

**Autumn**

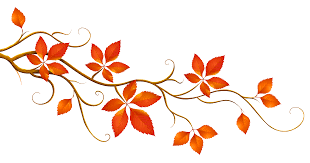
**& Winter**

**Cycle Menu**

**Chester County Hospital**

Amy Wagner &

Sydney Mitcheltree



**MONDAY**

*BREAKFAST*

1% Low-fat Milk,

Mixed Berry Oatmeal

*LUNCH*

1% Low-fat Milk optional,

Turkey Panini with apple, cheddar, and arugula on whole grain bread

*DINNER*

1% low-fat milk optional,

Smoked ham, corn and peas, pineapple- whole grain stuffing

*DESSERT*

Pumpkin Spice Macarons

Coffee/Tea/Water

*SNACK*

Peanut butter and celery

**TUESDAY**

*BREAKFAST*

1% low-fat milk,

Whole Grain Pumpkin Spice Pancakes, Banana

*LUNCH*

1% Low-fat Milk optional,

Butternut Squash Alfredo with Whole Grain pasta,

Fall Harvest Fruit salad

*DINNER*

1% low-fat milk optional,

Cranberry Stuffed Pork Chops,

Green Beans,

Whole grain roll

*DESSERT*

Pumpkin Pie

Coffee/Tea/ Water

*SNACK*

Carrots and turkey

**WEDNESDAY**

*BREAKFAST*

1% low-fat milk,

Fall vegetable quiche

*LUNCH*

1% Low-fat Milk optional,

Cinnamon Apple Pork Chops, Roasted Brussel Sprouts,

Whole Grain Roll

*DINNER*

1% low-fat milk optional,

Lasagna (with cheese) with whole grain pasta, broccoli rob with lemon

Clementine

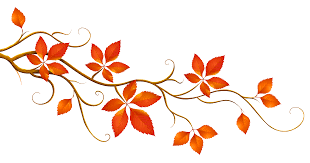
*DESSERT*

Fig Ice Cream

Coffee/Tea/ Water

*SNACK*

Steamed Cauliflower, cheese



**THURSDAY**

*BREAKFAST*

1% low-fat milk,

Fall spiced apple cran-raisin oatmeal

*LUNCH*

1% Low-fat Milk optional,

Grilled Cheese on whole grain bread with Apple and Bacon

Cooked Carrots

*DINNER*

1% low-fat milk optional,

Chicken Pot Pie with seasonal vegetables and whole grain crust, cranberry sauce

*DESSERT*

Apple Crumble topped with Vanilla Ice cream

Coffee/Tea/Water

*SNACK*

Pistachios, and cranberries

**FRIDAY**

*BREAKFAST*

1% low-fat milk,

Whole Grain Cinnamon French Toast, Apple

*LUNCH*

1% Low-fat Milk optional,

Skillet Apple Chicken Thighs

Whole Grain Roll

*DINNER*

1% low-fat milk optional,

Artichoke,

Acorn squash, Quinoa (whole grain), Tilapia

*DESSERT*

Carrot Cake

Coffee/Tea/Water

*SNACK*

Whole grain zucchini bread

**SATURDAY**

*BREAKFAST*

1% low-fat milk,

Whole grain spice brown sugar waffles,

Strawberries

*LUNCH*

1% Low-fat Milk optional,

Broiled Miso Steak

Whole Grain Roll

Brussel Sprouts

Pears

*DINNER*

1% low-fat milk optional,

Caramelized carrots and onions,

Turkey with gravy, whole grain dinner roll, Kiwi

*DESSERT*

Pumpkin Spice Crinkle Cookie

Coffee/Tea/

Water

*SNACK*

Pumpkin seed trail mix with granola

**SUNDAY**

*BREAKFAST*

Autumn Fruit Salad with Cinnamon Greek Yogurt Parfait

*LUNCH*

1% Low-fat Milk optional,

Maple Braised Pork Belly with a whole grain roll

Green Beans

Kiwi

*DINNER*

1% low-fat milk optional,

Pumpkin ravioli, House salad with tomato, carrots, whole grain croutons and grilled chicken, Pears

