

Sunrise Spring/Summer Menu: NY State

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar 21, Apr 25, May 30, July 4, Aug 8, Sept 12	Mar 22, Apr 26, May 31, July 5, Aug 9, Sept 13	Mar 23, Apr 27, June 1, July 6, Aug 10, Sept 14	Mar 24, Apr 28, June 2, July 7, Aug 11, Sept 15	Mar 25, Apr 29, June 3, July 8, Aug 12, Sept 16	Mar 26, Apr 30, June 4, July 9, Aug 13, Sept 17	Mar 27, May 1, June 5, July 10, Aug 14, Sept 18
Breakfast						
Waffle Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Western Omelet Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Buttermilk Pancakes Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Au Gratin Hash Browns Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Egg & Cheese Muffin Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	French Toast Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Scrambled Egg Casserole Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal
Lunch						
*After lunch snacks available daily.						
Salad Greens Cream of Tomato Soup Stuffed Zucchini Boats Roasted Potato Wedges Egg Salad Sandwich Chicken Caesar Salad Angel Food Cake & Berries NSA Angel Food Cake	Asian Slaw Potato Leek Soup Marinated Chicken Kebabs Herbed Orzo Pilaf Grilled Peppers Hot Turkey Sandwich Baked Salmon on Greens Pineapple Upside Down Cake NSA Baked Pineapple	Chopped Salad Chicken Noodle Soup Shepherd's Pie Roasted Parsnips Grilled Chicken Sandwich Fruit & Cottage Cheese Banana Bread SF Banana Cake	Caesar Salad Corn Chowder Cod with Dill Sauce Buttered New Potatoes Baby Carrots Reuben Sandwich Classic Cobb Salad Honey Vanilla Pudding NSA Blueberries & Cream	Greek Salad Tuscan Bean Soup Rigatoni Pasta with Sausage & Broccoli Grilled Cheese & Tomato Chicken Salad & Fruit Mocha Mousse SF Cappuccino Mousse	Grilled Peach Salad Garden Vegetable Soup Crispy Chicken Tenders with Honey Mustard Sauce Baked Oven Fries Cole Slaw Meatball Sub Sandwich Chef's Salad Cherries Jubilee RS Carrot Cake	Carrot Raisin Salad Split Pea Soup Quiche Lorraine Lemon-Herb Red Potatoes Side Salad Tuna Melt Sandwich Steak & Blue Cheese Salad Raspberry Jam Bar NSA Baked Apples
Dinner						
*After dinner snacks available daily.						
Corn-Tomato Salad Scotch Barley Soup Baked Honey Ham Au Gratin Potatoes Steamed Broccoli Egg Salad Sandwich Chicken Caesar Salad Boston Cream Pie NSA Angel Food Cake	Tossed Garden Salad Lentil Soup BBQ Beef Brisket Mashed Potatoes Creamed Spinach Hot Turkey Sandwich Baked Salmon on Greens Peach Cobbler NSA Baked Pineapple	Spinach Orange Salad Cream of Mushroom Soup Four Cheese Baked Ziti Pasta Italian Vegetable Medley Grilled Chicken Sandwich Fruit & Cottage Cheese Italian Cream Cake SF Banana Cake	Lettuce & Tomato Salad Italian Wedding Soup Chicken Cacciatore Creamy Polenta Steamed Vegetables Reuben Sandwich Classic Cobb Salad Blueberry Cake NSA Blueberries & Cream	Salad Greens Cream of Asparagus Soup Glazed Meatloaf Mashed Potatoes Seasoned Peas Grilled Cheese & Tomato Chicken Salad & Fruit Caramel Cake SF Cappuccino Mousse	Cranberry Almond Salad Cream of Cauliflower Soup Baked Salmon Lemon Rice Ratatouille Meatball Sub Sandwich Chef's Salad Carrot Cake RS Carrot Cake	Spinach Mushroom Salad Sweet Potato Bisque Roast Turkey & Gravy with Cranberry Sauce Traditional Stuffing Green Beans Almandine Tuna Melt Sandwich Steak & Blue Cheese Salad Apple Pie NSA Baked Apples à la Mode

