

Chelsey Park Retirement  
Community

Three Week Menu Cycle

January 13 – 19

January 20 – 26

January 27 – February 2

Chelsev Fall/Winter 2019 - WEEK 1

January 13 - 19

Service for the Week of: 1/23/2019

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast
	Assorted Cold Cereal Fruit Bread	Assorted Cold Cereal	Assorted Cold Cereal English Muffin	Assorted Cold Cereal	Assorted Cold Cereal Assorted Danish	Assorted Cold Cereal	Assorted Cold Cereal Cereal Peanut Butter Bacon Strips Whole Wheat Toast
	Unsalted Soda Crackers Cream of Tomato & Pepper Soup Grilled Reuben Sandwich Potato Salad Cantaloupe Chunks	Unsalted Soda Crackers Split Pea Soup Beef & Macaroni Casserole New England Vegetables Vanilla Frozen Yogurt Bar	Chicken Vegetable Noodle Soup Battered Haddock Bites Onion Ring California Vegetables Butterscotch Pudding	Unsalted Soda Crackers Cream of Cauliflower Soup Chicken Salad Sndw on WW Marinated Cucumbers Frosted Banana Cake	Unsalted Soda Crackers Corn Chowder Pulled Pork Sliders Italian Mixed Vegetables Fruit Cocktail	Unsalted Soda Crackers Beef Vegetable Barley Soup Shaved Ham Sndw on WW Caesar Salad Pickle Spear Tapioca Pudding	Unsalted Soda Crackers Fall Harvest Soup Saucy Turkey Meatball Sub Grilled Vegetables Sliced Strawberries
	Chicken Pie G-F Chicken Gravy Parslied Cauliflower Butter Tart	Egg Salad Sndw on Wheat Mixed Green Salad Mandarin Oranges	Cottage Cheese & Fruit Plate Carrot Muffin Crushed Pineapple	Pergogies w/Bacon & Onions Sour Cream Sweet & Sour Cabbage Blueberries	Vegetable Quiche Tossed Ranch Salad Vanilla Ice Cream	Cheese Ravioli w/Alfredo Sauce Green Beans Chilled Sweet Cherries	Crab Salad on Croissant Salad with Raspberry Vinaigrette Tiramisu Mousse
	Crunchy Baked Cod Lemon Wedge Mashed Potatoes Cocktail Vegetables Brownie ----- Glazed Ham Scalloped Potatoes Dilled Peas Hot Spiced Apples	Honey Garlic Chicken Oven-Browned Potatoes Buttered Brussels Sprouts Brownie ----- Swiss Veal Cutlet Mashed Potatoes Whipped Squash Fruit Cocktail	Apple Cider Pork Chops Brown Gravy Parisienne Potatoes Seasoned Green Beans Cherry Crisp	Hamburger Steak w/Caramelized Onions G-F Brown Gravy Mashed Potatoes Zesty Balsamic Carrots Coconut Cream Pie	Beer Battered Fish Lemon Wedge French Fries Sunrise Vegetables Choco Raspberry Pudding Cake ----- Turkey Cranberry Casserole Poultry Gravy Broccoli Florets Mango	Montreal Spiced Chicken Roasted Potatoes Green Peas Ginger Cake w/ Whipped Topping ----- Herb Veal Roast G-F Brown Gravy Mashed Potatoes Fall Medley Vegetables Chilled Diced Pears	Beef Pot Roast G-F Beef Gravy Mashed Potatoes Butternut Squash Lemon Meringue Pie ----- Sweet & Sour Pork Vegetable Fried Rice Oriental Vegetables Crushed Pineapple

NOTE: Milk/Coffee/Tea/Juice available at all meals. Bread at Lunch/Dinner Roll at Supper

