

710-25-055 Food Services ASH
Attachment J: Sample Menus



ASH Canteen Menu
For **For 03/24/25 - 03/28/25**
An entree, two sides and a drink - ONLY \$8.00

Monday-03/24/25
Country Fried Steak, Beef Pot Roast with Beef Demi glaze, Buttermilk Chive Mashed Potatoes, Fried Okra, Braised Cabbage, and Cornbread

Tuesday-03/25/25
12" Flour Tortilla, Beef Taco Meat, Pulled Chicken, Grilled Peppers and Onions, Spanish Rice, Refried Beans, Mexican Corn, Queso, Cinnamon Churros, Shredded Lettuce, Cilantro, Sour Cream, Jalapeno Peppers, Salsa and Pico de Gallo

Wednesday-03/26/25
Hibachi Fried Rice, Steamed Jasmine Rice, Hibachi Teriyaki Chicken, Braised Pork Loin, Hibachi Vegetables, Szechuan Green Beans, Hibachi Yum Yum Sauce, Hibachi Ginger Sauce

Thursday-03/27/25
Fettuccini, Penne Pasta, Garlic and Herb Shrimp Scampi, Lemon Rosemary Chicken thighs, Roasted Garlic Alfredo Sauce, Balsamic Roasted Brussel Sprouts, Garli Bread Sticks, Chiffonade Basil, Mamma's Blessing, Parmesan Cheese

Friday-03/28/25
Classic Fish and Chips, Fried Shrimp, Sweet and Spicy Brussels Sprout, Parmesan Creamed Spinach, Corn Nuggets, Cole Slaw, Hush Puppies, Cajun Remoulade, Tartar Sauce

Now serving Turkey Burgers and Grill Chicken On the Grill

WK 1 Sunday

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
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1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

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Summer 2017

WK 1 Tuesday

REGULAR		MECH SOFT		CCD		SODIUM CONTROLLED		LOW FAT		VEGETARIAN		RENAL		FINGER FOOD		ADOLESENT	
FRESH Apple	1 EA	Applesauce	4 OZ	FRESH Apple	1 EA	FRESH Apple	1 EA	FRESH Apple	1 EA	FRESH Apple	1 EA	FRESH Apple	1 EA	FRESH Apple	1 EA	FRESH Apple	1 EA
OATMEAL	6 OZ	OATMEAL	6 OZ	OATMEAL	6 OZ	OATMEAL	6 OZ	OATMEAL	6 OZ	OATMEAL	6 OZ	OATMEAL	6 OZ	OATMEAL	4 OZ	OATMEAL	4 OZ
OMLETTE	1 EA	OMLETTE	1 EA	OMLETTE	1 EA	SCRM EGG	3 OZ	Scrambled Eggs	3 OZ	Omlette	2ea	SCRM EGG	3oz	OMLETTE	1 EA	OMLETTE-Cheese	2 EA
PORK SAUSAGE	1 PTY	GRD PORK SAUSAGE	1 PTY	PORK SAUSAGE	1 PTY	TURKEY SAUSAGE	1 PTY	TURKEY SAUSAGE	1 PTY	WHEAT TOAST	2 SL	WHEAT TOAST	2 SL	PORK SAUSAGE	1 PTY	PORK SAUSAGE	1 PTY
A TOAST	2 SL	GRAVY	2 OZ	TOAST	2 SL	TOAST		TOAST						TOAST	2 SL	WHEAT TOAST	2 SL
K		Wheat Bread	2 SL													ORANGE JUICE	4 OZ
F Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz
Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Splenda	1ea	Ms Dash/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Ms Dash/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea
Margarine/ Jelly	1ea	Margarine/ Jelly	1ea	Margarine/ Diet Jelly	1ea	Margarine/ Jelly	1ea	Margarine/ Jelly	1ea	Margarine/ Jelly	1ea	Margarine/ Jelly	1ea	Margarine/ Jelly	1ea	Margarine/ Jelly	1ea
T																	
FRIED CHICKEN	3 OZ	GRD CHICKEN	3 OZ	FRIED CHICKEN	3 OZ	BAKED CHICKEN	3 OZ	BAKED CHICKEN	3 OZ	PINTO BEANS	4 OZ	BAKED CHICKEN	3 OZ	FRIED CHICKEN	3 OZ	FRIED CHICKEN	3 OZ
MASHED POTATOES W/ GRAVY	4oz/2oz	GRAVY	2 OZ	MASHED POTATOES W/ GRAVY	4oz/2oz	MASHED POTATOES	4oz	MASHED POTATOES	4oz	RICE	3 OZ	RICE	3 OZ	MASHED POTATOES W/ GRAVY	4oz/2 oz	MASHED POTATOES W/ GRAVY	4oz/2OZ
GREAN BEANS	4 OZ	MASHED POTATOES W/ GRAVY	4oz/2oz	GREAN BEANS	4 OZ	GREAN BEANS	4 OZ	GREAN BEANS	4 OZ	GREEN BEANS	4 OZ	GREEN BEANS	4 OZ	GREAN BEANS	4 OZ	GREAN BEANS	8 OZ
DINNER ROLL	1 EA	GREAN BEANS	4 OZ	DINNER ROLL	1 EA	DINNER ROLL	1 EA	DINNER ROLL	1 EA	DINNER ROLL	1 EA	DINNER ROLL	1 EA	DINNER ROLL	1 EA	WHEAT ROLL	2 EA
C		DINNER ROLL	1 EA														
H APPLE CRISP	4 OZ	APPLE CRISP	4 OZ	APPLE CRISP	4 OZ	APPLE CRISP	4 OZ	APPLE CRISP	4 OZ	APPLE CRISP	4 OZ	SLICED APPLES	4 OZ	APPLE CRISP	4 OZ	SLICED APPLES	8 OZ
Iced Tea/Sugar	8oz	Iced Tea/Sugar	8oz	Iced Tea/Splenda	8oz	Iced Tea/Sugar	8oz	Iced Tea/Sugar	8oz	Iced Tea/Sugar	8oz	Iced Tea/ Sugar	8oz	Iced Tea/Sugar	8oz	Iced Tea/Sugar/Skim Milk	8oz
Salt/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea	MrsDash/Pepper/Marg	1ea	Salt/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea	MrsDash/Pepper/Marg	1ea	Salt/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea
Batter Fried Cod	4oz	Ground Cod	4oz	Batter Fried Cod	4oz	Baked Cod (NO Breading)	4oz	Baked Cod (NO Breading)	4oz	Eggplant Parmesan		Baked Cod (NO Breading)		Batter Fried Cod	4oz	Batter Fried Cod	8oz
D Roasted Potato Wedges	4oz	Mashed Potatoes	4oz	Roasted Potato Wedges	4oz	Mashed Potatoes	4oz	Mashed Potatoes	4oz	Mashed Potatoes		Noodles		Roasted Potato Wedges	4oz	Roasted Potato Wedges	4oz
I Dill Carrots	4oz	Dill Carrots	4oz	Dill Carrots	4oz	Dill Carrots	4oz	Dill Carrots	4oz	Dill Carrots		Dill Carrots		Dill Carrots	4oz	Dill Carrots	4oz
N Biscuit	1ea	Wheat Bread	1ea	Wheat Bread	1ea	Wheat Bread	1ea	Wheat Bread	1ea	Biscuit		White Bread		Biscuit	1ea	Biscuit	1ea
E Chocolate Cake	1ea	Chocolate Cake	1ea	Chocolate Cake	1/2 ea	Chocolate Cake	1ea	Chocolate Cake	1ea	Chocolate Cake		Rice Krispy Treat		Chocolate Cake	1ea	Chocolate Cake	1ea
R Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Grape Juice	4oz	Milk	8oz	Skim Milk	8oz
Salt/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea	Salt/PepperMargarine	1ea	Ms Dash/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea	Ms Dash/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea
Tarter Sauce	1ea	Tarter Sauce	2ea	Tarter Sauce	1ea	Tarter Sauce	1ea	Tarter Sauce	1ea			Tarter Sauce	1ea	Tarter Sauce	1ea	Tarter Sauce	1ea