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Mar 28, May 2, June 6, July 11, Aug 15, Sept 19	Mar 29, May 3, June 7, July 12, Aug 16, Sept 20	Mar 31, May 5, June 9, July 14, Aug 18, Sept 22	Mar 24, Apr 28, June 2, July 7, Aug 11, Sept 15	Apr 1, May 6, June 10, July 15, Aug 19, Sept 23	Apr 2, May 7, June 11, July 16, Aug 20, Sept 24	Apr 3, May 8, June 12, July 17, Aug 21, Sept 25
Breakfast						
Waffle Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Ham & Cheese Omelet Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Buttermilk Pancakes Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Cinnamon Roll Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Egg & Cheese Muffin Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	French Toast Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Scrambled Egg Casserole Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal
Lunch						
*After lunch snacks available daily.						
Three Bean Salad Succotash Soup Classic Crab Cake with Tartar Sauce Lemon Risotto Zucchini & Cherry Tomato Chicken Salad Sandwich Turkey Cranberry Salad Peach Melba NSA Peach Melba	Wedge Salad Navy Bean Soup Grilled Caesar Chicken Pesto Penne Pasta Steamed Vegetables Patty Melt Plate Greek Salad with Shrimp Mixed Berry Crisp RS Chocolate Cream Pie	Crunchy Vegetable Salad Turkey Noodle Soup Pepperoni Pizza Side Salad Baked Fish Sandwich Mediterranean Chicken Salad Blonde Brownie Sundae NSA Blonde Brownie Sundae	Salad Greens Summer Squash Bisque Baked Salmon Herbed Couscous Grilled Asparagus Chicken Filet Sandwich Greek Yogurt & Fruit Parfait Lemon Cream Parfait RS Frosted Cherry Cake	Chopped Salad Chicken Tortilla Soup Roasted Vegetable Lasagna Roasted Carrots Pastrami on Rye BLT Salad Cream Puff SF Chocolate Chip Cookie	Orange Almond Salad Black Bean Soup Beef & Vegetable Stir Fry Brown Rice Grilled Cheese Sandwich Harvest Chicken Salad Coconut Cream Squares SF Piña Colada Cake	Tossed Garden Salad Cream of Broccoli Soup Braised Chicken Maple Sweet Potatoes Sautéed Spinach Turkey Cheese Sandwich Tuna Salad Plate Blueberry Cobbler NSA Blueberry Crisp
Dinner						
*After dinner snacks available daily.						
Salad Greens Chicken Orzo Soup Beef & Mushroom Stew Chicken Salad Sandwich Turkey Cranberry Salad Cinnamon Streusel Cake NSA Peach Melba	Apple Cranberry Salad Cream of Carrot Soup Pork Schnitzel with Dill Applesauce Potato Pancakes Braised Red Cabbage Patty Melt Plate Greek Salad with Shrimp Chocolate Cream Pie RS Chocolate Cream Pie	Lettuce & Tomato Salad French Onion Soup Veal Marsala Buttered Noodles Seasoned Peas Baked Fish Sandwich Mediterranean Chicken Salad Honey Cake NSA Blonde Brownie Sundae	Caesar Salad Mushroom Barley Soup Sirloin of Beef Au Jus Baked Potato & Sour Cream Steamed Broccoli Chicken Filet Sandwich Greek Yogurt & Fruit Parfait Black Forest Cake RS Frosted Cherry Cake	Spinach Strawberry Salad Clam Chowder Honey BBQ Chicken Macaroni & Cheese Grilled Vegetables Pastrami on Rye BLT Salad Chocolate Chip Cookie Bar SF Chocolate Chip Cookie	Greek Salad Tomato Basil Soup Poached Haddock with Hollandaise Herbed New Potatoes Roasted Cauliflower Grilled Cheese Sandwich Harvest Chicken Salad Frosted Chocolate Cake SF Piña Colada Cake	Mediterranean Salad Minestrone Soup Spaghetti & Meatballs Green Beans Turkey Cheese Sandwich Tuna Salad Plate Caramel Cheesecake NSA Blueberry Crisp

