

WEEKLY MENU

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Week 2 S/S Menu 2023

MONDAY, 7/24 CC TUESDAY, 7/25 CC WEDNESDAY, 7/26 CC THURSDAY, 7/27 CC FRIDAY, 7/28 CC SATURDAY, 7/29 CC SUNDAY, 7/30 CC

Breakfast

 Fresh Fruit  1.5	 Fresh Fruit  1.5	 Fresh Fruit  1.5	 Fresh Fruit  1.5	 Fresh Fruit  1.5	 Fresh Fruit  1.5	 Fresh Fruit  1.5
 French Toast	Western	 Waffles	 Scrambled Eggs	 Ham, Egg & Cheese Muffin	 Strawberry Pancakes	 Scrambled Eggs
Bacon	Bacon	Bacon	Sausage Links	Breakfast	Sausage Links	Bacon
0	0	0	1	0	0	0
			Toast	Potatoes		Cinnamon Roll
						2

Soup

Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
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Lunch

Coney Island Hot Dog	Sloppy Joe Sandwich	Tuna Melt Sandwich	Chicken Taco Salad	California Burger	Cranberry Pecan Chicken Salad	Roast Turkey
2	2	2.5	1.5	2	1.5	0
Seasoned Potato Wedges	Coleslaw w/Vinaigrette	 Peas Chocolate	 4 Way Blend Vanilla Ice Cream	 Potato Salad	 Dinner Roll	Cheddar Mashed Potatoes
1.5	1	1	.5	1	1	1
Fruited Gelatin	Lemon Bar	Pudding Parfait	Apple Caramel Bar	Vanilla Ice Cream	Lime Gelatin	Broccoli w/Garlic
1.5	2	2	2	1	1	.5
						Boston Cream Pie
						2.5

Dinner

 Mexican Chicken Dinner Roll	Sweet & Sour Pork	Hot Beef Sandwich	BBQ Pork	Parmesan Fish	Montreal Beef w/Gravy	Grilled Ham & Cheese Sandwich
0	1	1.5	1	.5	.5	2.5
Mexican Corn	White Rice	Sour Cream Potatoes	Baked Beans	Roasted Red Potatoes	Baked Potato w/Sour Cream	Tomato Soup Crackers
1	1.5	1	2	1.5	3	.5
Tres Leches Cake	 Broccoli	Maple Glazed Carrots	Frosted Coconut Cake	Roasted Brussel Sprouts	Green Beans	Strawberry Ice Cream
3.5	.5	1	3.5	.5	.5	1.5
	 Watermelon	Rhubarb Crisp		 Fresh Fruit	Chocolate Poke Cake	
	1	3.5		1.5	2	



= BeWell recipe

 = VEGETARIAN - does not contain meat, poultry, fish & shellfish. May contain dairy products, eggs & honey

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Week 3 S/S Menu 2023

MONDAY, 7/31	CC	TUESDAY, 8/1	CC	WEDNESDAY, 8/2	CC	THURSDAY, 8/3	CC	FRIDAY, 8/4	CC	SATURDAY, 8/5	CC	SUNDAY, 8/6	CC
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Breakfast

Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5
(V)French Toast	2	(V)Scrambled Eggs w/Cheese	0	(V)Waffles	3	(V)Denver Oatmeal	.5	(V)Banana Split	2	(V)Pancakes	2	(V)Scrambled Eggs	0
Sausage Patty	0	Bacon	0	Sausage Links	0	Scrambled Eggs	1	Bacon	0	Sausage Patty	0	Bacon	0
						Danish						Bacon	2
												Cinnamon Roll	2

Soup

Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
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Lunch

Battered Fish Sandwich	2.5	Pulled Pork Tacos	1	Baked Chicken w/Lemon & Garlic	0	Tuna Pasta Salad Dinner Roll	2	Egg Salad BLT Pita	1.5	Chicken Salad on Bun	2	Tuscan Roast Beef	.5
Tartar Sauce	0	Black Bean Salsa	1	Cauliflower & Broccoli Salad	.5	Frosted Orange Cake	2.5	Potato Chips & Raw Veggies & Dip	.5	Potato Bacon Chowder	1	Cream Gravy	.5
Coleslaw	.5	Spanish Rice	2	Garlic Breadstick	1			Fresh Fruit	1.5	Crackers	.5	Mashed Potatoes	1
Vanilla Pudding Parfait	3	Earthquake Cookie	2	Peanut Butter Chocolate Bar	3					Oatmeal	2	Braised Cabbage	.5
										Cranberry Cookie		Strawberry Rhubarb Pie	2.5