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1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	

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1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

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- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

Summer 2017

WK 1 Friday

[illegible]

ALL GROUND			BLENDED/PUREE			LACTO-OVO VEGETARIAN			GI SOFT/LOW FIBER			2 GM LOW SALT LOW CHOLESTEROL/PRUDENT			CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

Summer 2017

WK 1 Saturday

[illegible]

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	

- LEVEL MEASURE
- 2/3 CUP

1/2 CUP

3/8 CUP

1/3 CUP (3 OZ)

1/4 CUP (2 OZ)

1 3/4 OZ

1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
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- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT		LOW CHOLESTEROL/PRUDENT		CALORIE/ADA		1000	1200	1500	1800	2000	2200	2500	3000	3500	SUBSTITUTIONS
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
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- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
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- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
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- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

WK 2 Wednesday

[illegible]

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
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- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
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- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

Summer 2017

WK 2 Thursday

[illegible]

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
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- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

Summer 2017

WK 2 Friday

REGULAR		MECH SOFT		CCD		SODIUM CONTROLLED		LOW FAT		VEGETARIAN		RENAL		FINGER FOOD		ADOLESENT		
B	BANANA	1 EA	Banana	1ea	Banana	1ea	Banana	1ea	Banana	1ea	Banana	1ea	Applesauce	1ea	Banana	1ea	Banana	1ea
R	CREAM OF WHEAT	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz
S	SCRAM EGG	3oz	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	6oz	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	6oz
E	BACON	2 ea	Ground Bacon	2oz	Bacon	2ea	Turkey Sausage	1ea	Turkey Sausage	1ea	Breakfast Potatoes	4oz	Wheat Toast	2 sl	Bacon	2ea	Bacon	2ea
A	BREAKFAST POTATOE	4 OZ	Gravy	2oz	Breakfast Potatoes	4oz	Breakfast Potatoes	4oz	Breakfast Potatoes	4oz					Breakfast Potatoes	4oz	Wheat Toast	2 sl
K			Breakfast Potatoes	4oz														
F																	Apple Juice	
A	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Splenda	1ea	Ms Dash/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Ms Dash/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Skim Milk	8oz
S	Margarine/Ketchup	1ea	Margarine/Ketchup	1ea	Margarine/Ketchup	1ea	Margarine/Ketchup	1ea	Margarine/Ketchup	1ea	Margarine/Ketchup	1ea	Margarine/Jelly	1ea	Margarine/Jelly	1ea	Salt/Pepper/Sugar	1ea
T	Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Milk	8oz	Milk		Margarine/Jelly	1ea
L	Fried Catfish	3oz	Grd Baked Catfish	3oz	Fried Catfish	3oz	Fried Catfish(hmade)	3oz	Baked Catfish	3oz	Cheese Sticks	4ea	Baked Catfish	1.5oz	Fried Catfish	3oz	Fried Catfish	3oz
U	Fried Potato Wedges	4 oz	Mashed Potatoes	4oz	Fried Potato Wedges	4oz	Mashed Potatoes	4oz	Mashed Potatoes	4oz	Fried Potato Wedges	4oz	Buttered Noodles	4oz	Fried Potato Wedges	4oz	Fried Potato Wedges	4oz
C	Coleslaw	4 oz	Green Beans	4oz	Coleslaw	4oz	Coleslaw	4oz	Coleslaw	4oz	Coleslaw	4oz	Green Beans	4oz	Coleslaw	4oz	Coleslaw	4oz
N	Hushpuppies	2 ea	Peaches	4oz	Hushpuppies	2ea	Wheat Bread	2ea	Wheat Bread	2ea	Hushpuppies	2ea	Hushpuppies	2ea	Hushpuppies	2ea	Wheat Bread	2ea
C	Peaches	4oz	Wheat Bread	2ea	Peaches	4oz	Peaches	4oz	Peaches	4oz	Peaches	2ea	Peaches	4oz	Peaches	4oz	Peaches	8oz
H																	Green Beans	4oz
	Iced Tea	8oz	Iced Tea	8oz	Iced Tea	8oz	Iced Tea	8oz	Iced Tea	8oz	Iced Tea	8oz	Iced Tea	8oz	Iced Tea	8oz	Iced Tea/ Skim Milk	8oz
	Salt/Sugar/Pepper	1ea	Salt/Sugar/Pepper	1ea	Salt/Splenda/Pepper	1ea	Ms Dash/Sugar/Pepper	1ea	Salt/Sugar/Pepper	1ea	Salt/Sugar/Pepper	1ea	Ms Dash/Sugar/Pepper	1ea	Salt/Sugar/Pepper	1ea	Salt/Sugar/Pepper	1ea
	Tartar	1ea	Tartar/Margarine	2/1ea	Tartar	1ea	Tartar/Margarine	1ea	Tartar/Margarine	1ea	Tartar/Margarine	1ea	Tartar	1ea	Tartar	1ea	Tartar/Margarine	1ea
D	Chilli Pasta (11140)	8 oz	Chilli Pasta (11140)	8 oz	Chilli Pasta (11140)	8 oz	Chilli Pasta (11140)	8 oz	Chilli Pasta (11140)	8 oz	Tofu Vegetarian Pasta	8 oz	Crm Chicken Pasta	8oz	Chilli Pasta (11140)	8oz	Chilli Pasta (11140)	12oz
I	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4oz
