

NEW JERSEY VETERANS MEMORIAL HOME MENLO PARK CYCLE 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/17/2023	9/18/2023	9/19/2023	9/20/2023	9/21/2023	9/22/2023	9/23/2023
Assorted Juice Rice Krispies or Farina Pancakes/Butter Fruit Topping Banana Coffee/Tea/Milk	Assorted Juice Special K or Oatmeal Scrambled Egg Ham and Cheese on a on a Bun Stewed Prunes Coffee/Tea/Milk	Assorted Juice Raisin Bran or Grits Scrambled Eggs Hash Browns Banana Coffee/Tea/Milk	Apple Juice Cheerios or Farina French Toast Sausage Butter/Syrup Coffee/Tea/Milk	Assorted Juice Corn Flakes or Oatmeal Fried Egg/Bacon Bagel/Cream Chz/Jelly Banana Coffee/Tea/Milk	Assorted Juice Corn Pops or Grits 3-Cheese Omelets Toast/Butter/Jelly Coffee/Tea/Milk	Assorted Juice Honey Nut Cheerios or Farina Boiled Egg Fresh Corn Bread Butter Coffee/Tea/Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Sliced Italian Sausage Over Tri-Color Pasta Garlic Bread Dinner Roll Garden Salad Pears Coffee/Tea/Milk	Tomato Soup Grilled Cheese Tatar Tots Coleslaw Italian Ice Coffee/Tea/Milk	Opened Face Pot Roast W/Gravy Carrots Apples Coffee/Tea/Milk	Chicken Parmesan Over Spaghetti/Marinara Tomato & Cucumber Salad Peaches Coffee/Tea/Milk	Turkey A La King Over Egg Noodles V-8 Juice Brownie Coffee/Tea/Milk	Fish and Chip Platter Malt Vinegar/ketchup Lemon Coleslaw Sherbet Coffee/Tea/Milk	Baked Ziti w/Meat Sauce Caesar Salad Garlic Dinner Roll Assorted Fruit Coffee/Tea/Milk
Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute
Pierogis & Onions Red Cabbage/Salad	BBQ Pulled Pork Sandwich Coleslaw	Broccoli Cheddar Quiche Buttered peas	Lemon Pepper Sole Mashed Pot/Garden Salad	Grilled Chicken Quesadilla Beans/ Salsa/ SC	Hot Pastrami Sand w/Swiss Fries/Coleslaw	BBQ Ribs/Steak Fries Caesar Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Vegetable Soup Chicken Filet Sandwich Lett/Tom/On 3 Bean Salad Frozen Yogurt Coffee/Tea/Milk	Cream of Mushroom Herb Crusted Cod fish Baked Sweet Potato Green Beans Fruit Cocktail Coffee/Tea/Milk	Turkey Rice BBQ Chicken Sandwich Lettuce/Tom/On Diced Beets w/ Onion Tapioca Pudding Coffee/Tea/Milk	Split Pea Pepper Steak Steamed White Rice Red and Green Grapes Coffee/Tea/Milk	Chicken Noodle Soup 2 Hot Dogs On Bun W Kraut BBQ Baked Bean Ketchup/ Must Carrot/Raisin Salad Fresh Fruit Soda/Coffee/Tea/Mil k	Corn Chowder Stuffed Cabbage Tomato Sauce Fresh Mashed Pot Assorted Pudding Coffee/Tea/Milk	Minestrone Herd Roasted Chicken Rice & Red Beans Assort Danish Coffee/Tea/Milk
Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute
Lasagna 3 Bean Salad	Philly Cheesesteak Sand w/Onions Peppers	Cottage Cheese & Fruit Dinner Roll w/butter	Oriental Chicken Salad Dinner Roll /Butter	Grilled Cheese w/Tomato W/BBQ Baked Beans	Garden Burger w/Cheese L/T/O Steak Fries	Sloppy Joe on Bun Mixed Veg and Mashed
Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day
Egg Salad	Ham and Cheese	Tuna Salad	Liverwurst & Onion	Roasted Turkey & Cheese	Chicken Salad	Roast Beef and Swiss

We offer the Sandwich of the Day, Ham and Cheese Sandwich, Tuna Fish Sandwich, Pizza, Hot Dogs, Grilled Cheese, Peanut Butter and Jelly Sandwich, Cream Cheese and Jelly Sandwich, Cheese Sandwich, or a Hamburger as an alternative item for Lunch and Dinner, instead of the Main Meal or Substitute

Menu Planning Meeting First Wednesday of the month in Water Edge Dining Room 1:30pm

