

Week 1	Day: Sunday	Fall/Winter 2010-2011			10/24, 11/28, 1/2, 2/6, 3/13, 4/17, 5/22						
Regular or NAS		Mechanical Soft		Pureed		Carb Consistent Diet		Pureed CCD		Super Nutrition	
Breakfast											
4oz	Orange Juice	4oz	Orange Juice	4oz	Orange Juice	4oz	Orange Juice	4oz	Orange Juice	4oz	Orange Juice
6oz	Hot or Cold Cereal	6oz	Hot or Cold Cereal	6oz	Cream of Wheat or Rice	6oz	Hot or Cold Cereal	6oz	Cream of Wheat or Rice	6oz	Super Cereal
2oz	Scrambled Eggs	2oz	Scrambled Eggs	#16	Pur Scrambled Eggs	2oz	Scrambled Eggs	#16	Pur Scrambled Eggs	2oz	Scrambled Eggs
1sl	Toast or Biscuit	1sl	Buttered Toast or Biscuit	#12	Pur Toast or Biscuit	1sl	Toast or Biscuit	#12	Pur Toast or Biscuit	1sl	Toast or Biscuit
1ea	Margarine/Jelly	1ea	Margarine/Jelly	1ea	Margarine/Jelly	1ea	Margarine/Jelly	1ea	Margarine/Jelly	1ea	Margarine/Jelly
8oz	2% Milk	8oz	2% Milk	8oz	2% Milk	8oz	2% Milk	8oz	2% Milk	8oz	Fortified Milk
6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
gar	Fruit Slice	gar	Fruit Sauce	gar	Fruit Sauce	gar	Fruit Slice	gar	Fruit Sauce	gar	Fruit Slice
Lunch											
3oz	Yankee Pot Roast	#12	Grnd Yankee Pot Roast/Gravy	#8	Pur Yankee Pot Roast/Gravy	3oz	Yankee Pot Roast	#8	Pur Yankee Pot Roast/Gravy	3oz	Yankee Pot Roast
1/2c	Herb Roasted Potatoes	1/2c	Herb Roasted Potatoes	#8	Pur Potatoes/Gravy	1/2c	Herb Roasted Potatoes	#8	Pur Potatoes/Gravy	1/2c	Herb Roasted Potatoes
1/2c	Creamed Peas	1/2c	Creamed Peas	#8	Pur Creamed Peas	1/2c	Creamed Peas	#8	Pur Creamed Peas	1/2c	Creamed Peas
1ea	Dinner Roll	1ea	Dinner Roll	#12	Pur Dinner Roll	1ea	Dinner Roll	#12	Pur Dinner Roll	1ea	Dinner Roll
1ea	Margarine	1ea	Margarine	1ea	Margarine	1ea	Margarine	1ea	Margarine	1ea	Margarine
1/10s	Banana Cream Pie	1/10s	Banana Cream Pie	#12	Pur Banana Cream Pie	1/16s	Banana Cream Pie	#16	Pur Banana Cream Pie	1/10s	Banana Cream Pie
8oz	2% Milk	8oz	2% Milk	8oz	2% Milk	8oz	2% Milk	8oz	2% Milk	8oz	Fortified Milk
6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
gar	Beet Slice	gar	Beet Slice	gar	Beet Sauce	gar	Beet Slice	gar	Beet Sauce	gar	Beet Slice
3oz	Baked Ham	#12	Grnd Baked Ham/Sauce	#8	Pur Baked Ham/Sauce	3oz	Baked Ham	#8	Pur Baked Ham/Sauce	3oz	Baked Ham
1/2c	California Blend	1/2c	California Blend	#8	Pur California Blend	1/2c	California Blend	#8	Pur California Blend	1/2c	California Blend
Dinner											
6oz	Hungarian Pork Paprika	6oz	Grnd Hungarian Pork Paprika	#6	Pur Hungarian Pork Paprika	6oz	Hungarian Pork Paprika	#6	Pur Hungarian Pork Paprika	6oz	Hungarian Pork Paprika
