

12 NORTH REGULAR MENU

Breakfast

Beverages

Milk: Whole – 1% - Skim – Lactaid – Soy

Juice & Fruits

Juice: Orange – Apple – Tomato – Cranberry

Fruits: Banana – Orange – Apple - Seasonal Melon

Chilled Fruit: Peaches – Pears – Applesauce -
Mandarin Oranges - Fruit Salad

Yogurt

Regular: Plain – Vanilla – Strawberry

Lite: Strawberry – Peach

Cereal

Hot: Oatmeal – Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes – Crispy Rice – Whole Grain Toasty O's
– Total -

Raisin Bran - Rice Chex

Breakfast Bakery

Muffins: Blueberry – Corn – Bran Muffin

Bagels/Rolls: Plain – Sesame – Everything –
Whole Wheat – Kaiser Roll

Choice of: Smart Balance – Jelly - Diet Jelly – Butter –
Cream Cheese – Lite Cream Cheese –
Natural Peanut Butter

Breakfast Entrees

Eggs: Scrambled - Egg Whites - Egg Substitute –
Hard Boiled Egg

Omelet: Egg - Egg White - Egg Substitute

Choice of 4 Toppings: Red Onions – Broccoli –
Baby Spinach – Peppers – Mushroom –
Diced Ham - Turkey

Pancakes or Silver Dollar :Buttermilk-Blueberry-Banana

French Toast or French Toast Sticks: Plain – Blueberry
- Banana

Egg Sandwich:

Choice of Bread - Kaiser Roll

Choice of Cheese: American - Swiss

Choice of Meat: Ham - Sausage Patty –
Fresh Sliced Turkey

(Chefs) Healthy Sandwich Option: Scrambled Egg
Whites - Fresh Turkey & Lacy Swiss on
Whole Wheat Kaiser Roll

Sides: Sausage Patty - Turkey Sausage Links –

Home Fries

Lunch

Soups

Soups: Campbell's Tomato - Chicken Rice –
Lentil Soup - Pasta Fagioli

Broths: Beef - Chicken - Vegetable

Cold Plates / Entrée Salads

Cottage Cheese Plate: Cottage Cheese and
Fresh Seasonal Fruit

Fresh Fruit Plate with Plain Yogurt

Crudités & Hummus Salad: Fresh Garden Vegetables
(Cucumbers, Cherry Tomatoes, Celery & Carrots)
Served with Creamy Hummus Dip

Shake It Up Salad Station

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Chopped Romaine Lettuce –
Seasonal Baby Field Greens – Baby Hand Picked Spinach

Choice of (1) Protein: Baked Shrimp-
Marinated Grilled Chicken – Sliced Flank Steak – Tofu

Choice of (up to 4) Toppings: Sliced Red Onions –
Cherry Tomatoes – Green Peppers - Croutons –
Walnut Pcs – Sliced Black Olives –

Sliced Cucumbers - Dried Cranberries - Chickpeas –
Sliced Mushrooms - Sunflower Seeds

Dressings: Lite Italian - Olive Oil and Vinegar - Lite Ranch
- Lite Caesar

Main Course

Chicken Francaise: Sautéed in a Lemon
White Wine Sauce

Grilled Chicken Parmesan

Baked Chicken Fingers

Turkey with Gravy: Oven Roasted

Broiled Flounder: Dressed with Garlic Lemon Herbs

Baked Salmon

Home Made Meatloaf: Served with Gravy

Sliced Roast Beef

Cheese Quesadilla: Chicken or Black Bean

Grilled Chicken Paillard: Served over Sautéed Spinach
& Mashed Potatoes

Flank Steak & Onion Sandwich

Fajitas: Sautéed Chicken, Shrimp, or Tofu

Macaroni & Cheese: Macaroni in Creamy Cheese Sauce

Sides:

Choice of: Baked Potato - Dinner Roll - Baked Steak Fries
- Mac & Cheese - Mashed Potatoes –