Chelsea Fall/Winter 2019 - WEEK 2

January 20 - 26

Service for the Week of: 12/30/2019

	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Chinese New Year 24	Saturday 25	Sunday 26
B	.Prunes Stewed	.Prunes Stewed	.Prunes Stewed	.Prunes Stewed	.Prunes Stewed	.Prunes Stewed	.Prunes Stewed
R	Fresh Banana	Oatmeal	Banana	Banana	Banana	Banana	Banana
E	Oatmeal	Choice of Eggs	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
A	Choice of Eggs	Raisin Toast	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs
K	Whole Wheat Toast	-----	Whole Wheat Toast	Raisin Bread	Buttered WW Toast	Whole Wheat Toast	Bacon Strips
F	-----	Banana	-----	Buttered WW Toast	-----	Buttered Raisin Bread	Whole Wheat Toast
A	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
S	Fruit Bread	Whole Wheat Toast	Bagel Toasted	Assorted Cold Cereal	Mini Cinnamon Bun	Assorted Cold Cereal	Buttered Raisin Bread
T			Buttered				Cereal
L	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda
U	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers
N	Tomato Soup	Garden Vegetable	Beef Rice Soup	Country Bean &	Wonton Soup	Broccoli Cheese Soup	Cream of Mushroom
C	Western Omelet	Soup	Egg & Potato Salad	Vegetable Soup	Chicken Chow Mein	Beef Roast Sandwich	Soup
H	Sndw on WW	Cabbage Rolls	Plate	Macaroni & Cheese	Plum Sauce	on Wheat	Tomato Slices &
	Mixed Green Italian	Green Peas	Crushed Pineapple	Stewed Tomatoes	Fortune Cookie	Pickled Beets	Lettuce
	Salad	Stewed Rhubarb	Whole Wheat Roll	Lemon Blueberry	Vegetable Egg Roll	Sliced Strawberries	Captain Burger
	Ice Cream Sandwich	-----	-----	Tart	Crema Caramel	-----	Mayonnaise
	-----	Turkey Sandwich	Cheese & Mushrooms	-----	-----	Sausage Links	Creamy Coleslaw
	Lentil Casserole	w/Cranberry Mayo	Calzone	Salmon Salad on	Veggie Burger on	Syrup	Citrus Orange Cake
	-----	-----	Mixed Green Italian	WW	WW Bun	Pancake	-----
	Sauteed Spinach	Chopped Salad with	French Green Italian	Romaine Sid	Ketchup	Hot Fruit Compote	Vegetarian Frittata
	Chilled Diced Pears	Balsamic	Salad	w/Onions	Mustard	Black Forest Pudding	Bechamel Sauce
		Capuccino Cake	French Vanilla Ice	Chilled Diced	Greek Salad		Sliced Carrots
			Cream	Peaches	Blueberries		Fresh Apple Slices
D	Herb Baked Chicken	BQ Pork Chops	Country Style Fried	Braised Beef Stew	Battered Blue Cod	Turkey Meatloaf Hmd	Pork Roast
I	Thigh	Sour Cream	Chicken	Buttermilk Biscuit	Fish	G-F Brown Gravy	Pork Gravy
N	Mashed Potatoes	Baked Potato	Roasted Potatoes	Whole Green Beans	Lemon Wedge	Mashed Potatoes	Herbed Potatoes
E	Niagara Mix	California Vegetables	Fall Medley	Van Caramel Swirl	Crinkle Cut Fries	Buttered Corn	Dilled Peas
N	Vegetables	Cherry Cobbler	Vegetables	Cake	Creamy Peas	Boston Cream Cake	Crushed Pineapple
R	Date Square	-----	Apple Crumble	-----	Triple Chocolate	-----	-----
	-----	Sole w/Lemon Pepper	Square	Turkey Cutlet with	Fudge Cake	BTS. Roasted Lamb	Baked Chicken with
	Liver & Onions	Lemon Wedge	Whole Wheat Bread	Apple Gravy	-----	Chop	Chalet Sauce
	Brown Gravy	-----	-----	Boiled Red Potato	Baked Ham in	Roasted Potatoes	Mashed Potatoes
	Boiled Potatoes	Rice Pilaf	Veal Roulade	Diced Squash	Pineapple Juice	Sunrise Vegetables	Orange Glazed
	Mashed Turnips	Calico Corn	Brown Gravy	Chilled Apricots	-----	Cantaloupe Chunks	Parsnips
	Mandarin Oranges	Chilled Tropical Fruit	Lemon Herb Orzo		Mashed Potatoes		Peach Pie
			Zucchini Medley		Mexican Mixed		
			Mango		Vegetables		

NOTE: Milk/Coffee/Tea/Juice available at all meals. Bread at Lunch/Dinner/Roll at Supper