NEW JERSEY VETERANS MEMORIAL HOME AT MENLO PARK CYCLE 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/24/2023	9/25/2023	9/26/2023	9/27/2023	9/28/2023	9/29/2023	9/30/2023
Assorted Juice Rice Krispies, or Oatmeal Fried Egg, Pork Roll On Bun Ketchup/Butter Coffee/Tea/Milk	Assorted Juice Special K, or Banana / Grits Scrambled Eggs/Bacon w/toast/butter Coffee/Tea/Milk	Assorted Juice Cheerios, or Oatmeal Plain Mini Bagel Boiled Egg Butter/Cream/Jelly Coffee/Tea/Milk	Assorted Juice Raisin Bran, or Banana/Farina French Toast Sausage Links Butter/Syrup Coffee/Tea/Milk	Assorted Juice Corn Flakes, or Grits Western Omelet Toast/Butter Coffee/Tea/Milk	Assorted Juice Corn Pops, or Oatmeal Scrambled Eggs & Cheese On Bun Stew Prunes Ketchup/Butter Coffee/Tea/Milk	Assorted Juice Honey Nut cheerios or Farina Blueberry Pancakes Butter/Syrup Coffee/Tea/Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Yankee Pot Roast w/gravy Red Bliss Potatoes Carrots Red & Green Grapes Coffee/Tea/Milk	Cheeseburger Sweet Potato Fries Let/Tom/Onion Cole Slaw Ice Cream / Soda Coffee/Tea/Milk	Tortellini in a Tomato Cream sauce Cucumber & Tomato Salad Assorted pies Coffee/Tea/Milk	Coconut Crusted Tilapia Baked Potato Yellow & Green Squash Tarter Sauce/Lemon Fruit Cocktail Coffee/Tea/Milk	Chicken Marsala White Rice Veg Medley Jell-O w/Whip Cream Coffee/Tea/Milk	Seafood Combo French Fries/Ket Cocktail Sauce/Tart Sauce Diced Beets and Onions Pudding Coffee/Tea/Milk	Herb Roasted Pork Loin w/gravy Fresh Mashed Pot Brussel Sprouts Mixed Fruit Coffee/Tea/Milk
Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute
Salmon Burger L/T/O Fries	Pork Chop Suey	Turkey Pot Pie Cucumber Salad	Rueben Sandwich French Fries	Cheese or Pepperoni Pizza Veg Medley	Shepherds Pie Diced Beets & Onions	Baked Turkey Melt Mashed Pot
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Beef Barley Soup Manicotti W/Marinara Sauce Broccoli Assorted Pudding Coffee/Tea/Milk	Broccoli Cheese Soup Crab Cake/Tartar Scalloped Potatoes Peas & Carrots Melon Coffee/Tea/Milk	Chicken and Rice Soup Meat Loaf w/ Gravy Fresh Mashed Potato Green Beans Fresh Peaches Coffee/Tea/Milk	Vegetable Soup Green Stuffed Peppers Corn Dinner Roll/Butter Blueberry Cake Coffee/Tea/Milk	Minestrone Soup Veal Cutlet Sub Broccoli Fresh Fruit Coffee/Tea/Milk	White Bean/Escarole Kielbasa/Kraut Boiled Red Potatoes Applesauce/ Cinn Coffee/Tea/Milk	Turkey Noodle Soup Deli Platter Sand. Kaiser Potato Salad L/T/O - Mayo & Mustard Brownie Coffee/Tea/Milk
Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute
Tuna Salad Platter L/T/O Crackers	Cottage Cheese & Fruit Wheat Bread	BLT Sand /Toast/Mayo Cole Slaw	Chicken Tenders Steak Fries/HM/BBQ	Chicken Caesar Salad Wheat Roll	Chef Salad Rye Bread, Butter	Meatball Sub Potato Salad
Sandwich of the Day Egg Salad	Sandwich of the Day Ham and Cheese	Sandwich of the Day Tuna Salad	Sandwich of the Day Liverwurst & Onion	Sandwich of the Day Roasted Turkey & Cheese	Sandwich of the Day Chicken Salad	Sandwich of the Day Roast Beef and Swiss

We offer the Sandwich of the Day, Ham and Cheese Sandwich, Tuna Fish Sandwich, Pizza, Hot Dogs, Grilled Cheese, Peanut Butter and Jelly Sandwich, Cream Cheese and Jelly Sandwich, Cheese Sandwich, or a Hamburger as an alternative item for Lunch and Dinner, instead of the Main Meal or Substitute

