### General Menu: Week 1

#### BREAKFAST
- 4 fl oz orange juice
- ½ C Cream of Rice® or ¾ C dry cereal
- 2 slices French toast with maple syrup
- 1 tsp margarine
- 1 C milk
- Coffee/tea

#### LUNCH
- 3 oz meat loaf
- 2 fl oz gravy
- ½ C Delmonico potatoes
- ½ C stewed tomatoes
- 1 dinner roll
- 1 tsp margarine
- Coffee/tea
- ½ C custard

#### DINNER
- ½ C cream of mushroom soup
- 1 package crackers
- 4 oz chicken salad on 1 croissant
- ½ C shredded lettuce salad
- 1 fl oz Thousand Island dressing
- Coffee/tea
- 1 C milk
- ½ C mixed fruit delight

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Individual preferences are provided upon request.
Modified diets are provided.

C=cup, fl oz=fluid ounce, oz=ounce, Tbsp=tablespoon, tsp=teaspoon
### General Menu: Week 2

#### B R E A K F A S T

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<td>• 1 scrambled egg</td>
<td>• 2 slices French toast with maple syrup</td>
<td>• 1 slice toast</td>
<td>• 1 tsp margarine with 1 packet jelly</td>
<td>• 1 scrambled egg</td>
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<td>• 1 slice toast</td>
<td>• 1 strip bacon</td>
<td>• 1 tsp margarine</td>
<td>• 1 tsp margarine</td>
<td>• 1 slice rye toast</td>
<td>• 1 slice toast</td>
<td>• 1 tsp margarine with 1 packet jelly</td>
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<td>• 1 tsp margarine with 1 packet jelly</td>
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<tr>
<td>• 3 oz ham steak</td>
<td>• 3 oz ham steak</td>
<td>• 3 oz barbecue chicken</td>
<td>• 3 oz brisket of beef</td>
<td>• 3 oz oven-baked fish</td>
<td>• 3 oz pot roast, served over ½ C potatoes</td>
<td>• 3 oz roasted pork loin</td>
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<td>• ½ C mashed potatoes</td>
<td>• 1 small baked potato</td>
<td>• 4 oz potato pancakes</td>
<td>• 1 Tbsp tartar sauce</td>
<td>• 2 fl oz gravy</td>
<td>• 2 fl oz gravy</td>
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<td></td>
<td>• ½ C Brussels sprouts</td>
<td>• ½ C spinach</td>
<td>• ⅓ C broccoli</td>
<td>• ½ C parsley potatoes</td>
<td>• ½ C green salad with 1 fl oz salad dressing</td>
<td>• ¼ C applesauce</td>
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<td>• 1 dinner roll</td>
<td>• 1 slice corn bread</td>
<td>• 1 dinner roll</td>
<td>• ⅓ C stewed tomatoes</td>
<td>• 1 oz sausage link</td>
<td>• ½ C sauerkraut*</td>
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<td>• 1 tsp margarine</td>
<td>• 1 tsp margarine</td>
<td>• 1 tsp margarine</td>
<td>• 1 slice corn bread</td>
<td>• 1 tsp margarine</td>
<td>• 1 foam roll</td>
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<tr>
<td></td>
<td>• ½ C tapioca pudding</td>
<td>• 1 piece fresh fruit</td>
<td>• ½ C apple crisp</td>
<td>• 1 slice homemade cheesecake</td>
<td>• 1 slice ice cream</td>
<td>• 1 slice iced carrot cake</td>
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<tbody>
<tr>
<td>• ¾ C beef barley soup</td>
<td>• ¾ C minestrone soup</td>
<td>• ⅓ C cream of celery soup</td>
<td>• ½ C vegetable soup</td>
<td>• ½ C chicken noodle soup</td>
<td>• ½ C split pea soup</td>
<td>• ½ C mushroom soup</td>
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<tr>
<td>• 1 package crackers</td>
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<tr>
<td>• 4 oz seafood salad, served on lettuce</td>
<td>• 8 oz lasagna</td>
<td>• 3 oz cheeseburger on bun</td>
<td>• 1 package crackers</td>
<td>• 1 package crackers</td>
<td>• 1 package crackers</td>
<td>• 1 package crackers</td>
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<tr>
<td>• 1 hard-cooked egg</td>
<td>• ½ C French cut green beans</td>
<td>• 1 Tbsp ketchup, 1 tsp mustard</td>
<td>• ⅓ C cottage cheese and ½ C seasonal fruit, served on lettuce</td>
<td>• 4 oz egg salad on 2 slices whole-wheat bread</td>
<td>• 4 oz egg salad on 2 slices white bread</td>
<td>• 1 package crackers</td>
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<td>• ½ C green salad with 1 fl oz Italian dressing</td>
<td>• 10 French fies</td>
<td>• ⅓ C ham and cheese, grilled on 2 slices bread</td>
<td>• 2 tomato slices, served on lettuce leaf</td>
<td>• 2 tomato slices, served on lettuce leaf</td>
<td>• 4 oz turkey on 2 slices whole-wheat bread</td>
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<tr>
<td></td>
<td>• 1 slice Italian bread</td>
<td>• 10 French fies</td>
<td>• ½ C gelatin</td>
<td>• 1 slice rye toast</td>
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<td></td>
<td>• 1 tsp margarine</td>
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<td>• Muffin</td>
<td>• Coffee/tea</td>
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<td>• Coffee/tea</td>
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<td>• 1 tsp margarine</td>
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<td>• Coffee/tea</td>
<td>• 1 C milk</td>
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<td></td>
<td>• ½ C ice cream</td>
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<td>• 1 slice cream pie</td>
<td>• 1 slice angel food cake with fruit sauce</td>
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*Alternate: Brussels sprouts with lemon butter sauce
### 4-Week Menu Cycle (Long-term Care)

