

FACILITY OR
INSTITUTION NAME: _____

Effective: 6/28/2020
REVISED 10/18/2020

STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

Angela Gaskins
FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Sunday

Brenda Patterson
Brenda Patterson, R.D.,L.D./N
Public Health Nutrition Consultant

MONTH OF _____
OPERATION: _____

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ea hard boiled eggs (E) 1 c grits ¼ c Lyonnaise potatoes 2 ea. bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz. jelly (#60 disher) 2 ea. sugar pk ½ oz. margarine (#100 disher) or 1 pat	2 ea hard boiled eggs (E) 1 ¼ c grits 1 ¼ c Lyonnaise potatoes 2 ea. biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz. jelly(#60 disher) 2 ea. sugar pk ½ oz. margarine (#60 disher) or 2 pats	2 ea hard boiled eggs (E) ¼ c grits ¼ c Lyonnaise potatoes 1 ea. bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea. sugar substitute ½ oz. margarine (#60 disher) or 2 pats	2 ea hard boiled eggs (E) 1 c grits ¼ c Lyonnaise potatoes 2 ea. bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea. sugar substitute ½ oz. margarine (#60 disher) or 2 pats	2 oz LS peanut butter (# 16 scoop) 1 ½ c grits ¼ c Lyonnaise potatoes ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea. sugar pk ½ oz LSmargarine (# 60 or 2 pats)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entree	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
¼ c taco meat (E) ¼ c rice 1 c dried beans ½ c lettuce 2 ea. tortilla 1 ea. cookie 1 oz. shredded cheese(#16 disher) 1 c fortified tea 1 c dried beans (AE)	¼ c taco meat (E) 1 c rice 1 c dried beans ½ c lettuce 2 ea. tortilla 1 ea. cookie 1 oz. shredded cheese(#16 disher) 1 c fortified tea 1 c dried beans (AE)	¼ c taco meat (E) ¼ c rice 1 c dried beans ½ c lettuce 1 ea. tortilla ½ c canned fruit 1 c fortified tea 1 c dried beans (AE)	¼ c taco meat (E) ¼ c rice 1 c dried beans ½ c lettuce 2 ea. tortilla ½ c canned fruit 1 c fortified tea 1 c dried beans (AE)	1 c dried beans 2 c rice ½ c lettuce ½ c canned fruit ½ oz LSmargarine (# 60 or 2 pats) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
2 oz. luncheon meat (E) 1 oz. cheese (E) ¼ c pasta salad ¼ c carrot coins ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 3 oz cheese (AE) * serve 6 slices or 3/4 c shredded	2 oz. luncheon meat (E) 1 oz. cheese (E) 1 c pasta salad ½ c carrot coins ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 3 oz cheese (AE) * serve 6 slices or 3/4 c shredded	2 oz. luncheon meat (E) 1 oz. cheese (E) ¼ c pasta salad 1 c carrot coins ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 3 oz cheese (AE) * serve 6 slices or 3/4 c shredded	2 oz. luncheon meat (E) 1 oz. cheese (E) 1 c pasta salad 1 c carrot coins ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 3 oz cheese (AE) * serve 6 slices or 3/4 c shredded	1 c dried beans 2 c pasta ¼ c carrot coins ½ c lettuce ½ c canned fruit ½ oz LSmargarine (# 60 or 2 pats) 1 c fortified beverage
		2 T LS peanut butter (#30) 2 ea. bread	2 T LS peanut butter (#30) 2 ea. bread	