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Apr 4, May 9, June 13, July 18, Aug 22	Apr 5, May 10, June 14, July 19, Aug 23	Apr 6, May 11, June 15, July 20, Aug 24	Apr 7, May 12, June 16, July 21, Aug 25	Apr 8, May 13, June 17, July 22, Aug 26	Apr 9, May 14, June 18, July 23, Aug 27	Apr 10, May 15, June 19, July 24, Aug 28
Breakfast						
Waffle Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Omelet Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Buttermilk Pancakes Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Biscuits Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Egg & Cheese Muffin Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	French Toast Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Au Gratin Hash Browns Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal
Lunch						
*After lunch snacks available daily.						
Spinach Blue Cheese Salad Zuppa Toscana Soup Garden Vegetable Quiche Herbed Couscous Broiled Tomato Slices Chicken Parmesan Sandwich Steak Caesar Salad Chocolate Éclair Torte RS Chocolate Vanilla Pudding Parfait	Roasted Vegetable Salad Vegetarian Chili Chicken Pot Pie Herbed Green Beans French Dip Sandwich Tuna Niçoise Salad Ambrosia Salad Fruit Salad	Greek Salad Tuscan Potato Soup Beef Stroganoff Buttered Noodles Dill Carrots Crab Salad Croissant Turkey Waldorf Salad Sour Cream Pound Cake NSA Cherry Pie	Caesar Salad Cream of Tomato Soup Shrimp Scampi Angel Hair Pasta with Garlic Herb Butter Steamed Broccoli Egg Salad Sandwich Wedge Salad Lemon Bar RS Red Velvet Cake	Carrot Raisin Salad Corn Chowder BBQ Pulled Pork Baked Beans Cole Slaw Kosher Frank Plate Fruit & Cottage Cheese Peach Crumble Nut Cake NSA Baked Apples à la Mode	Spinach Parmesan Salad Pasta e Fagioli Soup Baked Ziti Pasta & Meat Sauce Italian Vegetable Medley Hot Turkey Sandwich Chicken Salad & Fruit Creamy Rice Pudding RS Tapioca Pudding	Asian Slaw Beef Noodle Soup Cashew Chicken Brown Rice Bagel with Lox Cucumber Tomato Salad Antipasto Salad Pecan Pie RS Pumpkin Cheesecake
Dinner						
*After dinner snacks available daily.						
Salad Greens with Orange Mushroom Bisque Baked Salmon Roasted New Potatoes Grilled Vegetables Chicken Parmesan Sandwich Steak Caesar Salad Strawberry Shortcake RS Chocolate Vanilla Pudding Parfait	Chopped Salad Chicken Rice Soup Maple Glazed Ham Sweet Potato Casserole Collard Greens French Dip Sandwich Tuna Niçoise Salad German Chocolate Cake Fruit Salad	Tossed Garden Salad Lentil Soup Chicken Florentine Baked Potato & Sour Cream Sautéed Mushrooms Crab Salad Croissant Turkey Waldorf Salad Cherry Pie NSA Cherry Pie	Salad Greens Garden Vegetable Soup Salisbury Steak Garlic Mashed Potatoes Seasoned Peas Egg Salad Sandwich Wedge Salad Red Velvet Cake RS Red Velvet Cake	Balsamic, Tomato, & Onion Salad Cauliflower, Cheese, & Potato Soup Rosemary Roast Chicken Fingerling Potatoes Roasted Brussels Sprouts Kosher Frank Plate Fruit & Cottage Cheese Baked Apples à la Mode NSA Baked Apples à la Mode	Mediterranean Salad Potato Leek Soup Broiled Flounder Scalloped Potatoes Steamed Asparagus Hot Turkey Sandwich Chicken Salad & Fruit Raspberry Crumb Bar RS Tapioca Pudding	Lettuce & Tomato Salad Split Pea Soup Herb Roasted Pork Tenderloin Twice Baked Potato Green Beans Bagel with Lox Cucumber Tomato Salad Antipasto Salad Pumpkin Gingersnap Trifle RS Pumpkin Cheesecake

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Apr 11, May 16, June 20, July 25, Aug 29	Apr 12, May 17, June 21, July 26, Aug 30	Apr 13, May 18, June 22, July 27, Aug 31	Apr 14, May 19, June 23, July 28, Sept 1	Apr 15, May 20, June 24, July 29, Sept 2	Apr 16, May 21, June 25, July 30, Sept 3	Apr 17, May 22, June 26, July 31, Sept 4
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Breakfast

Waffle Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Western Omelet Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Buttermilk Pancakes Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Cinnamon Roll Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Egg & Cheese Muffin Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	French Toast Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Scrambled Egg Casserole Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal
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Lunch

*After lunch snacks available daily.