N	Breadstick	1 ea	Wheat Bread	1 ea	Breadstick	1 ea	Wheat Bread	1 ea	Wheat Bread	1 ea	Breadstick	1 ea	Breadstick	1 ea	Breadstick	1 ea	Breadstick	1 ea
M	Marble Cake	1 ea	Marble Cake	1 ea	Marble Cake	1/2ea	Marble Cake	1 ea	Marble Cake	1 ea	Marble Cake	1 ea	White Cake (No Chocolate)	1 ea	Marble Cake	1 ea	Marble Cake	1 ea
N																		
E																		
R	Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Apple Juice	4oz	Milk	8oz	Milk	8oz
	Salt/Pepper	1ea	Salt/Pepper/Margarine	1ea	Salt/Pepper	1ea	MsDash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Ms Dash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea

Double Non Starchy Vegetables are needed for Double Vegetables at Lunch.

ALL GROUND			BLENDED/PUREE			LACTO-OVO VEGETARIAN			GI SOFT/LOW FIBER			2 GM LOW SALT LOW CHOLESTEROL/PRUDENT			CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
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- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

WK 2 Saturday

	REGULAR	MECH SOFT	CDD	SODIUM CONTROLLED	LOW FAT	VEGETARIAN	RENAL	FINGER FOOD	ADOLESENT								
B	ORANGE JUICE	1 EA Orange Juice	4oz	Orange Juice	4oz	Orange Juice	4oz	Grape Juice	4oz	Orange Juice	4oz	Orange Juice	4oz				
R	COLD CEREAL	1 EA UnSweet Cereal	1ea	Unsweet Cereal	1ea	Cold Cereal	1ea	Cold Cereal	1ea	Cold Cereal	1ea	Cold Cereal	1ea				
S	SCRM EGG	3 OZ Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	6oz	Scrambled Eggs	3oz	Scrambled Eggs	6oz				
E	BKFT BURRITO	1 ea Grd Turkey Sausage	2oz	Bkft Burrito	1ea	Turkey Sausage	1ea	Turkey Sausage	1ea			Breakfast Burrito	1ea	Fresh Fruit	1ea		
A		Gravy	2oz			Wheat Tortilla	1ea	Wheat Tortilla	1ea	Wheat Tortilla	2ea	Wheat Tortilla	1ea	Turkey Sausage	1ea		
K		Wheat Tortilla	1ea											Wheat Tortilla	2ea		
F																	
A	Milk	8oz Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz		
S	Salt/Pepper/Sugar	1ea Salt/Pepper/Sugar	1ea	Salt/Pepper/Splenda	1ea	Mrs Dash/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Ms Dash/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea		
T	Taco Sauce	1ea Margarine	1ea					Taco Sauce	1ea			Taco Sauce	1ea	Taco Sauce	1ea		
		Taco Sauce	1ea	Taco Sauce	1ea												
L	Chicken Breast Fritter	1 ea Ground Chicken Breast	4oz	Chicken Breast Fritter	1ea	Baked Chicken Breast	1ea	Baked Chicken Breast	1ea	Veggie Burger	1ea	Baked Chicken Breast	1ea	Chicken Breast Fritter	1ea	Chicken Breast Fritter	1ea
U	Garlic Mashed Potatoes	4 oz Gravy	2oz	Garlic Mashed Potatoes	4oz	Garlic Mashed Potatoes	4oz	Garlic Mashed Potatoes	4oz	Garlic Mashed Potatoes	4oz	Rice	4oz	Garlic Mashed Potatoes	4oz	Garlic Mashed Potatoes	4oz
N	Mixed Vegetables	4 oz Garlic Mashed Potatoes	4 oz	Mixed Vegetables	4oz	Mixed Vegetables	4oz	Mixed Vegetables	4oz	Mixed Vegetables	4oz	Mixed Vegetables	4oz	Mixed Vegetables	4oz	Mixed Vegetables	8oz
H	Wheat Roll	1 ea Mixed Vegetables	4 oz	Wheat Roll	1ea	Wheat Roll	1ea	Wheat Roll	1ea	Wheat Roll	1ea	Wheat Roll	1ea	Wheat Roll	1ea	Wheat Roll	2ea
C	Pears	4 oz Wheat Bread	1 ea	Pears	4oz	Pears	4oz	Pears	4oz	Pears	4oz	Pears	4oz	Pears	4oz	Pears	8oz
		Diced Pears	4 oz														
	Iced Tea	8oz Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade/ Skim Milk	8oz
	Margaine	1ea Margaine	1ea	Margaine	1ea	Margaine	1ea	Margaine	1ea	Margaine	1ea	Margaine	1ea	Margaine	1ea	Margaine	1ea
	Salt/Pepper	1ea Salt/Pepper	1ea	Salt/Pepp	1ea	Ms Dash/Pepp	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Ms Dash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea
D	Broccoli & Cheese Soup	6 oz Broccoli & Cheese Soup	6 oz	Broccoli & Cheese Soup	6 oz	Broccoli & Cheese Soup	6 oz	Chicken Noodle Soup	6 oz	Broccoli & Cheese Soup	6 oz	Chicken Noodle Soup	6 oz	Broccoli & Cheese Soup	6oz	Broccoli & Cheese Soup	6oz
I	Tuna Salad (3oz) Sand	1 ea Tuna Salad(3oz) Sand	1 ea	Tuna Salad(3oz) Sand	1 ea	Tuna Salad(3oz) Sand	1 ea	Tuna Salad(3oz) Sand	1 ea	Egg Salad	3oz	Tuna Salad(3oz) Sand	1 ea	Tuna Salad(3oz) Sand	1 ea	Tuna Salad(6oz) Sand	1 ea
N	Relish Plate	1 ea Diced Tomatoes	2 sl	Relish Plate	1 ea	Relish Plate	1 ea	Relish Plate	1 ea	Relish Plate	1 ea	Lettuce	1 ea	Relish Plate	1 ea	Relish Plate	1 ea
S	Cucumber Onion Salad	4 oz Green Beans	4 oz	Cucumber Onion Salad	4 oz	Cucumber Onion Salad	4 oz	Cucumber Onion Salad	4 oz	Cucumber Onion Salad	4 oz	Cucumber Onion Salad	4 oz	Cucumber Onion Salad	4 oz	Cucumber Onion Salad	4 oz
E	Sugar Cookies	2 ea Sugar Cookies	2 ea	Sugar Cookies	1 ea	Sugar Cookies	2 ea	Sugar Cookies	2 ea	Sugar Cookies	2 ea	Sugar Cookies	2 ea	Sugar Cookies	2 ea	Sugar Cookies	2 ea
R	Milk	8oz Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Apple Juice	8oz	Milk	8oz	Milk	8oz
	Salt/Pepper	1ea Salt/Pepper	1ea	Salt/Pepper	1ea	Mrs Dash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea
															Crackers		1ea