Dinner

Honey Stung Chicken	1	Beef Tips in Gravy	.5	Roast Pork w/Gravy	.5	Summer Beef Stew	.5	Mustard Glazed Ham	.5	Fish w/Dill Sauce	.5	Bratwurst w/Caramelized Onion	1
Tossed Salad w/Dressing	0	Egg Noodles	1.5	Mashed Red Potatoes	1.5	Biscuit	1.5	Au Gratin Potatoes	1.5	Baked Potato w/Sour Cream	3	Coleslaw	.5
Dinner Roll	1	Fresh Fruit	1.5	Peas	1	Chocolate Chip Cookie	2	Brussel Sprouts	.5	Marinated Cucumbers	0	Banana Cake	2.5
Toffee Bar	2.5			Gelatin w/Topping	1.5			WhiteChocolate Lemon Bar	2.5	Mandarin Orange Delight	1.5		



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Week 4 S/S Menu 2023

MONDAY, 8/7	CC	TUESDAY, 8/8	CC	WEDNESDAY, 8/9	CC	THURSDAY, 8/10	CC	FRIDAY, 8/11	CC	SATURDAY, 8/12	CC	SUNDAY, 8/13	CC
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Breakfast

Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5
(V) French Toast	2	Western	0	(V) Waffles	3	(V) Scrambled Eggs	0	Ham, Egg & Cheese Muffin	2	(V) Strawberry Pancakes	3	(V) Scrambled Eggs	0
Bacon	0	Scrambled Eggs	0	Bacon	0	Sausage Links	0	Breakfast	2	Sausage Links	0	Bacon	0
		Sausage Patty	0			Toast	1	Potatoes	1			Cinnamon Roll	2

Soup

Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
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Lunch

California Turkey Salad on Bun	2	Fish Sandwich	3	Chicken Pasta Salad	2	Chili & Cheese Hot Dog	2	Chicken Chow Mein	.5	Hot Pork Sandwich	2	Rosemary Chicken w/Mushrooms	0
Potato Chips	.5	Three Bean Salad	1	Dinner Roll	1	French Fries	1.5	White Rice	1.5	Coleslaw	.5	Red Potatoes	1
Pickle Spear	0			Lemon White	2	Watermelon	1	Blueberry Crisp	3	Apple Bar	1.5	Peas & Carrots	1
Seven Layer Bar	3.5	Cantaloupe Wedges	.5	Chocolate Cookie		Chocolate Coconut Bar	1.5					Peach Crumb Pie	3

Dinner

Chicken Cacciatore	.5	Beef Pepper Steak	.5	Pork Chop w/ Honey Mustard	1	Spaghetti & Meatballs	3	Sauteed Shrimp Cocktail Sauce	0	Beef Fajitas w/Flour Tortilla	2	Pepperoni Pizza	5.5
Egg Noodles	1.5	White Rice	1.5	Cheesy Hashbrowns	1	Tossed Salad w/Dressing	0	Broccoli w/Garlic	.5	Summer Corn Salad	1	Tossed Salad w/Dressing	0
4 Way Blend	1	Honey Glazed Carrots	1	Green Bean	.5	Garlic Bread	1	Dinner Roll	1	Rainbow Sherbet	1.5	Fresh Fruit	1.5
Pudding Parfait	2	Peanut Butter Bar	3	Cheese Bake	2	Snickerdoodle Cookie	1.5	Lemon Poppyseed Cake	2				

