

Regular		Internal Temp.		Puree		Ground		Chopped		Dialysis		CCD	
Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
* 1125-RICE KRISPIES	3/4 CUP	* 7148-Not a PHF	1 each	* 5039-HOT CEREAL ONLY	3/4 CUP	* 1125-RICE KRISPIES	3/4 CUP	* 1125-RICE KRISPIES	3/4 CUP	* 1125-RICE KRISPIES	3/4 CUP	* 1125-RICE KRISPIES	3/4 CUP
* 1395-SCRAMBLED EGG	1/4 CUP	* 7166-BREAKFAST BURRITO	1 each	* 4793-PUREED EGGS	1 #12 Scp	* 1395-SCRAMBLED EGG	1/4 CUP	* 1395-SCRAMBLED EGG	1/4 CUP	* 1395-SCRAMBLED EGG	1/4 CUP	* 7176-SCRAMBLED EGG	1/2 CUP
* 1566-WHEAT TOAST	1 SLICE	* 7149-Not a PHF	1 each	* 6518-PUREED	1 #16 Scp	* 1566-WHEAT TOAST	1 SLICE	* 1566-WHEAT TOAST	1 SLICE	* 1566-WHEAT TOAST	1 SLICE	* 6162-WHITE TOAST	1 SLICE
* 6142-MARGARINE PAT	1 TSP	* 7164-Not a PHF	1 each	* 6142-MARGARINE PAT	1 TSP	* 6142-MARGARINE PAT	1 TSP	* 6142-MARGARINE PAT	1 TSP	* 6142-MARGARINE PAT	1 TSP	* 7261-SF MARGARINE	1 TBSP
* 1571-JELLY	1 PKT	* 7164-Not a PHF	1 each	* 1571-JELLY	1 PKT	* 1571-JELLY	1 PKT	* 1571-JELLY	1 PKT	* 1571-JELLY	1 PKT	* 1571-JELLY	1 PKT
* 1054-WHOLE MILK	8 OZ	* 7160-41	1 each	* 1054-WHOLE MILK	8 OZ	* 1054-WHOLE MILK	8 OZ	* 1054-WHOLE MILK	8 OZ	* 1054-WHOLE MILK	8 OZ	* 5401-WHOLE MILK	4 OZ
* 1598-ORANGE JUICE	4 OZ	* 7160-41	1 each	* 1598-ORANGE JUICE	4 OZ	* 1598-ORANGE JUICE	4 OZ	* 1598-ORANGE JUICE	4 OZ	* 1598-ORANGE JUICE	4 OZ	* 3875-APPLE OR CRAN JUICE	4 OZ
* 1598-ORANGE JUICE	4 OZ	* 7160-41	1 each	* 1598-ORANGE JUICE	4 OZ	* 1598-ORANGE JUICE	4 OZ	* 1598-ORANGE JUICE	4 OZ	* 1598-ORANGE JUICE	4 OZ	* 3875-APPLE OR CRAN JUICE	4 OZ
Regular		Internal Temp.		Puree		Ground		Chopped		Dialysis		CCD	
Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch	
* 6011-BAKED CHICKEN	2 OZ	* 7098-165	1 each	* 4796-PUREED ENTREE	1 #8 Scoop	* 6862-GROUND MEAT/ENTREE	1 #16 Scp	* 6864-CHOPPED MEAT/ENTREE	1 #16 Scp	* 6864-CHOPPED MEAT/ENTREE	1 #16 Scp	* 626-BAKED CHICKEN	3 OZ
* 3268-RICE	1/3 CUP	* 7099-140	1 each	* 4809-PUREED	1 #8 Scp	* 3268-RICE	1/3 CUP	* 3268-RICE	1/3 CUP	* 3268-RICE	1/3 CUP	* 3268-RICE	1/3 CUP
* 1380-GREEN BEANS	1/2 CUP	* 7158-140	1 each	* 5391-PUREED	1 #8 Scoop	* 1269-SOFT COOKED VEG	1/2 CUP	* 1269-SOFT COOKED VEG	1/2 CUP	* 1269-SOFT COOKED VEG	1/2 CUP	* 582-SF VEGETABLES	1/2 CUP
* 2000-DINNER ROLL	1 EACH	* 7149-Not a PHF	1 each	* 6518-PUREED	1 #16 Scp	* 2000-DINNER ROLL	1 EACH	* 2000-DINNER ROLL	1 EACH	* 2000-DINNER ROLL	1 EACH	* 2000-DINNER ROLL	1 EACH
* 1812-AMBROSIA	1/2 CUP	* 7155-Not a PHF	1 each	* 6637-PUREED AMBROSIA	1 #8 Scp	* 5413-DICED CANNED FRUIT	1/2 CUP	* 5413-DICED CANNED FRUIT	1/2 CUP	* 5413-DICED CANNED FRUIT	1/2 CUP	* 1812-AMBROSIA	1/2 CUP
* 1226-MARGARINE PAT	1 TSP	* 7164-Not a PHF	1 each	* 1226-MARGARINE PAT	1 TSP	* 1226-MARGARINE PAT	1 TSP	* 1226-MARGARINE PAT	1 TSP	* 1226-MARGARINE PAT	1 TSP	* 7261-SF MARGARINE	1 TBSP
* 5401-WHOLE MILK	4 OZ	* 7160-41	1 each	* 1054-WHOLE MILK	8 OZ	* 5401-WHOLE MILK	4 OZ	* 5401-WHOLE MILK	4 OZ	* 5401-WHOLE MILK	4 OZ	* 3036-MOCHA MIX	4 OZ
* 5401-WHOLE MILK	4 OZ	* 7160-41	1 each	* 1054-WHOLE MILK	8 OZ	* 5401-WHOLE MILK	4 OZ	* 5401-WHOLE MILK	4 OZ	* 5401-WHOLE MILK	4 OZ	* 3036-MOCHA MIX	4 OZ
Regular		Internal Temp.		Puree		Ground		Chopped		Dialysis		CCD	
Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		Dinner	
* 1509-HAMBURGER..W/THE WORKS	2 OZ	* 7165-155	1 each	* 4805-PUREED SANDWICH	1 #6 Scp	* 6097-SEE RECIPE	1 SERVING	* 6097-SEE RECIPE	1 SERVING	* 4437-HAMBURGER W/THE WORKS	3 OZ	* 1509-HAMBURGER..W/THE WORKS	2 OZ
* 647-TATER TOTS	5 EACH	* 7099-140	1 each	* 1614-MASHED POTATOES	1/2 CUP	* 1270-FORK MASHED	1 SERVING	* 1270-FORK MASHED	1 SERVING	* 5502-NOODLES OR RICE	1 SEE REC	* 647-TATER TOTS	5 EACH
* 465-CARROT & RAISIN SALAD	1/2 CUP	* 7150-Not a PHF	1 each	* 4804-PUREED	1 #12 scp	* 5970-SEE REC	1/2 CUP	* 5970-SEE REC	1/2 CUP	* 2529-CARROT SALAD	1/2 CUP	* 465-CARROT & RAISIN SALAD	1/2 CUP
* 1235-HAMBURGER BUN	1 EACH	* 7149-Not a PHF	1 each	* 5411-IN ENTREE	1 EACH	* 1235-HAMBURGER BUN	1 EACH	* 1235-HAMBURGER BUN	1 EACH	* 1235-HAMBURGER BUN	1 EACH	* 1235-HAMBURGER BUN	1 EACH
* 3450-SUGAR COOKIE	1 EACH	* 7155-Not a PHF	1 each	* 6635-PUREED	1 #8 Scp	* 3450-SUGAR COOKIE	1 EACH	* 3450-SUGAR COOKIE	1 EACH	* 3450-SUGAR COOKIE	1 EACH	* 5077-VANILLA WAFERS	4 EACH
* 5401-WHOLE MILK	4 OZ	* 7160-41	1 each	* 1054-WHOLE MILK	8 OZ	* 5401-WHOLE MILK	4 OZ	* 5401-WHOLE MILK	4 OZ	* 5401-WHOLE MILK	4 OZ	* 3036-MOCHA MIX	4 OZ
* 5401-WHOLE MILK	4 OZ	* 7160-41	1 each	* 1054-WHOLE MILK	8 OZ	* 5401-WHOLE MILK	4 OZ	* 5401-WHOLE MILK	4 OZ	* 5401-WHOLE MILK	4 OZ	* 3036-MOCHA MIX	4 OZ
Regular		Internal Temp.		Puree		Ground		Chopped		Dialysis		CCD	
H/S		H/S		H/S		H/S		H/S		H/S		H/S	
* 9086-OFFER SNACK	1 EACH	* 1726-SEE REC	1 EACH	* 1726-SEE REC	1 EACH	* 1726-SEE REC	1 EACH	* 1726-SEE REC	1 EACH	* 1726-SEE REC	1 EACH	* 2-JELLY SAND	1/2 EACH
												* 3036-MOCHA MIX	4 OZ
												* 5553-STARCH EXCHANGE	1 EACH
												* 1054-WHOLE MILK	8 OZ