# Chelsey Fall/Winter 2019 - WEEK 3

January 27 - February 2

Service for the Week of: 01/06/2020

	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 1	Sunday 2
B	Fresh Banana	.Prunes Stewed	.Prunes Stewed	.Prunes Stewed	.Prunes Stewed	.Prunes Stewed	.Prunes Stewed
R	.Prunes Stewed	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana
E	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
A	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs	Choice of Eggs
K	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
F	-----	-----	-----	-----	-----	-----	-----
A	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
S	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Assorted Cold Cereal
T	Fruit Bread	-----	12 Grain Bread	-----	Blueberry Muffin	-----	Cereal
L	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda
U	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers
N	Italian Wedding Soup	Creamy Vegetable Soup	Seafood Chowder	Cream of Broccoli Soup	Minestrone Soup	Carrot Ginger Lentil Soup	Homemade Vegetable Barley Soup
C	Chili Con Carne	Soup	Cheese Pizza	Bangers and Mash	Meatballs & Mushroom Sc	Soup	Vegetable Quiche
H	Margarine	Chicken Burger w/ Lettuce & Tomato With Mayo	Greek Salad	Zucchini Medley	Fluffy Rice	Harvard Beets	Salmon Shepherd's Pie
N	Wheat Roll	-----	Strawberry Mousse	Cream Puff	Savory Seasoned Carrots	Fruit Cocktail	-----
C	Winter Vegetables	Vinaigrette Coleslaw	Baked Beans	Whole Wheat Bread	Lemon Pound Cake w/ Topping	Hot Dog on White Bun	Sunrise Vegetables
H	Cherry Tart	Oreo & Vanilla Pudding Dessert	Corn Muffin	-----	-----	-----	Chilled Diced Pears
N	-----	-----	Broccoli Florets	Egg Salad Sndw on Wheat	Chicken Caesar Salad	Diced Onions	Ham & Cheese on Wheat
C	Tuna Salad	Spanish Omelet	Chilled Diced Peaches	Mixed Green Italian Salad	Soft Garlic Stick	Ketchup	Tomato Cucumber Salad
N	Sandwich WW	Diced Hashbrown	-----	Fresh Watermelon	Honeydew Melon	Mustard	Mango Mousse Cake
C	Carrot Raisin Salad	Sunrise Vegetables	-----	-----	-----	Tossed Ranch Salad	-----
H	Mandarin Oranges	Crushed Pineapple	-----	-----	-----	Butterscotch Sundae	-----
D	BBQ Pork Ribs	Teriyaki Pork Loin	Salisbury Steak	Crunchy Ranch	Krunchie Perch	Rst Pepper & Balsamic Pork Chop	Roast Turkey
I	Mashed Potatoes	Fluffy Rice	G-F Brown Gravy	Flavoured Chicken	Lemon Wedge	G-F Brown Gravy	Poultry Gravy
N	Sauteed Red Peppers, Mushrooms & Onions	Oriental Vegetables	Mashed Potatoes	Roasted Potatoes	Baked Potato Wedges	Mashed Potatoes	Cranberry Sauce
N	-----	Apple Crisp	Mashed Turnips	California Vegetables	-----	Green Peas	Mashed Potatoes
E	Lemon Jelly Roll	-----	Chilled Diced Pears	Van Caramel Swirl Cake	Dixie Coleslaw	-----	Fall Medley
R	-----	Herb Baked Fish	-----	-----	Rice Pudding	Caramel Cheesecake	Vegetables
I	Cheese Cannelloni w/ Alfredo Sauce	Lemon Wedge	Turkey a la King	-----	-----	-----	Pumpkin Pie
N	-----	Rosemary & Garlic Roasted Potato	Tea Biscuit	Beef Pot Pie	Sweet & Spiced Ham	Chicken Cacciatore	-----
N	-----	Spinach with Lemon & Nutmeg	Green & Yellow Beans	Beef Gravy	Mashed Potatoes	Rice Pilaf	Spaghetti & Meat Sauce
E	Soft Garlic Stick	Chilled Apricots	Toffee Pudding Cake	Steamed Asparagus	Italian Mixed Vegetables	Cocktail Vegetables	Garlic & Cheese Bread Stick
N	Buttered Brussels Sprouts	-----	-----	Orange Sections	Sliced Strawberries	Stewed Rhubarb	Broccoli Florets
D	Mango	-----	-----	-----	-----	-----	Chilled Tropical Fruit

NOTE: Milk/Coffee/Tea/Juice available at all meals. Bread at Lunch/Dinner Roll at Supper