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTIONS	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	1	1	1	1	1	1	1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	

LEVEL MEASURE
2/3 CUP
1/2 CUP
3/8 CUP
1/3 CUP (3 OZ)
1/4 CUP (2 OZ)
1 3/4 OZ
1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
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- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

Winter 2024

WK 3 Sunday

REGULAR		MECH SOFT		CCD		SODIUM CONTROLLED		LOW FAT		VEGETARIAN		RENAL		FINGER FOOD		ADOLESENT	
B	FRUIT COCKTAIL	4 OZ	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail
R	CREAM OF WHEAT	6 OZ	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat	6oz	Cream of Wheat
E	SCRM EGG	3 OZ	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs	3oz	Scrambled Eggs
A	PORK SAUSAGE	1 EA	Ground Sausage	1ea	PORK SAUSAGE	1ea	Turkey Sausage	1ea	Turkey Sausage	1ea	Blueberry Muffin	1ea	White Bread	2ea	PORK SAUSAGE	1ea	PORK SAUSAGE
K	BLUEBERRY MUFFIN	1 EA	Gravy Blueberry Muffin	2oz 1ea	Blueberry Muffin	1ea	Blueberry Muffin	1ea	Wheat Toast	2ea					Blueberry Muffin		Blueberry Muffin
F																	
S	2% MILK	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Milk			8oz	Skim Milk
A	Margarine/JELLY	1ea	Margarine/Syrup	1ea	Margarine/Diet Syrup	1ea	Margarine/Syrup	1ea	Margarine/Syrup	1ea	Margarine/Syrup	1ea	Margarine/Syrup	1ea	Margarine/Syrup	1ea	Margarine/Syrup
T	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Splenda	1ea	Ms Dash/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar
L	Pork Loin	2ea	Ground Pork Loin	6oz	Pork Loin	8 oz	Pork Loin	8 oz	Pork Loin	8 oz	Tofu	1ea	Pork Loin	4 oz	Pork Loin	8 oz	Pork Loin
U	Sweet Potatoes	4 oz	Sweet Potatoes	4oz	Sweet Potatoes	4 oz	Sweet Potatoes	4 oz	Sweet Potatoes	4 oz	California Blend Veg	4oz	Sweet Potatoes	4 oz	Sweet Potatoes	4 oz	Sweet Potatoes
N	California Blend	4 oz	California Blend	2oz	California Blend	2 oz	California Blend		California Blend	2 oz	Sweet Potatoes	4oz	California Blend	4 oz	California Blend	4 oz	California Blend
C	Cornbread	1 ea	Cornbread	1ea	Cornbread	1 ea	Cornbread	1 ea	Cornbread	1 ea	Cornbread	1ea	White Bread	2 oz	Cornbread	1 ea	Wheat Bread
H	Peaches	4 oz	Diced Peaches	4oz	Peaches	4 oz	Peaches	4 oz	Peaches	4 oz	Peaches	4oz	Peaches	4oz	Peaches	4 oz	Peaches
			Gravy	2oz													
	Tea/ Sugar	1ea	Tea/ Sugar	1ea	Tea/ Splenda	1ea	Tea/ Sugar	1ea	Tea/ Sugar	1ea	Tea/ Sugar	1ea	Tea/ Sugar	1ea	Tea/ Sugar	1ea	Tea/Skim Milk
	Margarine/Salt/Pepper	1ea	Margarine/Salt/Pepper	1ea	Margarine/Salt/Pepper	1ea	Margarine/Ms Dash/Pepper	1ea	Margarine/Salt/Pepper	1ea	Margarine/Salt/Pepper	1ea	Margarine/Salt/Pepper	1ea	Mustard/Salt/Pepper	1ea	Mustard/Salt/Pepper
D	Fish Sandwich	1ea	Ground Fish Sandwich	1ea	Fish Sandwich	1ea	Unbreaded Fish Sandwich	1ea	Unbreaded Fish Sandwich	1ea	VeggieMeatball Sub	1ea	Unbreaded Fish Sandwich	1ea	Fish Sandwich	1ea	Fish Sandwich
I	French Fries	4oz	Baked French Fries	4oz	French Fries	4oz	Baked French Fries	4oz	Baked French Fries	4oz	French Fries	4oz	Rice	4oz	French Fries	4oz	French Fries
N	Lettuce/Tomato	1ea	Diced Tomato	2oz	Lettuce/Tomato	1ea	Lettuce/Tomato	1ea	Lettuce/Tomato	1ea	Lettuce/Tomato	1ea	Lettuce	1ea	Lettuce/Tomato	1ea	Lettuce/Tomato
E	Tossed Salad	8oz	Soft Vegetable	4oz	Tossed Salad	8oz	Tossed Salad	8oz	Tossed Salad	8oz	Tossed Salad	8oz	Tossed Salad	8oz	Tossed Salad	8oz	Tossed Salad
R	Vanilla Pudding	4oz	Vanilla Pudding	4oz	Vanilla Pudding	4oz	Vanilla Pudding	4oz	Vanilla Pudding	4oz	Vanilla Pudding	4oz	Sugar Free Jello	4oz	Vanilla Pudding	4oz	Vanilla Pudding
	Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz			Milk	8oz	Skim Milk
	Margarine/Salt/Pepper	1ea	Margarine/Salt/Pepper	1ea	Margarine/Salt/Pepper	1ea	Ms Dash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Grape Juice	4oz	Salt/Pepper	1ea	Salt/Pepper
	Tartar Sauce / Ketchup	1/1ea	Tartar Sauce/Ketchup	2/1ea	Tartar Sauce / Ketchup	1/1ea	Tartar Sauce / Ketchup	1/1ea	Tartar Sauce / Ketchup	1/1ea	Tartar Sauce / Ketchup		Ms Dash/Pepper	1ea	Tartar Sauce / Ketchup	1/1ea	Tartar Sauce / Ketchup