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

¼ cup= 4 ounces
½ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES


Food Service Director

FACILITY OR
INSTITUTION NAME: _____


STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Sunday


Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ea. hard boiled eggs (E) 1 c grits ¼ c Lyonnaise potatoes 2 ea. bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz. jelly (#60 disher) 2 ea. sugar pk ½ oz. margarine (#100 disher) or 1 pat	2 ea. hard boiled eggs (E) 1 c grits ¼ c lyonnaise potatoes 2 ea. bread or biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz. jelly (#60 disher) 2 ea. sugar pk ½ oz. margarine (#100 disher) or 1 pat	3 ea hard boiled eggs (E) 1 c grits 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz. jelly(#60 disher) 2 ea sugar pk 1 oz margarine (#30 disher) or 3 pats	2 ea. hard boiled eggs (E) 1 c grits ¼ c lyonnaise potatoes 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 oz jelly (# 16 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats	3 ea hard boiled eggs (E) 1 ½ c grits 3 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 oz jelly(#30 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c taco meat (E) ¾ c rice 1 c dried beans ½ c lettuce 2 ea. tortilla 1 ea. cookie 1 oz. shredded cheese(#16 disher) 1 c fortified tea 1 c dried beans (AE)	½ c taco meat (E) ¾ c rice 1 c dried beans ½ c cabbage 2 ea. tortilla 1 ea. cookie 1 oz. shredded cheese(#16 disher) 1 c fortified tea 1 c dried beans (AE)	6 oz. pulled poultry thigh (E) 1 c rice ½ c lettuce 2 ea. tortilla 1 ea. cookie 1 oz. shredded cheese(#16 disher) 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea 6 oz eggs (AE)	3 oz. taco meat (E) (#10 disher) ¾ c rice ½ c lettuce 2 ea. tortilla 1 ea. cookie 1 oz. shredded cheese(#16 disher) 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified tea 3 oz eggs (AE)	½ c taco meat (E) ¾ c rice ½ c lettuce ½ c lettuce 1 ea. cookie 1 oz. shredded cheese(#16 disher) 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
2 oz. luncheon meat (E) 1 oz. cheese (E) ¾ c pasta salad ½ c carrot coins ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 3 oz cheese (AE) * serve 6 slices or 3/4 c shredded	2 oz. luncheon meat (E) Chopped 1 oz. cheese (E) ¾ c pasta 1 c carrots 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 3 oz cheese (AE) * serve 6 slices or 3/4 c shredded	2 oz. luncheon meat (E) 1 oz. cheese (E) ¾ c pasta ½ c carrots ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 3 oz cheese (AE) * serve 6 slices or 3/4 c shredded	2 oz. luncheon meat (E) 1 oz. cheese (E) ¾ c pasta salad ½ c carrot coins ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 3 oz cheese (AE) * serve 6 slices or 3/4 c shredded	1 c ground chicken (E) ¾ c pasta salad ½ c carrot coins ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 6 oz eggs (AE)