- 1 C milk
- ½ C fruit juice
- ½ C cream of Rice or ½ C dry cereal
- 1 scrambled egg
- 1 slice scapple or bacon
- 1 slice toast
- 1 tsp margarine with 1 packet jelly
- 1 C milk
- Coffee/tea

Individual preferences are provided upon request.
Modified diets are provided.

C = cup, fl oz = fluid ounce, oz = ounce, Tbsp = tablespoon, tsp = teaspoon

### General Menu: Week 3

#### Dates: __________

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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>BREAKFAST</strong></td>
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<tr>
<td>4 fl oz orange juice</td>
<td>4 fl oz orange juice</td>
<td>½ C chicken noodle soup</td>
<td>½ C milk</td>
<td>½ C fruit juice</td>
<td>½ C cream of chicken soup</td>
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<tr>
<td>½ C oat bran or ¾ C dry cereal</td>
<td>½ C oatmeal or ¼ C dry cereal</td>
<td>½ C minestrone soup</td>
<td>1 package crackers</td>
<td>1 package crackers</td>
<td>½ C vegetable soup</td>
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<tr>
<td>1 scrambled egg</td>
<td>1 scrambled egg with mushrooms</td>
<td>½ C cream of celery soup</td>
<td>1 package crackers</td>
<td>1 package crackers</td>
<td>1 package soup</td>
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<tr>
<td>1 slice scapple or bacon</td>
<td>1 slice whole-wheat toast</td>
<td>3 oz meatball sub on 1 sub roll with 2 fl oz spaghetti sauce</td>
<td>3 oz hot turkey on 2 slices bread</td>
<td>3 oz cheese omelet</td>
<td>1 package crackers</td>
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<tr>
<td>1 slice toast</td>
<td>½ C mixed vegetables</td>
<td>1 small baked potato</td>
<td>2 fl oz gravy</td>
<td>½ C home fries</td>
<td>4 oz egg salad on 2 slices whole-wheat bread</td>
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<tr>
<td>1 tsp margarine with 1 packet jelly</td>
<td>1 slice bread</td>
<td>½ C broccoli</td>
<td>1 dinner roll</td>
<td>½ C stewed tomatoes</td>
<td>½ C pickle beet</td>
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<tr>
<td>1 C milk</td>
<td>1 dinner roll</td>
<td>1 tsp margarine</td>
<td>1 slice garlic bread</td>
<td>1 slice bread</td>
<td>Coffee/tea</td>
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<td>½ C ice cream</td>
<td>Coffee/tea</td>
<td>1 C milk</td>
<td>½ C milk</td>
<td>½ C cream of chicken soup</td>
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<tr>
<td>3 oz baked chicken</td>
<td>1 slice marble cake</td>
<td>Coffee/tea</td>
<td>½ C cream of chicken soup</td>
<td>1 package crackers</td>
<td>½ C chilled</td>
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<td>2 fl oz gravy</td>
<td>1 piece fresh fruit</td>
<td>Coffee/tea</td>
<td>1 package crackers</td>
<td>1 package crackers</td>
<td>5 C navy bean soup</td>
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<td>1 small baked potato</td>
<td>1 tsp margarine</td>
<td>Coffee/tea</td>
<td>1 package crackers</td>
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<td>½ C brocoli</td>
<td>Coffee/tea</td>
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<td>4 oz egg salad on 2 slices whole-wheat bread</td>
<td>½ C pickle beet</td>
<td>4 oz tuna salad on 2 slices of lettuce with 2 tomato slices</td>
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<td>1 dinner roll</td>
<td>tsp margarine</td>
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<td>½ C pickle beet</td>
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<td>1 tsp margarine</td>
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<td>1 slice marble cake</td>
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<td>1 C milk</td>
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### 4-Week Menu Cycle (Long-term Care)

- 1 tsp margarine
- Coffee/tea
- 1 C milk
- 1 slice banana cake
- 1 cherry turnover
- pudding with 1 Tbsp whipped topping
- 1 C milk
- ½ C apple cobbler
- ½ C fruit cocktail
- apricots

Individual preferences are provided upon request.
Modified diets are provided.

