














HEART HEALTHY MENU

NYC DEPARTMENT OF CORRECTION
NUTRITIONAL SERVICES DIVISION

MENU MAY BE SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Multigrain Cheerios  Bran Muffin	Old Fashioned Hominy Grits  Hard Boiled Egg	Scooters Whole Grain Cereal 	Healthy Rolled Oats 	Raisin Bran Cereal 	Old Fashioned Hominy Grits 	Scooters Whole Grain Cereal 
Breakfast includes: Seasonal fresh fruit, WW bread, jelly, margarine, 1% milk, coffee or hot tea, sugar and water						
LUNCH						
Roasted Chicken Leg Gravy Yellow Rice Simply Steamed Greens	Cajun Turkey Patty Mashed Potatoes Cucumber Salad Chilled Pears	Vegetable Garden Burger  Scalloped Potatoes Vegetable Medley Green Salad	Pizza Pockets  Steamed White Cabbage Cucumber Salad Chilled Peaches	Fresh Egg Salad Platter  Tri Color Pasta Salad Cider Vinegar Pickled Beets Carrot & Celery Salad	Turkey-roni Steamed Carrots Green Salad Seasonal Fresh Fruit	Chicken Burger Vegetarian Baked Beans Vegetable Medley Sliced Cucumbers
Lunch includes: Seasonal Fruit, WW bread, margarine, condiments *fruit drink, hot tea or water						
DINNER						
Lentil Pasta Diced Tomatoes  Carrot & Celery Salad Crisp Green Beans Chilled Peaches	Bean Chili  Brown Rice Steamed Carrots	Crusted Jerk Tilapia Sweet Corn Steamed Spinach	Pepper Steak Yellow Rice Crisp Green Beans	Curry Chicken Leg Rice and Beans Steamed Spinach Crushed Pineapple	Baked Battered Whiting Lyonnaise Potatoes Steamed White Cabbage Chilled Pears	Turkey Chili Brown Rice Crisp Green Beans
Dinner includes: Seasonal Fresh Fruit, WW bread, margarine, condiments *fruit drink, hot tea or water						
 : Plant Based * Sugar Free + Seasonal Fruit include Orange, Apple, Banana & Plum						