													Margarine				

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

WK 3 Monday

REGULAR		MECH SOFT		CCD		SODIUM CONTROLLED		LOW FAT		VEGETARIAN		RENAL		FINGER FOOD		ADOLESENT		
B	CRANBERRY JUICE	4 OZ	CRANBERRY JUICE	4 OZ	CRANBERRY JUICE	4 OZ	CRANBERRY JUICE	4 OZ	CRANBERRY JUICE	4 OZ	CRANBERRY JUICE	4oz	CRANBERRY JUICE	4 OZ	CRANBERRY JUICE	4 OZ	Apple JUICE	4 OZ
	COLD CEREAL	1 EA	COLD CEREAL	1 EA	Unsweet COLD CEREAL	1 EA	COLD CEREAL	1 EA	COLD CEREAL	1 EA	COLD CEREAL	1ea	COLD CEREAL	1 EA	COLD CEREAL	1 EA	COLD CEREAL	1 EA
	SCRM EGGS	3 OZ	SCRM EGGS	3 OZ	SCRM EGGS	3 OZ	SCRM EGGS	3 OZ	SCRM EGGS	3 OZ	SCRM EGGS	6 OZ	SCRM EGGS	3 OZ	SCRM EGGS	3 OZ	SCRM EGGS	3OZ
E	BACON	2 SL	Ground BACON	2 SL	BACON	2 SL	Turkey Sausage	1ea	Turkey Sausage	1ea			White Toast	2 SL	BACON	2 SL	BACON	2 SL
	WAFFLE	2 EA	Waffles	2 EA	WAFFLE	2 EA	Wheat Toast	2 EA	Wheat Toast	2ea	WAFFLE	2ea			WAFFLE	2 EA	Wheat Toast	2 EA
			Gravy	2oz														
F	Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz
A	Salt/Pepper	1ea	Salt/Pepper/Jelly	1ea	Salt/Pepper/Diet Syrup	1ea	Salt/Pepper/Jelly	1ea	Salt/Pepper/Jelly	1ea	Salt/Pepper/Syrup	1ea	MrsDash/Pepper/Jelly	1ea	Salt/Pepper/Syrup	1ea	Salt/Pepper/Jelly	1ea
S	SYRUP/ Margarine	1ea	Margarine /Syrup	1ea	Margarine/Dt Syrup	1ea	Margarine	1ea	Margarine	1ea	Margarine /Syrup	1ea	Margarine	1ea	Margarine /Syrup	1ea	Margarine	1ea
T																		
L	Roast Beef w/ Gravy	3 oz	Ground Roast Beef w/ Gravy	3 oz	Roast Beef w/ Gravy	3 oz	Roast Beef	3 oz	Roast Beef	3 oz	Grilled Cheese	1ea	Roast Beef	3 oz	Roast Beef w/ Gravy	3 oz	Roast Beef w/ Gravy	3 oz
	Mashed Potatoes	4 oz	Mashed Potatoes	4 oz	Mashed Potatoes	3 oz	Mashed Potatoes	4 oz	Mashed Potatoes	4 oz	Mashed Potatoes	4oz	Buttered Noodles	4 oz	Mashed Potatoes	4 oz	Mashed Potatoes	4 oz
	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4 oz	Green Beans	4oz	Green Beans	4 oz	Green Beans	4 oz	Green Beans	8 oz
U	Biscuit	1 ea	Biscuit	1 ea	Biscuit	1 ea	Wheat Bread	1 ea	Wheat Bread	1 ea	Biscuit	1ea	White Bread	1 ea	Biscuit	1 ea	Wheat Bread	2 ea
	Tropical Fruit	4 oz	Diced Pears	4 oz	Tropical Fruit	4 oz	Tropical Fruit	4 oz	Tropical Fruit	4 oz	Tropical Fruit	4oz	Diced Pears	4 oz	Tropical Fruit	4 oz	Tropical Fruit	8oz
			Extra Gravy	2oz														
H	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Tea	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade/Skim Milk	8oz
	Salt/Pepper/Sugar	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	MrsDash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper/Sugar	1ea	MrsDash/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea	Salt/Pepper/Margarine	1ea
D	Sweet & Sour Pork	4oz	Sweet & Sour Ground Pork	4oz	Sweet & Sour Pork	4oz	Sweet & Sour Pork	3oz	Sweet & Sour Pork	3oz	Tofu Vegetables Stir fry	6oz	Sweet & Sour Pork	3oz	Sweet & Sour Pork	3oz	Sweet & Sour Pork	6oz
	Egg Roll	1ea	Ground Egg Roll	1ea	Egg Roll	1ea	Egg Roll	1ea	Egg Roll (Baked)	1ea	Vegetable Egg Roll	1ea	Egg Roll	1ea	Egg Roll	1ea	Egg Roll	1ea
	Brown Rice	4oz	Mashed Potatoes	4oz	Brown Rice	4oz	Brown Rice	4oz	Brown Rice	4oz	Brown Rice	4oz	White Rice	4oz	Brown Rice	4oz	Brown Rice	4oz
N	Orange Carrots	4oz	Gravy	2oz/2oz	Orange Carrots	4oz	Orange Carrots	4oz	Orange Carrots	4oz	Orange Carrots	4oz	Carrots	4oz	Orange Carrots	4oz	Orange Carrots	4oz
E	Chocolate Frosted Cake	1ea	Orange Carrots	4oz	Chocolate Frosted Cake	1/2 ea	Chocolate Frosted Cake	1ea	Chocolate Frosted Cake	1ea	Chocolate Frosted Cake	1ea	Animal Crackers	1ea	Chocolate Frosted Cake	1ea	Chocolate Frosted Cake	1ea
			Chocolate Frosted Cake	1ea														
	Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Grape Juice		Milk	8oz	Skim Milk	8oz
R	Salt/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	MrsDash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	MrsDash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