C=cup, fl oz=fluid ounce, oz=ounce, Tbsp=tablespoon, tsp=teaspoon

### General Menu: Week 4

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#### B R E A K F A S T

- 4 fl oz orange juice
- ½ C oatmeal or ½ C dry cereal
- 2 slices French toast with 2 fl oz maple syrup
- 1 tsp margarine
- 1 C milk
- Coffee/tea
- 4 fl oz orange juice
- ½ C Cream of Rice® or ¼ C dry cereal
- 1 scrambled egg with ham
- 1 oz homemade sausage
- 1 slice whole-wheat toast
- 1 tsp margarine with 1 packet jelly
- 1 C milk
- Coffee/tea
- 4 fl oz orange juice
- ½ C Cream of Wheat® or ¼ C dry cereal
- 1 waffle with 2 fl oz hot fruit sauce
- 1 tsp margarine
- 1 C milk
- Coffee/tea
- 4 fl oz orange juice
- ½ C oatmeal or ¼ C dry cereal
- 1 scrambled egg
- 1 slice toast
- 1 tsp margarine with 1 packet jelly
- 1 C milk
- Coffee/tea
- 4 fl oz orange juice
- ½ C Cream of Wheat or ¼ C dry cereal
- 1 scrambled egg
- 1 slice toast or 1 blueberry muffin
- 1 tsp margarine with 1 packet jelly
- 1 C milk
- Coffee/tea
- 4 fl oz orange juice
- ½ C oat bran or ¾ C dry cereal
- 1 scrambled egg with 1 oz cheese
- 1 slice toast or 1 oat bran muffin
- 1 tsp margarine with 1 packet jelly
- 1 C milk
- Coffee/tea

#### L U N C H

- 3 oz baked pork chop
- 2 fl oz gravy
- 1 small baked potato
- ½ C peas and carrots
- 1 biscuit
- 1 tsp margarine
- Coffee/tea
- ½ C old-fashioned custard
- 8 oz turkey tetrazzini with vegetables
- ½ C noodles
- 1 dinner roll
- 1 tsp margarine
- Coffee/tea
- ½ C pear halves
- 3 oz baked chicken
- 2 fl oz gravy
- ½ C buttered rigatoni
- ½ C Harvard beets
- 1 dinner roll
- 1 tsp margarine
- Coffee/tea
- ½ C ice cream
- 3 oz ham steak with 2 fl oz raisin sauce
- ½ C sweet potatoes
- ½ C broccoli
- 1 slice bread
- 1 tsp margarine
- Coffee/tea
- ½ C fresh fruit
- 3 oz lemon-baked flounder
- 1 Tbsp tartar sauce
- ½ C Delmonico potatoes
- ½ C spinach soufflé
- 1 dinner roll
- 1 tsp margarine
- Coffee/tea
- 1 slice cake
- ½ C spaghetti and 6 fl oz meat sauce
- ½ C green salad with 1 fl oz Italian dressing
- 1 slice Italian bread
- 1 tsp margarine
- Coffee/tea
- 1 slice French cheesecake
- 3 oz roasted pork loin
- 2 fl oz gravy
- 3 oz sweet potato patty
- ½ C escalloped apples
- 1 slice corn bread
- 1 tsp margarine
- Coffee/tea
- 1 slice pineapple upside down cake

#### D I N N E R

- ¾ C Manhattan clam chowder
- 1 package crackers
- 3 oz fish and 10 chips
- 1 Tbsp tartar sauce
- ¾ C beef noodle soup
- 1 package crackers
- 4 oz egg salad on 2 slices rye bread
- 2 tomato slices, served
- ¾ C vegetable soup
- 1 package crackers
- 8 oz beefaroni
- ½ C shredded lettuce with 2 tomato slices and 1 fl oz salad
- ¾ C chicken broth
- 1 package crackers
- 3 oz hot roast beef on 2 slices bread
- 2 fl oz gravy
- ¾ C potato soup
- 1 package crackers
- 3 oz salami and Swiss cheese on 2 slices rye bread
- 2 tomato slices
- ¾ C cream of vegetable soup
- 1 package crackers
- 4 oz chicken salad on 1 roll
- ½ C marinated
- ¾ C minestrone soup
- 1 package crackers
- 3 oz sliced turkey, served on lettuce leaves
- 2 tomato slices
### 4-Week Menu Cycle (Long-term Care)

<table>
<thead>
<tr>
<th></th>
<th>on leaves of lettuce</th>
<th>dressing</th>
<th>served on lettuce</th>
<th>tomatoes with onions and parsley, served on lettuce leaf</th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Creamy coleslaw</td>
<td>3 onion rings</td>
<td>Mashed potatoes</td>
<td>Coffee/tea, 1 packet mustard</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 C</td>
<td>1 slice Italian bread</td>
<td>1/2 C peas</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>roll</td>
<td>1 tsp margarine</td>
<td>Coffee/tea</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tsp margarine</td>
<td>1 slice lemon meringue pie</td>
<td>1 C milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 C milk</td>
<td>1/2 C sliced peaches</td>
<td>1/2 C creamy Jell-O®</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Individual preferences are provided upon request. Modified diets are provided. 
C=cup, fl oz=fluid ounce, oz=ounce, Tbsp=tablespoon, tsp=teaspoon

Provided courtesy of Nutrition411.com

Review Date 9/13
G-1940