Menu Planning Meeting First Wednesday of the month in Water Edge Dining Room 1:30pm

NEW JERSEY VETERANS MEMORIAL HOME AT MENLO PARK CYCLE 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/1/2023	10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023	10/7/2023
Assorted Juice Rice Krispies or Oatmeal Cinnamon Raisin French Toast/butter Syrup Coffee/Tea/Milk	Assorted Juice Prunes Special K Or Grits Fried Egg & Sausage With Cheese on Croissant Coffee/Tea/Milk	Assorted Juice Fresh Banana Cheerios Or Oatmeal French Toast Butter/Syrup Coffee/Tea/Milk	Assorted Juice Raisin Bran Or Farina/Boiled Egg Hash Brown Bagel w/cream cheese Asst. Jelly Coffee/Tea/Milk	Assorted Juice Corn Flakes Or Fresh Banana Cream Of Rice Scram Egg & Sausage Pattie w/Cheese/on English Muffin Coffee/Tea/Milk	Assorted Juice Corn Pops Or Farina Pancakes Bacon Butter/Syrup Coffee/Tea/Milk	Assorted Juice Cheerios Or Oatmeal/Banana Scrambled Eggs Hash Brown Mini Muffin Coffee/Tea/Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Beef Stew Biscuit Three Bean Salad Apple Pie Coffee/Tea/Milk	Spin/ Mush Quiche Mixed Vegetable Dinner Roll Chocolate Cake Coffee/Tea/Milk	Spaghetti Bolognese Garlic Bread Caesar Salad Strawberry Ice Cream Coffee/Tea/Milk	Chicken Parmesean Sandwich Summer Veg Blend Banana Cream pie Coffee/Tea/Milk	Sauerbraten Pot Pancake/ sour Crm Red Cabbage Pumpernickle Roll Black Forest Cake Coffee/Tea/Milk	Fish & Chips Platter Lemon/Malt Vin Ketchup/Coleslaw Macaroni Salad Pears Coffee/Tea/Milk	Open Faced Turkey Sand w/gravy Cranberry Sauce Italian Green Beans Fresh Fruit Coffee/Tea/Milk
Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute
Seafood Lo Mein Three Bean Salad	BBQ Ribs Spinach/ Fries	Veggie Burger L/T/O/French Fries	Stuffed Peppers Mashed Potatoes	Grilled Chicken Quesadilla Refried Bean/Salsa/Sour	Cheese Pizza Broccoli and Carrots	Spaghetti with white clam sauce Lettuce/Tomato
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Vegetable Soup Lasagna Broccoli Split Top Dinner Roll Grapes Coffee/Tea/Milk	Zesty Bean Soup Chicken Cacciatore Rice Garden Salad Mandarin Oranges Coffee/Tea/Milk	Cr of Potato & Leek Pork Chops w/mush gravy Buttered Peas Mashed Potato Fresh Plums Coffee/Tea/Milk	Minestrone Lemon Pepper Sole Zucchini Baked Sweet Potato Italian Ice Coffee/Tea/Milk	Mushroom Barley Soup 2 Hot Dogs on bun Sauerkraut BBQ Baked Beans Ambrosia Coffee/Tea/Milk/So da	New England Clam Chowder Macaroni & Cheese Stewed Tomatoes Sweet Potato Pie Coffee/Tea/Milk	Chicken Vegetable Soup Roast Pork Fried Rice/Soy Egg Roll/Duck Sauce Cucumber Salad Choc Pudd whip cream Coffee/Tea/Milk
Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute
Pork Roll Sandwich Broccoli	Taco Salad Bowl, Salsa Refried Beans/ Sour Cream	Turkey Salad Platter L/T/O/ Dinner Roll	Cottage Cheese & Fruit Wheat Bread	Pierogis/Onions Red Cabbage	Chef's Salad Rye Bread	Meatball Sub w/prov cheese Club Roll/Cuke Salad
Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day	Sandwich of the Day
Egg Salad	Ham and Cheese	Tuna Salad	Liverwurst & Onion	Roasted Turkey & Cheese	Chicken Salad	Roast Beef and Swiss

We offer the Sandwich of the Day, Ham and Cheese Sandwich, Tuna Fish Sandwich, Pizza, Hot Dogs, Grilled Cheese, Peanut Butter and Jelly Sandwich, Cream Cheese and Jelly Sandwich, Cheese Sandwich, or a Hamburger as an alternative item for Lunch and Dinner, instead of the Main Meal or Substitute

Menu Planning Meeting First Wednesday of the month in Water Edge Dining Room 1:30pm