Summer 2017

WK 3 Tuesday

[illegible]

ALL GROUND			BLENDED/PUREE			LACTO-OVO VEGETARIAN			GI SOFT/LOW FIBER			2 GM LOW SALT LOW CHOLESTEROL/PRUDENT			CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

ALL GROUND			BLENDED/PUREE			LACTO-OVO VEGETARIAN			GI SOFT/LOW FIBER			2 GM LOW SALT LOW CHOLESTEROL/PRUDENT			CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
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- 1 OZ

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- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

WK 3 Thursday

[illegible]

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
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- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

WK 3 Friday

	REGULAR	MECH SOFT		CCD		SODIUM CONTROLLED		LOW FAT		VEGETARIAN		RENAL		FINGER FOOD		ADOLESENT		
	ORANGE JUICE	1 EA	ORANGE JUICE	1 EA	ORANGE JUICE	1 EA	ORANGE JUICE	1 EA	ORANGE JUICE	1 EA	ORANGE JUICE	1ea	Apple Juice	1 EA	ORANGE JUICE	1 EA	ORANGE JUICE	1 EA
B	COLD CEREAL	1 EA	Rice Chex	1 EA	Rice Chex	1 EA	COLD CEREAL	1 EA	COLD CEREAL	1 EA	COLD CEREAL	1ea	COLD CEREAL	1 EA	COLD CEREAL	1 EA	COLD CEREAL	1 EA
R	SCRAM EGG	3 OZ	SCRAM EGG	3 OZ	SCRAM EGG	3 OZ	SCRAM EGG	3 OZ	SCRAM EGG	3 OZ	SCRAM EGG	4oz	SCRAM EGG	3 OZ	SCRAM EGG	3 OZ	SCRAM EGG	3 OZ
E	BKFT BURRITO	1 EA	Ground Turkey Sausage	1 EA	BKFT BURRITO	1 EA	Ground Turkey	2oz	Ground Turkey	2oz	Tortilla	2ea	White Toast	2 EA	BKFT BURRITO	1 EA	Turkey Sausage	1 EA
A			Gravy	2oz			Tortilla	1ea	Tortilla	1ea							Apple	1ea
K			Wheat Bread	2ea													Wheat Toast	2ea
F																		
A	Salt/Pepper	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Splenda	1ea	Ms Dash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper/Taco Sauce	1ea	Ms Dash/Pepper	1ea	Salt/Pepper	1ea	Skim Milk	8oz
S	Taco Sauce	1ea	Margarine/Jelly	1ea	Taco Sauce	1ea	Milk	1ea	Skim Milk	1ea	Milk	1ea	Margarine/Jelly	1ea	Taco Sauce	1ea	Salt/Pepper	1ea
T	Milk	1ea	Milk	1ea	Milk	1ea							Milk	1ea	Milk	1ea	Margarine/Jelly	1ea
L	Fried Catfish	3oz	Grd Baked Catfish	3oz	Fried Catfish	3oz	Fried Catfish(hmade)	3oz	Baked Catfish	3oz	Eggplant Parmesan	4oz	Fried Catfish	1.5oz	Fried Catfish	3oz	Fried Catfish	3oz
U	Au Gratin Potatoes	4 oz	Mashed Potatoes	4oz	Au Gratin Potatoes	4oz	Rice	4oz	Rice	4oz	Rice	4oz	Rice	4oz	Rice	4oz	Rice	4oz
N	Green Beans	4 oz	Green Beans	4oz	Green Beans	4oz	Green Beans	4oz	Green Beans	4oz	Green Beans	4oz	Green Beans	4oz	Green Beans	4oz	Green Beans	8oz
H	Corn Muffin	1 ea	Corn Muffin	1ea	Corn Muffin	1ea	Wheat Bread	2ea	Wheat Bread	2ea	Cornbread	1ea	Wheat Bread	1ea	Wheat Bread	2ea	Wheat Bread	2ea
C	Fruit Cocktail	4 oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	4oz	Fruit Cocktail	8oz
	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade	8oz	Lemonade/ Skim Milk	8oz
	Salt/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Ms Dash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Ms Dash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea
	Tartar/Margarine	1ea	Tartar/Margarine	2/1ea	Tartar/Margarine	1ea	Tartar/Margarine	1ea	Tartar/Margarine	1ea	Margarine	1ea	Tartar/Margarine	1ea	Tartar/Margarine	1ea	Tartar/Margarine	1ea
D	Pizza Sticks	2ea	Ground Beef Patty	4oz	Pizza Sticks	2ea	Beef Patty	4oz	Beef Patty	4oz	Cheese Pizza Sticks	2ea	Beef Patty	4oz	Pizza Sticks	2ea	Pizza Sticks	3ea
I	Tossed Salad	4oz	Buttered Noodles	4oz	Tossed Salad	4oz	Buttered Noodles	4oz	Buttered Noodles	4oz	Tossed Salad	4oz	Buttered Noodles	4oz	Tossed Salad	4oz	Tossed Salad	4oz
N	Mixed Vegetables	4oz	Diced Tomatoes	4oz	Mixed Vegetables	4oz	Tossed Salad	4oz	Tossed Salad	4oz	Mixed Vegetables	4oz	Mixed Vegetables	4oz	Mixed Vegetables	4oz	Mixed Vegetables	4oz
R	Rice Krispie Treat	1ea	Mixed Vegetables	4oz	Rice Krispie Treat (half)	1ea	Mixed Vegetables	4oz	Mixed Vegetables	4oz	Rice Krispie Treat	1ea	Rice Krispie Treat	1ea	Rice Krispie Treat	1ea	Rice Krispie Treat	1ea
E			Gravy	2oz			Rice Krispie Treat	1ea	Rice Krispie Treat	1ea			Tossed Salad	4oz				
