



DAILY MENU GUIDE  
FALL 2019



Week: 3 Thursday  
Serving Dates: 9/26, 10/24, 11/21

Recipe	REGULAR	Portion	Small portion	Large portion	Fortified	Mechanical	Dysphagia Mech. Soft	Puree	Finger Foods	2-3 Gm. Na.	↓ K+ /phos NAS (renal)*	Low Chol Low Fat	CCHO Consistent Carbohydrate Small Portions	CCHO Consistent Carbohydrate Regular Portions
	Orange Juice	4 oz	X	X	X	X	X	X	X	X	grape	X	X	X
B-51	Ralston	6 oz ladle	4 oz	X	F-10	X	X	X	dry cereal	X	X	X	4 oz	X
E-206	Scrambled Eggs	# 12 scoop	# 16 sc	# 8 sc	X	X	X	# 12 sc pur	2-1/2s hard cooked egg	X	X	# 12 sc egg sub	# 16 sc	X
B-15	Apple Coffeecake	1 svg	half	1-1/2 svg	X	X	X	# 12 sc pur w/ melted marg	X	X-ok	X	X	X-ok	X-ok
	Margarine	1 t	X	X	X	X	X	X	X	X	X	X	X	X
	Milk, low fat	8 oz.	X	X	X	X	X	X	X	X	4 oz mocha mix	nonfat	X	X
E-36	Savory Pork Loaf with	1 svg	half svg	1-1/2 svg	X	chpd	grd	# 8 sc pur	cut up	SF	X	X	half svg	X
SC-16	Marinara Sauce	2 oz ladle	1 oz	X	X	X	X	X	on side for dipping	SF	no	1 oz	1 oz	X
V-18	Scalloped Potatoes	# 8 scoop	# 16 sc	X	F-31	X	X	# 8 sc pur	tator tots or fries	SF	corn	X	X	X
V-304	Broccoli with Lemon	4 oz spoodle	2 oz sp	6 oz sp	X	chpd	chpd	# 8 sc pur	X	SF	carrots	X	2 oz sp	X
B-7	Dinner Roll	1 each	X	X	X	X	soft bread	# 12 sc pur w/ melted marg	X	X	X	X	X	X
	Margarine	1 t	X	X	X	X	X	X	X	X	X	no	no	X
D-54	Key Lime Pie	1/8 pie	X	X	X	X	filling only	filling only	cookies	X	4 oz sp fruit cocktail CCHO:fruit cocktail	1/16- ok	1/16 regular pie OR # 8 sc diet pudding	
V-200	Veg:Green Bean Cass	6 oz spoodle	3 oz sp	8 oz. sp	X	6 oz sp chpd	6 oz sp fnly chpd	# 6 sc pur	cut up omelet	SF	omelet	X	4 oz sp	X
	Milk, low fat	4 oz.	X	8 oz.	8 oz.	X	X	X	X	X	apple jc	nonfat	X	X
SP-124	Chicken Tortilla Soup	6 oz ladle	4 oz	X	F-20	X	6 oz pur	6 oz pur	in mug	SF	no	X	4 oz	X
E-77	Cheese Enchiladas	2 each	1 ea	3 ea	X	sliced	chopped	# 6 sc pur	cut up or grilled cheese SW	1 ea	1 ea	1 ea	1 ea	X
V-313	Pinto Beans Pacifica <small>serve in a small dish</small>	4 oz sp	2 oz sp	X	X	X	# 8 sc pur	# 8 sc pur	X	SF	3 oz sp rice	X	X	X
V-128 v1	Buttered Noodles	4 oz spoodle	no	no	no	no	no	no	no	no	X	no	no	no
V-51 v3	Italian Vegetable Blend	4 oz spoodle	2 oz sp	6 oz sp	X	chpd	chpd carrots	# 8 sc pur	green beans	SF	carrots	X	2 oz sp	X
D-41	Ranger Cookie	2 each	X	X	X	X	# 12 sc pur	# 12 sc pur	X	1 - ok	1 reg cookie CCHO:1 reg cookie	X	1 regular cookie OR D-176 - 2 spice cookies	
E-77	Cheese Enchiladas	2	1	3	X	sliced	chopped	# 6 sc pur	cheese SW	1	1	1	1	X
	Milk, low fat	4 oz.	X	8 oz.	8 oz.	X	X	X	X	X	cran jc	nonfat	X	X

X. THIS ITEM IS THE SAME PORTION SIZE AS THE FOOD STATED ON THE REGULAR MENU. PORTION SIZES: # 6 SCOOP=2/3C, # 8 SCOOP=1/2 CUP, # 12 SCOOP=1/3C, # 16 SCOOP=1/4C.

1. Mildly restricted sodium (3-4 gm Na) add the following to traycard: NO salty meats, canned soups, canned vegetables, or salt on tray.
2. Fortified diets: May individualize to include 2 fortified items each day during meals; see recipe book for fortified items.
3. Definition of chopped and finely chopped - all chopped items must be less than 1/2", finely chopped must be 1/8" to not more than 1/4".