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Regular	Mechanical Soft	Pureed	NAS/4gNa	House Renal	NCS	Low Fat/Chol
Juice Scrambled Eggs Corned Beef Hash Hot/Cold Cereal Toast Milk Coffee Salt* & Pepper Sugar & Creamer Jelly	Juice Scrambled Eggs Corned Beef Hash Hot/Cold Cereal Toast Milk Coffee Salt* & Pepper Sugar & Creamer Jelly	Juice Scrambled Eggs Corned Beef Hash Hot/Cold Cereal Puree Bread Milk Coffee Salt* & Pepper Sugar & Creamer Jelly	Juice Scrambled Eggs Corned Beef Hash Hot/Cold Cereal Toast Milk Coffee Pepper Sugar & Creamer Jelly	Juice Scrambled Eggs  Hot/Cold Cereal Toast Milk Coffee Pepper Sugar Jelly	Juice Scrambled Eggs Corned Beef Hash Hot/Cold Cereal Toast Milk Coffee Salt* & Pepper Sugar Sub Diet Jelly	Juice Egg Substitute  Hot/Cold Cereal Toast Low Fat Milk Coffee Salt* & Pepper Sugar Jelly
	<b>Mech Soft</b>	<b>PUREED</b>				
Fried Chicken Potato Salad Country Cabbage Dinner Roll Strawberry Short Cake Iced Tea Sugar & Creamer Salt* & Pepper Parsley Sprig ALT MT:Beef Ravioli ALT VG:Broccoli	Fried Chicken Potato Salad Country Cabbage Dinner Roll Strawberry Short Cake Iced Tea Sugar & Creamer Salt* & Pepper Parsley Sprig	Fried Chicken Potato Salad Country Cabbage Puree Bread Cake in Milk Iced Tea Sugar & Creamer Salt* & Pepper	Fried Chicken Potato Salad Country Cabbage Dinner Roll Strawberry Short Cake Iced Tea Sugar & Creamer Pepper Parsley Sprig	Baked Chicken Diet Macaroni Salad Steamed Cabbage Dinner Roll Strawberries Iced Tea Sugar Pepper Parsley Sprig	Fried Chicken Potato Salad Country Cabbage Dinner Roll Strawberries Iced Tea Sugar Sub Salt* & Pepper Parsley Sprig	Baked Chicken Diet Potato Salad Steamed Cabbage Dinner Roll Strawberries Iced Tea Sugar Salt* & Pepper Parsley Sprig
	<b>Mech Soft</b>	<b>PUREED</b>				
Tuna Salad Plate Macaroni Salad Three Bean Salad Dinner Roll Pineapple Chunks Whole Milk Iced Tea Carrot Twirl Alt Mt: Meatball Sub Alt Vg: Corn	Tuna Salad Plate Macaroni Salad Three Bean Salad Dinner Roll Pineapple Chunks Whole Milk Iced Tea Carrot Twirl	Tuna Salad/Shrd Lettuce Macaroni Salad Three Bean Salad Puree Bread Pineapple Chunks Whole Milk Iced Tea	Tuna Salad Plate Macaroni Salad Three Bean Salad Dinner Roll Pineapple Chunks Whole Milk Iced Tea Carrot Twirl	Diet Tuna Salad Plate Diet Macaroni Salad Two Bean Salad Dinner Roll Pineapple Chunks Milk Iced Tea Carrot Twirl	Tuna Salad Plate Macaroni Salad Three Bean Salad Dinner Roll Pineapple Chunks Whole Milk Iced Tea Carrot Twirl	(2)Diet Tuna Salad Plate Diet Macaroni Salad Three Bean Salad Dinner Roll Pineapple Chunks Skim Milk Iced Tea Carrot Twirl



3 Veg  
2 Frt  
2 Mlk

Standard Portions: 1 Egg 3oz Meat 1/2c Vegetables and Starches 8oz Milk 8oz Beverage  
 Entrees with Rice, Noodles, or Potatoes ==> -1 Brd Exchange for ADA & Renal Diets (No Potatoes on Renals)  
 Sandwich Entrees ==> -2 Bread Exchanges for Cal/ADA and Renal diets.  
 Portion Sizes For Cal/ADA and Renal Diets Refer to 1 Exchange. Provide Exchanges as indicated on the Menu.  
 Mech Soft ==> Chopped or Ground Meat/Starch/Veg/Dessert (NO Raw Veggies). Pureed Diets ==> Reg Diet  
 Foods Pureed with 1 oz of bread. Pureed bread can be served per menu instructions or blend 1oz of bread & 3oz  
 of meat and serve meat with a 4oz scoop. \* = Eliminate Salt for No Added Salt Diets (NAS)