Marinated Tomato Salad Carrot & Ginger Soup	Cranberry Almond Salad Tuscan Bean Soup	Tossed Garden Salad Spiced Vegetable Soup	Broccoli Cauliflower Salad Chicken Noodle Soup	Lettuce & Tomato Salad Manhattan Clam Chowder	Spinach Salad & Egg French Onion Soup	Greek Salad Cream of Potato Soup
Oven Fried Fish & Chips Cole Slaw	Swedish Meatballs Buttered Noodles Sautéed Mushrooms	Brunswick Stew	Pan Seared Salmon Cake with Tartar Sauce Buttered New Potatoes Steamed Vegetables	Chicken Milanese Rosemary Red Potatoes Roasted Beets	Swiss Steak Mashed Potatoes Seasoned Peas	Chicken Quesadillas Sour Cream Pico de Gallo
Hot Pastrami & Swiss Chef's Salad	Grilled Chicken Sandwich Greek Salad with Shrimp	Grilled Cheese & Tomato Deli Salad Trio	Hot Roast Beef Sandwich Classic Cobb Salad	Tuna Salad Sandwich Greek Yogurt & Fruit Parfait	Turkey Club Sandwich Cranberry Chicken Salad	Grilled Vegetable Sandwich Salmon Avocado Salad
Strawberry Cream Pie RS Frosted Lemon Cake	Peanut Butter Bar NSA Apple Pie	Bananas Foster Sundae RS Coconut Cake	Fruit Pie RS Vanilla Pudding Parfait	Lemon Cream Cake NSA Blonde Brownie	Vanilla Cream Pie RS Sunburst Orange Cake	Tres Leches Cake RS Cheesecake

Dinner

*After dinner snacks available daily.

Chopped Salad Cream of Asparagus Soup	Salad Greens Butternut Squash Soup	Spinach Mushroom Salad Tomato Barley Soup	Caesar Salad Minestrone Soup	Three Bean Salad Broccoli Cheese Soup	Grilled Peach Salad Tomato Soup with Couscous	Salad Greens with Orange Mediterranean Vegetable Soup
Chicken Cordon Bleu Roasted New Potatoes Sautéed Spinach	Orange Glazed Turkey Wild Rice & Cranberry Salad Roasted Cauliflower	Corned Beef Boiled Potatoes Parslied Carrots Seasoned Cabbage	Eggplant Parmesan Spaghetti & Marinara Sauce	BBQ Pork Ribs Buttered Corn Creamed Spinach	Lemon Pepper Cod Parmesan Orzo Herbed Green Beans	Meat Lasagna Steamed Broccoli
Hot Pastrami & Swiss Chef's Salad	Grilled Chicken Sandwich Greek Salad with Shrimp	Grilled Cheese & Tomato Deli Salad Trio	Hot Roast Beef Sandwich Classic Cobb Salad	Tuna Salad Sandwich Greek Yogurt & Fruit Parfait	Turkey Club Sandwich Cranberry Chicken Salad	Grilled Vegetable Sandwich Salmon Avocado Salad
Lemon Poppy Seed Cake RS Frosted Lemon Cake	Apple Pie NSA Apple Pie	Coconut Cake RS Coconut Cake	Tiramisu Trifle RS Vanilla Pudding Parfait	Blonde Brownie NSA Blonde Brownie	Orange Chiffon Cake RS Sunburst Orange Cake	Cheesecake RS Cheesecake