NEW JERSEY VETERANS MEMORIAL HOME AT MENLO PARK Cycle 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/8/2023	10/9/2023	10/10/2023	10/11/2023	10/12/2023	9/13/2023	9/14/2023
Assorted Juice Honey Nut Cheerios Cream Rice Prunes French Toast Butter/Syrup Coffee/Tea/Milk	Assorted Juice Corn Flakes Oatmeal Fried Egg Bacon Toast/ Butter Coffee/Tea/Milk	Assorted Juice Raisin Bran Farina Boiled Egg Bagel Cream Cheese/Jelly Coffee/Tea/Milk	Assorted Juice Rice Krispies Banana Grits Scr Egg, Sausage and Cheese On Bun Coffee/Tea/Milk	Assorted Juice Cheerios Farina Blueberry Pancakes Butter/Syrup Coffee/Tea/Milk	Assorted Juice Special K Oatmeal Scrambled Eggs & Cheese Hash Brown Mini Muffins Coffee/Tea/Milk	Assorted Juice Corn Pops/Grits Banana Boiled Egg Corned Beef Hash Raisin Bread/Butter Coffee/Tea/Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roast Pork Loin Roasted Red Potatoes Carrots Lemon Meringue pies Coffee/Tea/Milk	Spaghetti/Meatball Tomato Cucumber Salad WW Dinner Roll Red/Green Grapes Coffee/Tea/Milk	Chicken Francaise White Rice Broccoli Tiramisu Coffee/Tea/Milk	Herb Crusted Cod Fish Baked Sweet Potato Yellow Squash & Zucchini Fresh Fruit Coffee/Tea/Milk	Pork Chop Mushroom Gravy Spinach Mashed Potato Watermelon Coffee/Tea/Milk	Crab Cakes Vegetable Medley Baked Potato Sour cream/ Butter Fresh Fruit Coffee/Tea/Milk	Meatloaf with Gravy Brussels Sprouts Au Gratin Potatoes Strawberry Applesauce Coffee/Tea/Milk
Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute	Lunch Substitute
Grill Cheese/ tomato Carrots	Fried Chicken Leg Green Beans/Baked Pot	Shrimp and Cheese Grits Broccoli	Eggplant Parmesan Squash's & Dinner Roll	Chicken Fingers/HM/BBQ French Fries/Spinach	Pizza Plain/Sausage Vegetable Medley	Grilled Salmon Fillet/Herb Au Gratin Potato/ Brussel
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Tomato soup Roasted Chicken 1/4 Mashed Potato Peas Mixed Fruit Coffee/Tea/Milk	Beef Barley Soup Coconut Crusted Tilapia Roasted Potatoes Green Beans Apple Pie Coffee/Tea/Milk	Chicken Noodle Stuffed Peppers Cauliflower Au Gratin Fruit Cocktail Coffee/Tea/Milk	Chick Pea Veg Soup Grilled Asian Chicken Sand. Lettuce/Tom/ Onion Rice Pudding Coffee/Tea/Milk	Minestrone Roasted Turkey/Gravy Stuffing Cranberry Sauce Italian Green Beans Pumpkin Pie Coffee/Tea/Milk	Spinach Lentil Soup Stuffed Shells/Sauce Broccoli Jell-O w/whip cream Coffee/Tea/Milk	Tortellini in Broth Italian Hoagie/Oil/Vinegar Lettuce/Tomato/ Onion Potato Chips Brownie Coffee/Tea/Milk
Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute	Dinner Substitute
Manicotti w/ Meatballs Marinara Sauce Tossed Salad	Turkey Club Pickles	Pork Roll Sandwich French Fries	Cottage Cheese/Fruit Wheat Bread	Grilled Ham & Cheese Italian Green Beans	Seafood Salad Sand Kaiser Roll/ Let/ Tom	French Toast Bacon
Sandwich of the Day Egg Salad	Sandwich of the Day Ham and Cheese	Sandwich of the Day Tuna Salad	Sandwich of the Day Liverwurst & Onion	Sandwich of the Day Roasted Turkey & Cheese	Sandwich of the Day Chicken Salad	Sandwich of the Day Roast Beef and Swiss

We offer the Sandwich of the Day, Ham and Cheese Sandwich, Tuna Fish Sandwich, Pizza, Hot Dogs, Grilled Cheese, Peanut Butter and Jelly Sandwich, Cream Cheese and Jelly Sandwich, Cheese Sandwich, or a Hamburger as an alternative item for Lunch and Dinner, instead of the Main Meal or Substitute

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