



DAILY MENU GUIDE
Fall 2019



Week: 4 Thursday
Serving Dates: 10/3, *10/31, *11/28

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
	Cranberry Juice	4 oz	X	X	X	X	X	X	X	X	X	X	X	X
B-51	Ralston	6 oz ladle	4 oz	X	F-10	X	X	X	dry cereal	SF	X	X	4 oz	X
E-27.v7	Spanish Omelet	3 oz	half	1-1/2	X	X	plain omelet w/ pur sce	# 12 sc pur egg topped w/ pur sce	cut up	SF	plain omelet	use egg sub	half	X
B-11.v6	Apple Cinnamon Muffin	1 muffin	X	X	X	X	X	# 12 sc pur w/ melted marg	X	1 sl toast	1 sl toast	X	1/2 sl toast	1 sl toast
	Margarine	1 t	X	X	X	X	X	X	X	X	X	no	X	X
	Milk, low fat	8 oz.	X	X	X	X	X	X	X	X	4 oz mocha mx	nonfat	X	X
E-116	Honey Baked Chicken	3 oz meat	2 oz	4 oz	X	# 12 sc grd	# 12 sc grd	# 8 sc pur	cut up-no bone	SF	X	X	2 oz seas baked	3 oz sea'd baked
V-9	Whipped Winter Squash	# 8 scoop	# 16 sc	X	X	X	X	X	corn	SF	corn	X	follow diabetic recipe instructions	
V-69.v1	Spinach w/Bacon	4 oz spoodle	2 oz sp	6 oz sp	X	no bacon chpd	no bacon chpd	# 8 sc pur	gr beans	no bacon	gr beans	X- no bacon	2 oz sp	X
B-21	Cornbread	1 piece	X	X	X	X	soft bread	# 12 pur w/ melted marg	X	bread	bread	X	X	X
	Margarine	1 t	X	X	X	X	X	X	X	X	X	no	no	X
D-24	Fruit Cobbler w/ WT	1 svg	X	X	X	X	finely chpd no crust	# 8 sc pur	4 oz sp canned peach slices	X	X	X	half portion regular OR	
											ccho: 1/2 reg		4 oz sp canned peaches	
E-35	Veg: Macaroni & Cheese	6 oz spoodle	4 oz sp	8 oz sp	X	X	very soft	# 6 sc pur	grilled ch SW	SF	veg patty	X	X	X
	Milk, low fat	4 oz.	X	#12	8 oz.	X	X	X	X	X	apple jc	nonfat	X	X
S-2	Waldorf Salad	# 8 scoop	X	X	X	follow recipe instructions	# 8 sc applesauce		sliced apple	SF	X-no nuts	X	follow diabetic recipe instructions	
E-138	Pork Polynesian	2 oz meat	X	3 oz	X	#12 sc grd	# 12 sc pur		2 oz pork pieces	SF	3 oz sl pork	X	2 oz	X
V-70	Brown Rice	# 8 scoop	# 16 sc	X	X	X	# 8 sc Cream of rice		tator tots or fries	SF	white rice	X	# 16 sc	X
V-269	Seas'd Peas & Carrots	4 oz spoodle	2 oz sp	6 oz sp	X	X	# 8 sc chpd carrots	# 8 sc pur	X	SF	X	X	2 oz sp	X
D-15	Chocolate Éclair Squares	1 square	X	X	X	X	X	X	X	X	4 oz sp cnd pears	X	half square regular éclair OR	
											ccho:cnd pears		4 oz sc canned pears	
E-253	Veg:Tofu Creole (replace pork with cubes of browned tofu)	6 oz spoodle	4 oz sp	8 oz sp	X	chpd	chpd	# 6 sc pur	2 oz tofu pieces	SF	3 oz browned tofu	X	X	X
	Milk, low fat	4 oz.	X	8 oz.	8 oz.	X	X	X	X	X	pineapple 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".

***Special Menu**

Revised: 7/2019 Approved: Elissa Olson, RD, MBA

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