

Week 1 Day: Sunday

Cycle: Fall/Winter 2010-2011

|                  | Regular  | Mechanical Soft  | Pureed  | NCS  | Low Fat/Low Chol  | High Fiber  |
|------------------|--|--|---|--|---|---|
| <b>Breakfast</b> |  |  |   |  |   |   |
|                  | 4oz Juice of Choice<br>1sl French Toast<br>2oz Sausage<br>1ea Margarine/Syrup<br>8oz 2% Milk<br>6oz Beverage of Choice                           | 4oz Juice of Choice<br>1sl French Toast<br>2oz Grnd Sausage<br>1ea Margarine/Syrup<br>8oz 2% Milk<br>6oz Beverage of Choice  | 4oz Juice of Choice<br>#10 Pur French Toast<br>#12 Pur Sausage<br>1ea Margarine/Syrup<br>8oz 2% Milk<br>6oz Beverage of Choice  | 4oz Juice of Choice<br>1sl French Toast<br>2oz Sausage<br>1ea Margarine/SF Syrup<br>8oz 2% Milk<br>6oz Beverage of Choice  | 4oz Juice of Choice<br>1sl Wheat Toast<br>2oz Low Chol Eggs<br>1ea Margarine/Jelly<br>8oz Skim Milk<br>6oz Beverage of Choice                           | 4oz Juice of Choice<br>1sl French Toast<br>2oz Sausage<br>1ea Margarine/Syrup<br>8oz 2% Milk<br>6oz Beverage of Choice                                |
|                  | #10 BBQ Pork Sandwich<br>3oz Potato Wedges<br>1ea Ketchup<br>1/2c Overnight Coleslaw<br>1/2c Peaches<br>8oz 2% Milk<br>6oz Beverage of Choice    | #10 Grnd BBQ Pork Sandwich<br>3oz Potato Wedges - no skin<br>1ea Ketchup<br>1/2c Green Beans<br>1/2c Peaches<br>8oz 2% Milk<br>6oz Beverage of Choice                        | #8 Pur BBQ Pork Sandwich<br>#8 Pur Potatoes - no skin<br>1ea Ketchup<br>#8 Pur Overnight Coleslaw<br>#8 Pur Peaches<br>8oz 2% Milk<br>6oz Beverage of Choice                        | #10 BBQ Pork Sandwich<br>3oz Potato Wedges<br>1ea Ketchup<br>1/2c Green Beans<br>1/2c Peaches<br>8oz 2% Milk<br>6oz Beverage of Choice                             | #10 BBQ Pork Sandwich<br>3oz Potato Wedges<br>1ea Ketchup<br>1/2c Green Beans<br>1/2c Peaches<br>8oz Skim Milk<br>6oz Beverage of Choice                | #10 BBQ Pork Sandwich<br>3oz Potato Wedges<br>1ea Ketchup<br>1/2c Overnight Coleslaw<br>1/2c Peaches<br>8oz 2% Milk<br>6oz Beverage of Choice         |
|                  | 3oz Pot Roast<br>1oz Gravy<br>1/2c Mashed Potatoes<br>1/2c Carrots<br>1ea Bread/Margarine<br>1/10sl Pie<br>8oz 2% Milk<br>6oz Beverage of Choice | 3oz Grnd Pot Roast<br>1oz Gravy<br>1/2c Mashed Potatoes/Gravy<br>1/2c Carrots<br>1ea Bread/Margarine<br>1/10s Pie - no nuts/coconut<br>8oz 2% Milk<br>6oz Beverage of Choice | #8 Pur Pot Roast<br>1oz Gravy<br>1/2c Mashed Potatoes/Gravy<br>#10 Pur Carrots<br>#12 Pur Bread/Margarine<br>#10 Pur Pie - no nuts/coconut<br>8oz 2% Milk<br>6oz Beverage of Choice | 3oz Pot Roast<br>1oz Gravy<br>1/2c Mashed Potatoes<br>1/2c Carrots<br>1ea Bread/Margarine<br>1ea SF Dessert or 1/2c Fruit<br>8oz 2% Milk<br>6oz Beverage of Choice | 3oz Pot Roast<br>- -<br>1/2c Mashed Potatoes<br>1/2c Carrots<br>1ea Bread/Margarine<br>1/2c Fruit or Gelatin<br>8oz Skim Milk<br>6oz Beverage of Choice | 3oz Pot Roast<br>1oz Gravy<br>1/2c Mashed Potatoes<br>1/2c Carrots<br>1ea Wheat Bread/Margarine<br>1/10s Pie<br>8oz 2% Milk<br>6oz Beverage of Choice |
|                  | 4oz Beverage of Choice<br>1/2c Fruit   | 4oz Beverage of Choice<br>1/2c Canned Fruit - no p'apple/grape   | 4oz Beverage of Choice<br>#8 Pur Fruit - no p'apple/grapes  | 4oz Beverage of Choice<br>1/2c Fruit   | 4oz Beverage of Choice<br>1/2c Fruit  | 4oz Beverage of Choice<br>1/2c Fruit  |