**Fortified Foods  
for TODAY**

Breakfast	Lunch	Supper
1111111111111111 2222222222222222 33333333333333	Fortified Rice Fortified Pudding	Fortified Pasta Fortified Fruit

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Regular	Mechanical Soft	Pureed	NAS/4gNa	House Renal	NCS	Low Fat/Chol
Juice Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee Salt* & Pepper Sugar & Creamer Jelly	Juice Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee Salt* & Pepper Sugar & Creamer Jelly	Juice Scrambled Eggs Sausage Patty Hot/Cold Cereal Puree Bread Milk Coffee Salt* & Pepper Sugar & Creamer Jelly	Juice Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee Pepper Sugar & Creamer Jelly	Juice Scrambled Eggs  Hot/Cold Cereal Toast Milk Coffee Pepper Sugar Jelly	Juice Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee Salt* & Pepper Sugar Sub Diet Jelly	Juice Egg Substitute  Hot/Cold Cereal Toast Low Fat Milk Coffee Salt* & Pepper Sugar Jelly
	<b>Mech Soft</b>	<b>PUREED</b>				
Southern Style Pork Chop Mashed Potatoes Green Beans Cornbread Peach Cobbler Iced Tea Sugar & Creamer Salt* & Pepper Parsley Sprig ALT MT:Fish Sticks ALT VG:Cucumber Salad	Southern Style Pork Chop Mashed Potatoes Green Beans Cornbread Peach Cobbler Iced Tea Sugar & Creamer Salt* & Pepper Parsley Sprig	Southern Style Pork Chop Mashed Potatoes Green Beans Puree Bread Peach Cobbler Iced Tea Sugar & Creamer Salt* & Pepper	Southern Style Pork Chop Mashed Potatoes Green Beans Cornbread Peach Cobbler Iced Tea Sugar & Creamer Pepper Parsley Sprig	Roast Pork Steamed Rice Green Beans Dinner Roll Peach Halves Iced Tea Sugar Pepper Parsley Sprig	Southern Style Pork Chop Mashed Potatoes Green Beans Cornbread Peach Halves Iced Tea Sugar Sub Salt* & Pepper Parsley Sprig	Roast Pork Mashed Potatoes Green Beans Cornbread Peach Halves Iced Tea Sugar Salt* & Pepper Parsley Sprig
	<b>Mech Soft</b>	<b>PUREED</b>				
Hot Dog/Bun Baked Beans Coleslaw Brownie Whole Milk Iced Tea Carrot Twirl Alt Mt: Roast Beef Swch Alt Vg: Three Bean Salad	Hot Dog/Bun Baked Beans Fine Chop Coleslaw Brownie Whole Milk Iced Tea Carrot Twirl	Beef Patty Baked Beans Steamed Cabbage Diet Cake Whole Milk Iced Tea	Hot Dog/Bun Baked Beans Coleslaw Brownie Whole Milk Iced Tea Carrot Twirl	Beef Patty Egg Noodles Diet Coleslaw Diet Cake Milk Iced Tea Carrot Twirl	Hot Dog/Bun Baked Beans Coleslaw Diet Cake Whole Milk Iced Tea Carrot Twirl	(2)Beef Patty Baked Beans Diet Coleslaw Diet Cake Skim Milk Iced Tea Carrot Twirl



Standard Portions: 1 Egg 3oz Meat 1/2c Vegetables and Starches 8oz Milk 8oz Beverage  
 Entrees with Rice, Noodles, or Potatoes ==> -1 Brd Exchange for ADA & Renal Diets (No Potatoes on Renals)  
 Sandwich Entrees ==> -2 Bread Exchanges for Cal/ADA and Renal diets.  
 Portion Sizes For Cal/ADA and Renal Diets Refer to 1 Exchange. Provide Exchanges as indicated on the Menu.  
 Mech Soft ==> Chopped or Ground Meat/Starch/Veg/Dessert (NO Raw Vegies). Pureed Diets ==> Reg Diet  
 Foods Pureed with 1 oz of bread. Pureed bread can be served per menu instructions or blend 1oz of bread & 3oz  
 of meat and serve meat with a 4oz scoop. \* = Eliminate Salt for No Added Salt Diets (NAS)



**Fortified Foods  
for TODAY**

Breakfast	Lunch	Supper
Fortified Eggs Fortified Grits	Fortified Potatoes Fortified Rice	Fortified Beans Fortified Fruit

