato & Leek Soup Grilled Cheese French Cut Green Bean Bread Peaches	Corn Chowder Soup Quiche Mushroom Italian Blend Bread Tropical Fruit	Pea Soup Mediterranean Fish Zucchini Rice Pilaf Bread Pears	Matzoh Ball Soup Pot Roast Carrots Potato Knish Challah Roll Lemon Cake	Cream of Mushroom Soup Egg Salad w/ crackers Macaroni Salad 3 Bean Salad Fruit Compote
dinner alt.	Fish Cakes	Cottage Cheese & Fruit Plate	Sardine Platter	Tuna Salad Platter	Falafel Sandwich	Roast Chicken	Greek Salad Platter

## daily food choices

### Lunch & Dinner

Roast Chicken, Baked Fish, Assorted Sandwiches, Salads and Platters