Mashed Sweet Potatoes - Brown Rice –

Steamed White Rice – Stuffing - Baby Carrots – Broccoli -
Corn - Green Beans -

Cuban Style Black Beans (vegetarian)

Side Salads: Garden - Cottage Cheese - Spanish Slaw -
Vegetable Sticks – Macaroni Salad – Potato Salad –
Crackers & Natural Peanut Butter

From The Grill (Sandwich or Platters)

Hamburger - Grilled Marinated Chicken - Turkey Burger -
Black Bean Burger - Grilled Cheese Sandwich

Choice of Bread

Rye Bread - Whole Wheat Bread - Sliced White Bread
Regular Burger Bun - Whole Wheat Burger Bun –

Choice of Toppings

Lettuce – Tomato - Sautéed Mushrooms - Swiss Cheese,
American Cheese - Sliced Ham - Sautéed Onions

Pasta Bar

Choice of Pasta: Penne - Linguini - Whole Wheat Penne

Choice of Sauce: Meat Sauce - Butter Sauce –
Marinara Sauce – Scampi

Garlic & Extra Virgin Olive Oil & a Touch of White Wine

Choice of Toppings: Mixed Vegetables – Mushrooms –
Diced Marinated Chicken

Deli Specials

Grilled Chicken Caesar Wrap: Marinated Grilled
Chicken, Romaine Lettuce, Creamy Caesar Dressing

Classic Tuna / Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef

Choice of Bread: Sliced White - Sliced Whole Wheat –
Kaiser Roll - Sliced Seedless Rye –

Whole Wheat Kaiser Roll – Wrap - Plain Bagel

Choice of Toppings: Lettuce – Tomato – Pickles -
American Cheese - Swiss Cheese

Condiments: Mayonnaise – Mustard - Lite Mayo –Ketchup
- Sour Cream

Pizza:

Individual Personal Cheese Pizza

Choice of Toppings: Peppers - Mushrooms - Pepperoni
Red Onion - Black Olives - Broccoli

Desserts

**Lemon Pound Cake - Angel Food Cake - Brownie
Chocolate Angel Food Cake - Peach Pear Cobbler -
Cheese Cake**

Fresh Marinated Fruit Salad – Fresh Fruits

Chilled Fruit: Peaches - Pears - Applesauce –
Mandarin Oranges

Cookies: Chocolate Chip - Oatmeal Raisin –
Lorna Doone – Fig Newton – Gram Crackers

Gelatin: (Regular or Sugar Free) Strawberry or Orange

Ice Cream: Vanilla – Chocolate - Sugar Free Vanilla

Pudding : Vanilla – Chocolate - Rice –
Sugar Free Vanilla – Sugar Free Chocolate

Beverages

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Dinner

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Lentil Soup - Pasta Fagioli

Broths: Beef - Chicken - Vegetable

Cold Plates / Entrée Salads

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Fresh Seasonal Fruit

Fresh Fruit Plate with Plain Yogurt

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Baked Salmon

Home Made Meatloaf: Served with Gravy

Sliced Roast Beef

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& Mashed Potatoes

Cheese Quesadilla: Chicken or Black Bean

Flank Steak & Onion Sandwich

Fajitas: Choice of Sautéed Chicken, Shrimp, or Tofu

Panini: Fresh Mozzarella, Tomato & Basil

Macaroni & Cheese: Macaroni in Creamy Cheese Sauce

Sides:

Choice of: Baked Potato - Dinner Roll - Baked Steak Fries
- Mac & Cheese - Mashed Potatoes – Brown Rice -
Mashed Sweet Potatoes - Steamed White Rice – Stuffing -
Baby Carrots – Broccoli - Corn - Green Beans –
Cuban Style Black Beans (vegetarian)

Side Salads: Garden - Cottage Cheese - Spanish Slaw -
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12 NORTH REGULAR MENU (5/13)

Name: _____

Room # _____ **Date:** _____