R			Rice Krispie Treat	1ea														
	Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Grape Juice	4oz	Milk	8oz	Skim Milk	8oz
	Salt/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Ms Dash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Ms Dash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea
	Ranch Dressing	1ea	Ranch Dressing	1ea	Ranch Dressing	1ea	Ranch Dressing	1ea	Ranch Dressing	1ea	Ranch Dressing	1ea	Italian Dressing	1ea	Ranch Dressing	1ea	Ranch Dressing	1ea

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

Summer 2017

WK 3 Saturday

[illegible]

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
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- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
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ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
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- 1/4 CUP (2 OZ)
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- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

Summer 2017

WK 4 Monday

	REGULAR	MECH SOFT	CCD	SODIUM CONTROLLED	LOW FAT	VEGETARIAN	RENAL	FINGER FOOD	ADOLESENT					
	CRANBERRY JUICE	4 OZ	Cranberry Juice	4 oz	Cranberry Juice	4 oz	Cranberry Juice	4 oz	Cranberry Juice	4 oz	Cranberry Juice	4 oz	Orange Juice	4 oz
B	GRITS	6 oz	Grits	6 oz	Grits	6 oz	Whole Grain Cereal	6 oz	Grits	6 oz	Grits	6 oz	Whole Grain Cereal	6 oz
R	BRKFT CASSEROLE	8 OZ	Brkft Casserole	8 OZ	Bkft Casserole	8 OZ	Scrm Eggs	3 oz	Scrm Eggs	6 oz	Scrm Eggs	3 oz	Bkft Casserole	8 OZ
E	Wheat Toast	2 sl	Wheat Bread	2 ea	Wheat Toast	2 sl	Turkey Sausage	1 ea	Turkey Sausage	1 ea	Wheat Toast	2 sl	Wheat Toast	2 sl
A						Wheat Toast	2 sl	Wheat Toast	2 sl				Apple	1 ea
K														
F	Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Apple Juice	4oz	Milk	8oz
A	Salt/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Mrs Dash/Pepper	1ea	Salt/Pepper	1ea	MrsDash/Pepper	1ea	Salt/Pepper	1ea
S	Margarine/ Jelly	1 ea	Margarine/ Jelly	1 ea	Margarine/ Dt Jelly	1 ea	Margarine/ Jelly	1 ea	Margarine/ Jelly	1 ea	Margarine/ Jelly	1 ea	Margarine/ Jelly	1 ea
T														
	Lasagna	6 oz	Lasagna	6 oz	Lasagna	6 oz	Lasagna	6 oz	Vegetable Lasagna	6 oz	Hamburger Steak	1 ea	Lasagna	6 oz
L	Italian Blend Veg	4 oz	Italian Blend Veg	8 oz	Italian Blend Veg	4 oz	Italian Blend Veg	4 oz	Italian Blend Veg	4 oz	Buttered Noodles	4 oz	Italian Blend Veg	4 oz
U	Garlic Bread	1 sl	White Bread	1 sl	Garlic Bread	1 sl	Wheat Bread	2 sl	Wheat Bread	2 sl	Garlic Bread	1 sl	Italian Blend Veg	4 oz
N	Tossed Salad w/ Ceasar	1 ea		Tossed Salad w/ Ceasar	1 ea	Tossed Salad w/ Ceasar	1 ea	Tossed Salad w/ Ceasar	1 ea	Tossed Salad w/ Ceasar	1 ea	Tossed Salad w/ Ital	1 ea	
C	Ambroisa Salad	4 oz	Ambroisa Salad	4 oz	Ambroisa Salad	4 oz	Ambroisa Salad	4 oz	Ambroisa Salad	4 oz	Garlic Bread	1 ea	Ambroisa Salad	4 oz
H											Peaches	4 oz		
	Tea	8oz	Tea	8oz	Tea	8oz	Tea	8oz	Tea	8oz	Tea	8oz	Tea	8oz
	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/ Sugar Sub	1ea	MrsDash/Pepper/ Sugar	1ea	Salt/Pepper/Sugar	1ea	Salt/Pepper/Sugar	1ea	MrsDash/Pepper/Splenda	1ea
	Chicken and Dumplings	6 oz	Chicken and Dumplings	6 oz	Chicken and Dumplings	6 oz	Chicken and Dumplings	6 oz	Cheese Ravioli	6oz	Chicken and Dumplings	6 oz	Chicken and Dumplings	6 oz
D	California Blend Veg	4 oz	California Blend Veg	4 oz	California Blend Veg	4 oz	California Blend Veg	4 oz	California Blend Veg	4oz	Carrots	4 oz	California Blend Veg	4 oz
I	Bread Stick	1 ea	Wheat Bread	1 ea	Bread Stick	1 ea	Wheat Bread	1 ea	Wheat Bread	1 ea	Bread Stick	1ea	Bread Stick	1 ea
N	Sugar Cookie	2ea	Sugar Cookie	2ea	Sugar Cookie	1ea	Sugar Cookie	2ea	Sugar Cookie	2ea	Sugar Cookie	2ea	Sugar Cookie	2ea
E														
R	Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz	Skim Milk	8oz	Milk	8oz	Grape Juice	4oz
	Salt/Pepper	1ea	Salt/Pepper/margarine	1ea	Salt/Pepper	1ea	MrsDash/Pepper	1ea	Salt/Pepper	1ea	Salt/Pepper	1ea	Mayo/Mustard	
									</					