1/2c	over Buttered Noodles	1/2c	over Buttered Noodles	#10	over Pur Noodles	1/2c	over Buttered Noodles	#10	over Pur Noodles	1/2c	over Buttered Noodles
1/2c	Mixed Vegetables	1/2c	Carrots	#10	Pur Carrots	1/2c	Mixed Vegetables	#10	Pur Carrots	1/2c	Mixed Vegetables
1sl	Bread	1sl	Buttered Bread	#12	Pur Bread	1sl	Bread	#12	Pur Bread	1sl	Bread
1ea	Margarine	1ea	Margarine	1ea	Margarine	1ea	Margarine	1ea	Margarine	1ea	Margarine
1/2c	Blushed Applesauce	1/2c	Blushed Applesauce	1/2c	Blushed Applesauce	1/2c	Blushed Applesauce	1/2c	Blushed Applesauce	1/2c	Blushed Applesauce
8oz	2% Milk	8oz	2% Milk	8oz	2% Milk	8oz	2% Milk	8oz	2% Milk	8oz	Fortified Milk
6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
gar	Parsley Sprig	gar	Parsley Flakes	gar	Parsley Flakes	gar	Parsley Sprig	gar	Parsley Flakes	gar	Parsley Sprig
6oz	Lasagna	6oz	Lasagna	#6	Pur Lasagna/Sauce	6oz	Lasagna	#6	Pur Lasagna/Sauce	6oz	Lasagna
1/2c	Green Beans	1/2c	Green Beans	#8	Pur Green Beans	1/2c	Green Beans	#8	Pur Green Beans	1/2c	Green Beans
Snack											
4oz	Fruit Drink	4oz	Fruit Drink	4oz	Fruit Drink	4oz	Diet Fruit Drink	4oz	Diet Fruit Drink	4oz	Fruit Drink
1ea	Small Muffin	1ea	Small Muffin	#12	Pur Muffin	1ea	Small Muffin	#12	Pur Muffin	1ea	Small Muffin

*Puree Diets: If using a purchased puree product or adding bread to meat/vegetables, please adjust portion sizes per recipe.

Week 1	Day: Sunday	Fall/Winter 2010-2011				10/24, 11/28, 1/2, 2/6, 3/13, 4/17, 5/22					
Rest Cal/Carb Consistent		Heart-Healthy	Liberalized Renal	Liberalized Renal/CCD	Dysphagia	Finger Foods					
Breakfast											
4oz	Orange Juice	4oz	Orange Juice	4oz	Apple Juice	4oz	Apple Juice	4oz	Orange Juice	4oz	Orange Juice
6oz	Hot or Cold Cereal	6oz	Hot or Cold Cereal	6oz	Hot or Cold Cereal	6oz	Hot or Cold Cereal	6oz	Hot or Cold Cereal	6oz	Hot or Cold Cereal in Mug
2oz	Scrambled Eggs	3oz	Low Cholesterol Eggs	2oz	Scrambled Eggs	2oz	Scrambled Eggs	2oz	Scrambled Eggs	1ea	Hard Boiled Egg
1sl	Toast	1sl	Toast	1sl	White Toast	1sl	White Toast	#12	Pur Toast or Biscuit	1sl	Toast or Biscuit
1ea	Margarine/Jelly	1ea	Margarine/Jelly	1ea	Margarine/Jelly	1ea	Margarine/Jelly	1ea	Margarine/Jelly	1ea	Margarine/Jelly
8oz	Skim Milk	8oz	Skim Milk	4oz	2% Milk	4oz	2% Milk	8oz	2% Milk	8oz	2% Milk
6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
gar	Fruit Slice	gar	Fruit Slice	gar	Parsley	gar	Parsley	gar	Fruit Sauce	gar	Fruit Slice
Lunch											
3oz	Yankee Pot Roast	3oz	Yankee Pot Roast	3oz	Pot Roast	3oz	Pot Roast	#12	Grnd Yankee Pot Roast/Gravy	3oz	Pot Roast Sandwich