*DESSERT*

Pumpkin Gingerbread Banana Pudding

Coffee/Tea/Water

*SNACK*

Figs and whole grain crackers



**MONDAY**

*BREAKFAST*

1% Low-fat Milk,

Western Omelet

*LUNCH*

1% Low-fat Milk optional,

Chicken Chili with Sweet Potatoes, Whole grain roll, Apple

*DINNER*

1% low-fat milk optional,

Pineapple with Ham, asparagus, Whole grain pasta

*DESSERT*

Coffee/Tea/Water

Figgy Pudding

*SNACK*

Popcorn (Whole Grain), pear

**TUESDAY**

*BREAKFAST*

1% low-fat milk,

Banana Nut Oatmeal

*LUNCH*

1% Low-fat Milk optional,

Maple-roasted chicken thighs with a whole grain roll,

Grilled Asparagus, Berry Fruit Salad

*DINNER*

1% low-fat milk optional,

Fish, cauliflower, carrots, whole grain roll, Fruit Salad

*DESSERT*

Coffee/Tea/Water

Gingerbread Man Cookie

*SNACK*

Grapes and Cheese

**WEDNESDAY**

*BREAKFAST*

1% low-fat milk,

Whole Grain Eggnog Waffles, Clementine’s

*LUNCH*

1% Low-fat Milk optional,

Baked Mac and Cheese with Whole grain noodles, Mixed Veggies (zucchini and squash), Strawberries

*DINNER*

1% low-fat milk optional,

Beef Pot Roast, Sweet potatoes, Green Beans, Brown rice, Tangerines

*DESSERT*

Coffee/Tea/Water

Eggnog Eclairs

*SNACK*

Peppers and hummus (protein)





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**SUNDAY**

*BREAKFAST*

Winter Fruit and Oatmeal Parfait

*LUNCH*

1% Low-fat Milk optional, Herb and Butter roasted turkey

Broccoli, Orange

*DINNER*

1% low-fat milk optional, Roasted duck with pomegranate

Steamed broccoli,

Whole grain stuffing

*DESSERT*

Coffee/Tea/Water

Buche De Noel (French Christmas Yule Log Cake)

*SNACK*

Clementine, and whole grain pretzels

**SATURDAY**

*BREAKFAST*

1% low-fat milk,

Maple Pecan Baked Oatmeal, Orange

*LUNCH*

1% Low-fat Milk optional, Herbed chicken with beets and Brussel sprouts, caramelized banana casserole

*DINNER*

1% low-fat milk optional, Turkey breast, cranberry sauce, green bean casserole

*DESSERT*

Coffee/Tea/Water

Peppermint Bark

*SNACK*

Banana and peanut butter

**FRIDAY**

*BREAKFAST*

1% low-fat milk,

Whole grain banana sour cream pancakes

*LUNCH*

1% Low-fat Milk optional, Beef Tenderloin with roasted cauliflower-pomegranate salad with a whole grain roll

*DINNER*

1% low-fat milk optional, Whole grain cheese ravioli, Spinach salad with strawberries, carrots, and tomatoes

*DESSERT*

Coffee/Tea/Water

Snowflake Christmas Whoopie Pie

*SNACK*

Snowflake shaped cheese and whole grain crackers

**THURSDAY**

*BREAKFAST*

1% low-fat milk,

Gingerbread Oats

Apple

*LUNCH*

1% Low-fat Milk optional,

Red Chile and Orange Grazed Turkey with a whole grain roll, Salad, Grapes

*DINNER*

1% low-fat milk optional, Grilled chicken, sautéed peppers and carrots,

Quinoa (Whole grain), Orange

*DESSERT*

Coffee/Tea/Water

Peppermint Marshmallow Brownie

*SNACK*

Pomegranate, dark chocolate (70%)