

Symphony Manor/Northbrook Heights/Cirrus Manor/Briarwood Winter 2026 Menu WEEK 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Orange Juice Scrambled Eggs Crisp Bacon Assorted Toast Assorted Cereal	Orange Juice French Toast Sticks w/syrup Scrambled Eggs Assorted Cereal	Orange Juice Pancakes Breakfast Sausage Links Assorted Cereal	Orange Juice Egg, Ham & Cheese McMuffin Assorted Cereal	Orange Juice Scrambled Eggs Hash Brown Patty Assorted Toast Assorted Cereal	Orange Juice French Toast Breakfast Sausage Links Assorted Cereal	Orange Juice Scrambled Eggs w/cheese Asst. Toast Assorted Cereal

LUNCH	Baked Ham Roasted Baby Potatoes Chuckwagon Corn Chocolate Diva Cake	Cream of Mushroom Soup Hamburger on Bun Mixed Vegetable Coconut Cream Pudding w/whip topping	Cheese Stuffed Shells w/meat sauce Green Beans Pumpkin Bread	Tomato Tortellini Soup Grilled Cheese on white or wheat Broccoli Tropical Fruit	Homemade Goulash Mixed Vegetable Gelatin w/whip topping	Beef Vegetable Soup Turkey Melt on white or wheat Buttered Peas Pumpkin Mousse	Baked Chicken Drums Seasoned Rice Buttered Carrots Cookies n' Cream Pudding w/whip topping
ALTERNATE	Grilled Cheese OR Bologna on white or wheat	Turkey Burger on Bun or Bologna on white or wheat	Chicken Patty on Bun or Bologna on white or wheat	Pork Patty on Bun Or Bologna on white or wheat	Turkey Burger on Bun Or Bologna on white or wheat	Grilled 2 Cheese OR Bologna on white or wheat	Cheeseburger on Bun or Bologna on white or wheat

SUPPER	Egg Salad on Bun 3 Bean Salad Fruit Cocktail	Cheese & Pepperoni Pizza Chef Salad w/asst dressings Pineapple Tidbits	Swiss Salisbury Steak Mashed Potatoes Prince Edward Vegetable Chilled Pears	Chicken Patty on Bun w/lettuce & tomato Carrot Bean Salad Rice Pudding Cup	Italian Sausage Links on roll w/peppers n' onions Yellow beans w/pimento Chilled Peaches	Homemade Chili w/combread Capri Vegetable Asst. Fruit Yogurt	Ham & Swiss on Rye Cucumber/Onion Sour Cream Salad Mandarin Oranges
ALTERNATE	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg

*Assorted Cereal: Corn Flakes, Raisin Bran, Rice Crispy, Toasted Oat, Hot Oatmeal

*Assorted Toast: White, Wheat

*Always Available: Peanut Butter & Jelly Sandwich

*Beverage Choices: Coffee, Tea, Milk, Assorted Fruit Flavored Drinks

****IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE, PLEASE NOTIFY A STAFF MEMBER****

Debra K. Zampetti, RD #889624

Symphony Manor/Northbrook Heights/Cirrus Manor/Briarwood Winter 2026 Menu

WEEK 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Orange Juice Pancakes Breakfast Sausage Patty Assorted Cereal	Orange Juice Egg & Ham Bake Asst. Toast Assorted Cereal	Orange Juice Chocolate Chip Pancakes Scrambled Eggs Assorted Cereal	Orange Juice Egg, Bacon & Cheese McMuffin Assorted Cereal	Orange Juice Scrambled Eggs Hash Brown Patty Assorted Toast Assorted Cereal	Orange Juice French Toast Breakfast Sausage Links Assorted Cereal	Orange Juice Scrambled Eggs Rye Toast Assorted Cereal
LUNCH	Chicken Kiev Mashed potatoes w/gravy Chuckwagon Corn Coconut Cream Cake	Cream of Tomato Soup Patty Melt on Rye Baked Beans Vanilla Pudding w/whip topping	Mearloaf Mashed Potatoes w/gravy Glazed Carrots Peaches n' Cream Cake	Taco Soup Italian Sausage Patty w/provolone on Bun Sauteed Mushrooms Pineapple whip	Homemade Vegetable Lasagna Buttered Peas Applesauce Bars	Cream of Cauliflower Soup Philly Cheese Steak On Roll Buttered Carrots Chilled Peaches	Stuffed Pepper Casserole over Rice Italian Green Beans Rocky Road Pudding w/whip topping
ALL	Hamburger on Bun Or Turkey on white or wheat	Pork Patty on Bun Or Turkey on white or wheat	Chicken Patty on Bun or Turkey on white or wheat	Grilled Cheese OR Turkey on white or wheat	Turkey Burger on Bun Or Turkey on white or wheat	Chicken Patty on Bun Or Turkey on white or wheat	Grilled 2 Cheese OR Turkey on white or wheat
SNACKS	Sloppy Joe on Bun Onion Rings Green Beans Chilled Pears	BBQ Chicken Pizza Chef Salad w/asst. dressings Fruit Cocktail	Turkey Burger with Feta on Bun Prince Edward Vegetable Mandarin Oranges	Fried Bologna & Onions on Bun Sweet Potato Tots Chocolate Ice Cream Cup	Beef Stew over Mashed Potatoes Dinner Roll w/marg Capri Vegetable Tropical Fruit	BBQ Chicken Drums Cheesy Potatoes Stewed Tomatoes Asst. Fruit Yogurt	Tuna Salad on white or wheat Carrot Salad Cinnamon Apple Slices
ALL	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery/Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg

* **Assorted Cereal:** Corn Flakes, Raisin Bran, Rice Crispy, Toasted Oat, Hot Oatmeal

* **Assorted Toast:** White, Wheat * **Always Available:** Peanut Butter & Jelly Sandwich

* **BEVERAGE CHOICES:** Coffee, Tea, Milk, Assorted Fruit Flavored Drinks

****IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE, PLEASE NOTIFY A STAFF MEMBER****
Debra K. Zampetti, RD #889624

Symphony Manor/Northbrook Heights/Cirrus Manor/Briarwood Winter 2026 Menu

WEEK 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Orange Juice Ham, Cheese & Vegetable Frittata Assorted Toast Assorted Cereal	Orange Juice Corned Beef Hash Fried Egg Asst. Toast Assorted Cereal	Orange Juice Blueberry Pancakes Crisp Bacon Assorted Cereal	Orange Juice Sausage, Egg & Cheese McMuffin Assorted Cereal	Orange Juice Scrambled Eggs Assorted Toast Assorted Cereal	Orange Juice French Toast Breakfast Sausage Links Assorted Cereal	Orange Juice Scrambled Eggs w/ Cheese Raisin Bread Toast Assorted Cereal
L U N C H	Roast Pork Loin Mashed Potatoes w/gravy Prince Edward Vegetable Pumpkin Bars	Minestrone Soup Chicken Tenders w/Blue Cheese Dressing Sweet Potato Tots Butterscotch Pudding w/topping	Spaghetti w/Meat Sauce Italian Beans Apple Crisp w/whip topping	Chicken Noodle Soup Grilled Ham & Swiss on white or wheat Peas Fruit Cocktail	Chicken ala King over Rice Asian Vegetable Pineapple Dream Cake	Broccoli Cheddar Soup Battered Pollock Fish French Fries Cole Slaw Peaches	Breaded Pork Patty w/gravy Candied Sweet Potatoes Sweet & Sour Cabbage Brownie
A L T	Chicken Patty on Bun or Ham on white or wheat	Hamburger on Bun Or Ham on white or wheat	Turkey Burger on Bun or Ham on white or wheat	Grilled Cheese Or Ham on white or wheat	Cheeseburger on Bun Or Ham on white or wheat	Grilled 2 Cheese Or Ham on white or wheat	Chicken Patty on Bun Or Ham on white or wheat
S U P P E R	Grilled Cheese on white or wheat Tomato/Cucumber Salad Mandarin Oranges	Meat Lovers Pizza Chef Salad w/asst. dressings Pineapple Tidbits	Hot Turkey Sandwich w/gravy Mashed Winter Squash Chilled Pears	Rodeo Burger on Bun Chuckwagon Corn Vanilla Ice Cream Cup	Macaroni & Cheese Stewed Tomatoes Tropical Fruit	Meatball Sub on Roll Italian Blend Vegetable Asst. Fruit Yogurt	Turkey & Cheese on white or wheat Marinated Cucumber Salad Applesauce cups
A L T	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg	Cottage Cheese Fruit Plate w/ Fruit Cocktail Celery & Carrot Sticks Dinner Roll w/marg

*Assorted Cereal: Corn Flakes, Raisin Bran, Rice Crispy, Toasted Oat, Hot Oatmeal

*Assorted Toast: White, Wheat

*Always Available: Peanut Butter & Jelly Sandwich

*Beverage Choices: Coffee, Tea, Milk, Assorted Fruit Flavored Drinks

Debra K. Zampetti, RD 5889624

****IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE, PLEASE NOTIFY A STAFF MEMBER****