1/2c	Herb Roasted Potatoes	1/2c	Herb Roasted Potatoes	1/2c	Rice or Pasta	1/2c	Rice or Pasta	1/2c	Herb Roasted Potatoes/Gravy	1/2c	Herb Roasted Potatoes
1/2c	Creamed Peas	1/2c	Creamed Peas	1/2c	Beets	1/2c	Beets	1/2c	Beets	1/2c	Finger Vegetable
-	-	1ea	Dinner Roll	1ea	Dinner Roll	1ea	Dinner Roll	#12	Pur Dinner Roll	-	-
-	-	-	-	1ea	Margarine	1ea	Margarine	1ea	Margarine	-	-
1ea	Banana	1ea	Banana	1/10s	Fruit Pie	1/16s	Fruit Pie	1/10s	Banana Cream Pie	1ea	Danish
8oz	Skim Milk	8oz	Skim Milk	4oz	Apple, Cranberry or Grape Jc	4oz	Apple, Cranberry or Grape Jc	8oz	2% Milk	8oz	2% Milk
6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
gar	Beet Slice	gar	Beet Slice	gar	Beet Slice	gar	Beet Slice	gar	Beet Slice	gar	Beet Slice
3oz	Baked Ham	3oz	Baked Ham	3oz	Roast Pork	3oz	Roast Pork	#12	Grnd Baked Ham/Sauce	3oz	Baked Ham cut into bites
1/2c	California Blend	1/2c	California Blend	1/2c	California Blend	1/2c	California Blend	1/2c	Carrots	1/2c	California Blend
Dinner											
6oz	Hungarian Pork Paprika	3oz	Roast Pork	3oz	Roast Pork	3oz	Roast Pork	6oz	Grnd Hungarian Pork Paprika	3oz	Roast Pork Sandwich
1/2c	over Buttered Noodles	1/2c	over Buttered Noodles	1/2c	Buttered Noodles	1/2c	Buttered Noodles	1/2c	over Buttered Noodles	1/2c	Buttered Penne or Egg Noodle
1/2c	Mixed Vegetables	1/2c	Mixed Vegetables	1/2c	Mixed Vegetables	1/2c	Mixed Vegetables	1/2c	Carrots	1/2c	Carrots
-	-	1sl	Bread	1sl	White Bread	1sl	White Bread	#12	Pur Bread	-	-
-	-	-	-	1ea	Margarine	1ea	Margarine	1ea	Margarine	-	-
1/2c	Blushed Applesauce	1/2c	Blushed Applesauce	1/2c	Blushed Applesauce	1/2c	Blushed Applesauce	1/2c	Blushed Applesauce	1/2c	Apple Slices
8oz	Skim Milk	8oz	Skim Milk	4oz	2% Milk	4oz	2% Milk	8oz	2% Milk	8oz	2% Milk
6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water	6oz	Coffee/Tea/Water
gar	Parsley Sprig	gar	Parsley Sprig	gar	Parsley Sprig	gar	Parsley Sprig	gar	Parsley Flakes	gar	Tomato Wedge
4oz	Pasta w/Meat Sauce	4oz	Pasta w/Meat Sauce	3oz	Beef Patty	3oz	Beef Patty	6oz	Lasagna	1ea	Personal Pizza
1/2c	Green Beans	1/2c	Green Beans	1/2c	Green Beans	1/2c	Green Beans	1/2c	Green Beans	1/2c	Green Beans
1/2c		1/2c		1/2c	Buttered Noodles	1/2c	Buttered Noodles				
Snack											
4oz	Diet Fruit Drink	4oz	Fruit Drink	4oz	Fruit Drink	4oz	Diet Fruit Drink	4oz	Fruit Drink	4oz	Fruit Drink
1ea	Small Muffin	1ea	Small Muffin	1ea	Small Muffin	1ea	Small Muffin	#12	Pur Muffin	1ea	Small Muffin

*Dysphagia Diets: Liquids will be thickened per physicians order.