	Regular	Mechanical Soft	Pureed	NAS/4gNa	House Renal	NCS	Low Fat/Chol
B R E A K F A S T	Juice Whole Banana Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee Salt* & Pepper Sugar & Creamer Jelly	Juice Whole Banana Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee Salt* & Pepper Sugar & Creamer Jelly	Juice Whole Banana Scrambled Eggs Sausage Patty Hot/Cold Cereal Puree Bread Milk Coffee Salt* & Pepper Sugar & Creamer Jelly	Juice Whole Banana Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee Pepper Sugar & Creamer Jelly	Juice Sliced Peaches Scrambled Eggs  Hot/Cold Cereal Toast Milk Coffee Pepper Sugar Jelly	Juice Whole Banana Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee Salt* & Pepper Sugar Sub Diet Jelly	Juice Whole Banana Egg Substitute  Hot/Cold Cereal Toast Low Fat Milk Coffee Salt* & Pepper Sugar Jelly
	Smoked Sausage Blackeyed Peas Steamed Rice Collard Greens Biscuit Coconut Cream Pie Whole Milk Iced Tea Carrot Twirl Alt Mt:Chopped Steak Alt Vg:Steamed Rice	<b>Mech Soft</b> Smoked Sausage Blackeyed Peas Steamed Rice Collard Greens Biscuit Coconut Cream Pie Whole Milk Iced Tea Carrot Twirl	<b>PUREED</b> Smoked Sausage Blackeyed Peas Steamed Rice Collard Greens Puree Bread Coconut Cream Pie Whole Milk Iced Tea	Smoked Sausage Blackeyed Peas Steamed Rice Collard Greens Biscuit Coconut Cream Pie Whole Milk Iced Tea Carrot Twirl	Roast Pork Brown Rice Steamed Rice Green Beans Toast Apple Slices Milk Iced Tea Carrot Twirl	Smoked Sausage Blackeyed Peas Steamed Rice Collard Greens Biscuit Apple Slices Whole Milk Iced Tea Carrot Twirl	Roast Pork Blackeyed Peas Steamed Rice Collard Greens Biscuit Apple Slices Skim Milk Iced Tea Carrot Twirl
L U N C H	Cheeseburger/Bun French Fries Lettuce & Tomato Pear Cobbler Iced Tea Sugar & Creamer Salt* & Pepper Parsley Sprig ALT MT:Hot Dog/Bun ALT VG:Marinated Veggies	<b>Mech Soft</b> Cheeseburger/Bun French Fries Stewed Tomatoes Pear Cobbler Iced Tea Sugar & Creamer Salt* & Pepper Parsley Sprig	<b>PUREED</b> Hamburger/Bun French Fries Stewed Tomatoes Pear Cobbler Iced Tea Sugar & Creamer Salt* & Pepper	Cheeseburger/Bun French Fries Lettuce & Tomato Pear Cobbler Iced Tea Sugar & Creamer Pepper Parsley Sprig	Beef Patty Brown Rice SHR Let/Car/R.Cabbage Pear Halves Iced Tea Sugar Pepper Parsley Sprig	Cheeseburger/Bun French Fries Lettuce & Tomato Pear Halves Iced Tea Sugar Sub Salt* & Pepper Parsley Sprig	(2)Hamburger/Bun Oven Fries Lettuce & Tomato Pear Halves Iced Tea Sugar Salt* & Pepper Parsley Sprig
S U P P E R							



Standard Portions: 1 Egg 3oz Meat 1/2c Vegetables and Starches 8oz Milk 8oz Beverage  
 Entrees with Rice, Noodles, or Potatoes ==> -1 Brd Exchange for ADA & Renal Diets (No Potatoes on Renals)  
 Sandwich Entrees ==> -2 Bread Exchanges for Cal/ADA and Renal diets.  
 Portion Sizes For Cal/ADA and Renal Diets Refer to 1 Exchange. Provide Exchanges as indicated on the Menu.  
 Mech Soft ==> Chopped or Ground Meat/Starch/Veg/Dessert (NO Raw Veggies). Pureed Diets ==> Reg Diet  
 Foods Pureed with 1 oz of bread. Pureed bread can be served per menu instructions or blend 1oz of bread & 3oz  
 of meat and serve meat with a 4oz scoop. \* = Eliminate Salt for No Added Salt Diets (NAS)



**Fortified Foods  
for TODAY**

Breakfast	Lunch	Supper
Fortified Eggs Fortified Grits	Fortified Peas Fortified Rice	Fortified Potatoes Fortified Rice



**XYZ Nursing Home Menus**  
**Saturday Lunch**

**Beef Stew**  
**Steamed Rice**  
**Chopped Broccoli**  
**Biscuit**  
**Chocolate Pudding**  
**ALT MT:Veal Patty**  
**ALT VG:Summer Squash**












**XYZ Nursing Home Menus**  
**Saturday Breakfast**

\_\_\_\_\_ **Juice**  
**Whole Banana**  
**Scrambled Eggs**  
**Bacon/Sausage**  
**Hot/Cold Cereal**  
**Biscuit**