Approved by:

*M. Maloux, RD.*

Refer to recipes included in recipe book for texture modification instructions

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1. *Liberal Bland = Omit caffeinated, decaffeinated beverages and chocolate*
  2. *NAS = Serve regular diet with No Salt Packet on tray*
  3. *High Protein = Serve 8 oz milk and 1 extra ounce protein at each meal*
  4. *Low Residue = White breads only (when on menu). No raw fruits or vegetables except banana. Limit milk to 16 ounces per day*
  5. *High Fiber = Serve whole wheat bread, rolls, buns, 8 oz water with every meal, use high fiber cereal, 1 raw fruit/vegetable per day*
  6. *Small portions = 2 oz protein at lunch and dinner, 1/4 cup starch, 1/2 slice bread at lunch and dinner, 4 oz milk each meal; Casseroles: 1/2 Cup; Sandwiches: 1 oz meat with 1 slice b*
  7. *Large portions = 1 1/2 servings of meat/entree, starch and vegetables, 8 oz milk each meal; Casseroles: 1 1/4 Cup; Sandwiches: 1 1/2 sandwi*
  8. *Puree/Ground/Chop/Dysphagia diets = if mashed potatoes occur on the menu for texture modification; add 1 oz (2 tbsp) gravy*
  9. *Lowfat/Lowchol = Follow CCD diet; 8 oz NF milk each meal and HS; regular condiments; No bacon; No sausage; Use egg substitute when eggs are on menu*
  10. *When menu states "see rec" (see recipe) refer to recipe specified in regular column for additional texture modification(s) and/or diet modification(s)*
  11. *Dysphagia Level 2 and 3 - Add extra margarine/jelly/syrup to adequate moisten; add sauces/gravy to meats/entrees to adequately moisten*
  12. *LS = Low Sodium or Salt Free check recipe for specific instruction(s)*

*Refrigerate 3 days ahead meat; check tomorrow's dessert*

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