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Apr 18, May 23, June 27, Aug 1, Sept 5	Apr 19, May 24, June 28, Aug 2, Sept 6	Apr 20, May 25, June 29, Aug 3, Sept 7	Apr 21, May 26, June 30, Aug 4, Sept 8	Apr 22, May 27, July 1, Aug 5, Sept 9	Apr 23, May 28, July 2, Aug 6, Sept 10	Apr 24, May 29, July 3, Aug 7, Sept 11
Breakfast						
Waffle Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Ham & Cheese Omelet Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Buttermilk Pancakes Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Cinnamon Roll Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Egg & Cheese Muffin Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	French Toast Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal	Scrambled Egg Casserole Egg of Choice Breakfast Meats Toast Fresh Fruit Hot or Cold Cereal
Lunch						
*After lunch snacks available daily.						
Lettuce & Tomato Salad Roasted Red Pepper Soup	Spinach Parmesan Salad White Bean Soup	Chopped Salad Loaded Baked Potato Soup	Lettuce & Tomato Salad Southwestern Corn Soup	Salad Greens Beef Noodle Soup	Greek Salad Black Bean Soup	Carrot Raisin Salad Seafood Bisque
Lamb & Vegetable Stew Rosemary White Beans	Chicken Piccata Angel Hair Pasta with Garlic Herb Butter Grilled Peppers	Cheese Pizza Side Salad	Mediterranean Seafood Stew	Turkey Pot Pie Lemon Butter Broccoli	Orange Beef Brown Rice Stir Fried Vegetables	Oven Fried Chicken Macaroni & Cheese Green Bean Casserole
Chicken Caesar Sandwich Egg Salad Stuffed Tomato	Bagel with Lox Cucumber Tomato Salad Harvest Turkey Salad	Kosher Frank Plate Tuna Salad Plate	Grilled Cheese Sandwich Beet, Apple & Chicken Salad	Chicken Salad Sandwich BLT Salad	Turkey Cheese Sandwich Grilled Chicken Salad	Crab Cake Sandwich Beef Taco Salad
Coconut Custard Pie NSA Cherries Jubilee	Chocolate Pudding Parfait RS Chocolate Frosted Yellow Cake	Homemade Ice Cream Sandwich NSA Ice Cream Pie	Strawberries & Cream NSA Strawberries & Cream	Brownie SF Pound Cake	Applesauce Cake NSA Apple Crisp	Frosted Chocolate Cake RS Frosted Chocolate Cake
Dinner						
*After dinner snacks available daily.						
Tossed Garden Salad Chicken Orzo Soup	Mediterranean Salad Cream of Broccoli Soup	Wedge Salad Tomato Basil Soup	Spinach Blue Cheese Salad Cauliflower, Cheese, & Potato Soup	Caesar Salad Summer Squash Bisque	Spinach Strawberry Salad Chicken Vegetable Soup	Apple Cranberry Salad Hungarian Mushroom Soup
Shrimp Stuffed Flounder Rice Pilaf Steamed Zucchini	Sherry Beef Tips Garlic Mashed Potatoes Sautéed Spinach	Herb Grilled Chicken Thigh Pesto Orzo Succotash	Sirloin of Beef Au Jus Baked Potato & Sour Cream Green Beans	Cheese Ravioli & Marinara Sauce Italian Vegetable Medley	Lemon Herb Tilapia Roasted Potato Wedges Baked Eggplant & Tomato	Pork Tenderloin Diane Mashed Potatoes Roasted Carrots
Chicken Caesar Sandwich Egg Salad Stuffed Tomato	Bagel with Lox Cucumber Tomato Salad Harvest Turkey Salad	Kosher Frank Plate Tuna Salad Plate	Grilled Cheese Sandwich Beet, Apple & Chicken Salad	Chicken Salad Sandwich BLT Salad	Turkey Cheese Sandwich Grilled Chicken Salad	Crab Cake Sandwich Beef Taco Salad
Jelly Roll NSA Cherries Jubilee	Frosted Marble Cake RS Chocolate Frosted Yellow Cake	Peaches & Cream Bar NSA Ice Cream Pie	Banana Cream Pie NSA Strawberries & Cream	Lemon Pound Cake SF Pound Cake	Cherry Cheesecake Bar NSA Apple Crisp	Cinnamon Bread Pudding RS Frosted Chocolate Cake