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Week 5 S/S Menu 2023

Week 5 S/S Menu 2023

SUNDAY, 8/20 CC

Breakfast

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Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day

lunch

Pasta Charmaine w/Sausage	2.5	Chicken Mandarin Salad	1.5	Grilled Turkey & Swiss Cheese Sandwich	2.5	Grilled Bratwurst on Bun	2	Cornflake Chicken	.5	Hot Beef Sandwich	1.5	Herb Roasted Turkey	0
Garlic Breadstick	1	Dinner Roll	1	Sandwich		Sauerkraut	0	Peas	1	Lyonnaise Potatoes	1.5	Mashed Potatoes	1
Orange Wedges	1	Butterscotch Pudding Parfait	2.5	Potato Chips	.5	Boiled Potatoes	1	Dinner Roll	1	Potatoes		Turkey Gravy	.5
				Tossed Salad w/Dressing	0	Peach	2	Banana Pudding	2	Green & Yellow Beans	.5	Roasted Carrots	.5
				Fresh Fruit	1.5	Marshmallow Gelatin				Strawberry Ice Cream	1.5	Dutch Apple Pie	2.5

Dinner

Parmesan Baked Fish	.5	Ham & Scalloped Potatoes	2	Chicken Teriyaki Stir Fry	1	Beef Tacos in Corn Shell	1	Honey BBQ Pork Chop	1	Fish & Chips	3	Ham Salad on Bun	2
Herbed Potatoes	1.5	Green Beans	.5	White Rice	1.5	Mexican Corn	1	Roasted Red Potatoes	1.5	Tartar Sauce	0	Dill Potato Salad	1
4 Way Blend	1	Chocolate Ice Cream	1	Frosted Carrot Cake	2	S'more Bar	1.5	Grilled Squash	0	Coleslaw	.5	Cucumber & Onion Salad	.5
Magic Bar	1.5									Frosted Chocolate Cake	2	Fresh Fruit	1.5

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 = GLUTEN RESTRICTED - Item not made

CC = indicates number of carbohydrate counts in the food

WEEKLY MENU

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Week 1 5/5 Menu 2023

MONDAY, 8/21	CC	TUESDAY, 8/22	CC	WEDNESDAY, 8/23	CC	THURSDAY, 8/24	CC	FRIDAY, 8/25	CC	SATURDAY, 8/26	CC	SUNDAY, 8/27	CC
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Breakfast

Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5	Fresh Fruit	1.5
French Toast	2	Scrambled Eggs	0	Waffles	3	Denver Scrambled Eggs	.5	Banana Split Oatmeal	2	Pancakes	2	Scrambled Eggs	0
Sausage Patty	0	Eggs w/Cheese	0	Sausage Links	0	Scrambled Eggs	0	Bacon Danish	0	Sausage Patty	0	Bacon	0
		Bacon	0			Bacon	1					Cinnamon Roll	2

Soup

Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
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Lunch

Southwest Turkey Burger	2.5	Seafood Pasta Salad	2.5	Beef & Cheese Sandwich	1.5	Chef Salad w/Ham, Turkey & Egg	1.5	Pulled Pork on Bun	3.5	Chicken Salad Croissant	2	Glazed Ham	0
Sweet Potato Fries	2.5	Marinated Summer Salad	.5	Cucumber, Tomato & Corn Salad	.5	Dinner Roll	1	Italian Pasta Salad	2	Baked Potato Salad	1	Potatoes	2
Pickle Spear	0	Orange Sherbet	1.5	Fresh Fruit	1.5	Vanilla Ice Cream	1	Peach Crisp	3	Cantaloupe	.5	Green Beans	.5
Grapes	1.5									Ice Cream Fudge Bar	1.5	Amandine	2.5
												Lemon Meringue Pie	

Dinner

Honey Glazed Chicken Thigh	.5	Roast Pork w/Gravy	.5	Turkey Meatloaf	.5	Beef & Broccoli Stir Fry	.5	Potato Crunch Fish	1	Salisbury Steak w/Mushroom	1	Grilled Turkey & Cheese	1.5
Oven Browned Potatoes	1	Mashed Red Potatoes	1.5	w/Sour Cream	3	White Rice	1.5	Baked Sweet Potato	1.5	Gravy	1.5	Cream of Roasted Vegetable Soup	1
4 Way Blend	1	Cauliflower	.5	Green Beans	.5	Blueberry Crumble	3	Squash	0	Herbed Potatoes	1.5	Crackers	.5
Angel Food Cake w/Strawberries	1	Cheesecake	2.5	Citrus Gelatin Parfait	1			Caramel Brownie	3.5	Stewed Tomatoes	.5	Frosted White Cupcake	2

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