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

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WK 4 Tuesday

ALL GROUND			BLENDED/PUREE			LACTO-OVO VEGETARIAN			GI SOFT/LOW FIBER			2 GM LOW SALT LOW CHOLESTEROL/PRUDENT			CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1	1	1	
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	

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- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

WK 4 Wednesday

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

ALL GROUND			BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT				CALORIE/AD.	1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
- D. DENTAL DIET: Ground meat. Omit raw vegetables and salads. Replace with well cooked or canned fruits and vegetables
- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
- I. RENAL AND PROTEIN RESTRICTED DIETS: Individualized for each dietary plan.
- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
- L. NO ADDED SALT - 4 GM SODIUM: Regular diet with no salt added at point of service.
- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
- N. LOW RESIDUE: Will be served from the GI Soft/Low Fiber Diet.
- O. HYPERGLYCEMIC AND HYPOGLYCEMIC: Follow No Concentrated Sweets Diets.
- P. STEP 1 & STEP 2 LOW CHOLESTEROL DIETS: Follow Low Cholesterol/Prudent Diets.
- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
- R. 3800 CALORIE DIET: 1 1/2 servings of all foods on Regular Menu.
- S. 2400 CALORIE DIET: 2500 Calorie minus (1) bread at Dinner.
- T. 1600 CALORIE DIET: 1500 Calories - Add (1) bread at Breakfast and (1) vegetable at Dinner.

WK 4 Saturday

ALL GROUND		BLENDED/PUREE		LACTO-OVO VEGETARIAN		GI SOFT/LOW FIBER		2 GM LOW SALT LOW CHOLESTEROL/PRUDENT		CALORIE/AD.		1000	1200	1500	1800	2000	2200	2500	3000	3500	JBSTITUTION	
1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	DECAF COF	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, 2% 1/2	1	MILK, SKIM	1	MILK, SKIM	1	1	1	1	1	1	1	1	1
1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	TEA/SUGAR	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1

LEVEL MEASURE

- 2/3 CUP
- 1/2 CUP
- 3/8 CUP
- 1/3 CUP (3 OZ)
- 1/4 CUP (2 OZ)
- 1 3/4 OZ
- 1 OZ

- A. REGULAR DIET: 2500 calories.
- B. MECHANICAL/CHOPPED DIET: Regular diet with diced meat and finely chopped raw fruits and vegetables
- C. HIGH CALORIE, HIGH PROTEIN: Double portion of entree at Lunch; Milk and extra bread at Supper
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- E. DOUBLE PORTIONS: Two (2) servings of all foods on diet.
- F. 1/2 TRAY: 1/2 serving of starch, bread and dessert.
- G. HIGH FIBER: Diet as tolerated with 3 teaspoons of bran at each meal. (1.9 GM FIBER/MEAL)
- H. BLAND: No chocolate, black pepper, chili powder or highly seasoned foods. No caffeine, fried foods or high fiber foods.
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- J. LOW TRIGLYCERIDE DIET: Follow same diet as Low Cholesterol/Prudent.
- K. TEENAGERS AGE 21 AND UNDER: Receive milk 3 times per day (Breakfast, Lunch, and Dinner)
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- M. NO CONCENTRATED SWEETS: Regular diet with no concentrated sweets, glazed meats, sugar, etc.
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- Q. TYRAMINE RESTRICTED DIET (MAOI DIET): No Cheese, No Sausage, No Bacon, No Pickles, No Chili Powder, No Soy Sauce, No Meat Tenderizer, No Ranch Dressing, No Chocolate.
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