# XYZ Nursing Home Menus Menu for Week 1



04-04-07



Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
Juice Scrambled Eggs Corned Beef Hash Hot/Cold Cereal Toast Milk Coffee	Juice Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee	Juice Whole Banana Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee	Juice Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee	Juice Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee	Juice Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee	Juice Whole Banana Scrambled Eggs Bacon/Sausage Hot/Cold Cereal Toast Milk Coffee
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken Potato Salad Country Cabbage Dinner Roll Strawberry Short Cake Iced Tea ALT MT:Beef Ravioli ALT VG:Broccoli	Southern Style Pork Chop Mashed Potatoes Green Beans Cornbread Peach Cobbler Iced Tea ALT MT:Fish Sticks ALT VG:Cucumber Salad	Smoked Sausage Blackeyed Peas Steamed Rice Collard Greens Biscuit Coconut Cream Pie Whole Milk Iced Tea Alt Mt:Chopped Steak Alt Vg:Steamed Rice	Salisbury Steak Garlic Mashed Potatoes Creamed Spinach Dinner Roll Cheese Cake/Topping Iced Tea ALT MT:Baked Fish ALT VG:Turnip Greens	Chicken/Dumplings-1Bd Harvard Beets Italian Green Beans Dinner Roll Sherbet Iced Tea ALT MT:Chilli ALT VG:Rice	Seafood Patty Creamed Corn Green Peas Dinner Roll Pudding Cake Iced Tea ALT MT:Chicken Patty ALT VG:Stewed Tomatoes	Beef Stew Steamed Rice Chopped Broccoli Biscuit Chocolate Pudding Iced Tea ALT MT:Veal Patty ALT VG:Summer Squash
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Supper	Supper	Supper	Supper	Supper	Supper	Supper
Tuna Salad Plate Macaroni Salad Three Bean Salad Dinner Roll Pineapple Chunks Whole Milk Iced Tea Alt Mt: Meatball Sub Alt Vg: Corn	Hot Dog/Bun Baked Beans Coleslaw Brownie Whole Milk Iced Tea Alt Mt: Roast Beef Swch Alt Vg: Three Bean Salad	Cheeseburger/Bun French Fries Lettuce & Tomato Pear Cobbler Iced Tea ALT MT:Hot Dog/Bun ALT VG:Marinated Vegies	Tomato Soup Saltine Crackers Shaved Ham Sandwich Potato Chips Marinated Cucumbers White Bread Cinnamon Applesauce Whole Milk Iced Tea Alt Mt:Pork Chop Alt Vg:Succotash	Beef Pot Pie Tossed Salad & Dressing White Bread Pineapple Chunks Whole Milk Iced Tea Alt Mt: Meatball Sub Alt Vg: Corn	Spaghetti/Meatsauce Spaghetti Noodles Italian Vegetables Bread Sticks Pear Cobbler Whole Milk Iced Tea Alt Mt:Sliced Turkey Alt Vg:Zucchini	BBQ Pork on a Bun Tator Tots Marinated Garden Sld Fruit Cup Whole Milk Iced Tea Alt Mt:Beef Stew Alt Vg:Three Bean Salad
 Active Healthcare www.ahpg.net 3V 2F 2M	 Active Healthcare www.ahpg.net 3V 1F 2M	 Active Healthcare www.ahpg.net 3V 3F 3M	 Active Healthcare www.ahpg.net 4V 2F 2.5M	 Active Healthcare www.ahpg.net 3.5V 2F 2M	 Active Healthcare www.ahpg.net 3V 1F 2.25M	 Active Healthcare www.ahpg.net 3V 4F 3M

Regular

# Fortified Foods Menu for Week 1

*Edmund RLD*

04-04-07

Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
1111111111111111 2222222222222222 33333333333333	Fortified Eggs Fortified Grits	Fortified Eggs Fortified Grits	Fortified Eggs Fortified Grits	Fortified Eggs Fortified Grits	Fortified Eggs Fortified Grits	Fortified Eggs Fortified Grits
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fortified Rice Fortified Pudding	Fortified Potatoes Fortified Rice	Fortified Peas Fortified Rice	Fortified Potatoes Fortified Rice	Fortified Potatoes Fortified Pudding	Fortified Rice Fortified Pudding	Fortified Rice Fortified Pudding
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Fortified Pasta Fortified Fruit	Fortified Beans Fortified Fruit	Fortified Potatoes Fortified Rice	Fortified Soup Fortified Fruit	Fortified Potatoes Fortified Fruit	Fortified Pasta Fortified Fruit	Fortified Pasta Fortified Fruit
 www.ahpg.net 3V 2F 2M	3V 1F 2M	3V 3F 3M	4V 2F 2.5M	3.5V 2F 2M	3V 1F 2.25M	 www.ahpg.net 3V 4F 3M

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Regular