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

½ cup = 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

FACILITY OR
INSTITUTION NAME: _____

STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020

Angela Gaskins
FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Monday

Brenda Patterson
Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal	1 ½ c oatmeal	1 ea breakfast sausage patty (E) 1 ½ c oatmeal	1 ea breakfast sausage patty (E) 2 c oatmeal	2 oz LS peanut butter(E)(# 16 scoop) 1 ½ c oatmeal
2 ea pancakes (E)	2 ea pancakes (E)	1 ea bread	2 ea bread	1 ea fresh fruit
1 ea fresh fruit	1 ea fresh fruit	1 ea fresh fruit	1 ea fresh fruit	1 c coffee
1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c breakfast beverage
1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	2 ea sugar pk
2 oz syrup	2 oz syrup	1 pk diet jelly	2 pk diet jelly	2 ea sugar pk
2 ea sugar pk	2 ea sugar pk	2 ea sugar substitute	2 ea sugar substitute	½ oz LS margarine (# 60 or 2 pats)
½ oz. margarine (#100 disher) or 1 pat	½ oz margarine (# 60 or 2 pats)	½ oz. margarine (#60 disher) or 2 pats	½ oz. margarine (#60 disher) or 2 pats	
No Alternate Entrée	No Alternate Entrée	2 oz cheese (AE)* *serve 4 slices or ½ c shredded	2 oz cheese (AE)* *serve 4 slices or ½ c shredded	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 ea beefy patty (E)	1 ea beefy patty (E)	1 ea beefy patty (E)	1 ea beefy patty (E)	1 c dried beans
¾ c mashed potatoes	1 c mashed potatoes	¾ c mashed potatoes	1 c mashed potatoes	2 c oven brown potatoes
½ c cabbage	½ c cabbage	½ c cabbage	½ c cabbage	½ c cabbage
½ c sweet peas	½ c sweet peas	1 c sweet peas	1 c sweet peas	½ c sweet peas
2 ea bread	2 ea bread	1 ea bread	1 ea bread	½ c canned fruit
1 ea mustard(pk or tsp)	1 ea mustard(pk or tsp)	½ c canned fruit	½ c canned fruit	½ oz LS margarine (# 60 or 2 pats)
1 ea ketchup(pk or tsp)	1 ea ketchup(pk or tsp)	1 ea mustard(pk or tsp)	1 ea mustard(pk or tsp)	1 c fortified tea
1 c fortified tea	1 c fortified tea	1 ea ketchup(pk or tsp)	1 ea ketchup(pk or tsp)	1 c fortified tea
1 c dried beans (AE)	1 c dried beans (AE)	1 c fortified tea	1 c fortified tea	
		1 c dried beans (AE)	1 c dried beans (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E)	6 ea meatballs (E)	6 ea meatballs (E)	6 ea meatballs (E)	2 c pasta
2 oz Italian red sauce	2 oz Italian red sauce	2 oz Italian red sauce	2 oz Italian red sauce	1 c dried beans
¾ c pasta	1 c pasta	¾ c pasta	1 c pasta	1 c california blend
1 c dried beans	1 c dried beans	¾ c dried beans	¾ c dried beans	
½ c california blend	½ c california blend	½ c california blend	½ c california blend	
1 ea garlic pan bread	1 ea garlic pan bread	1 ea bread	1 ea bread	½ c canned fruit
1 ea cake with icing	1 ea cake w/ icing		½ c canned fruit	½ oz LS margarine (# 60 or 2 pats)
1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage
1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	
		2 T LS peanut butter (#30)	2 T LS peanut butter (#30)	
		2 ea bread	2 ea bread	

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

¾ cup= 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

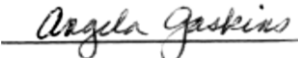
Food Service Director

FACILITY OR
INSTITUTION NAME: _____

STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
Revised 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Monday


Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal 2 ea pancakes (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz. margarine (#100 disher) or 1 pat No Alternate Entrée	1 c oatmeal 2 ea pancakes (E) ½ c fruit drink*** 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz. margarine (#100 disher) or 1 pat No Alternate Entrée ***can give banana if available	6 oz eggs (E) ½ c oatmeal 2 ea pancakes (E) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk 1 oz margarine (#30 disher) or 3 pats No Alternate Entrée	1 c oatmeal 2 ea pancakes (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats No Alternate Entrée	6 oz eggs (E) ½ c oatmeal 3 ea bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 1 oz jelly (#30 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 ea beefy patty (E) ¾ c mashed potatoes ½ c cabbage ½ c sweet peas 2 ea bread 1 ea mustard(pk or tsp) 1 ea ketchup(pk or tsp) 1 c fortified tea 1 c dried beans (AE)	1 ea beefy patty (E) ¾ c mashed potatoes ½ c cabbage ½ c sweet peas 2 ea bread 1 ea mustard(pk or tsp) 1 ea ketchup(pk or tsp) 1 c fortified tea 1 c dried beans (AE)	6 oz ground chicken (E) ¾ c mashed potatoes ½ c cabbage 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea 6 oz cheese (AE) serve 12 slices or 1 ½ cup shredded	1 ea beefy patty (E) ¾ c mashed potatoes 1 c cabbage 2 ea bread ½ c canned fruit 1 ea mustard(pk or tsp) 1 ea ketchup(pk or tsp) 1 c fortified tea ¾ c dried beans (AE)	1 ea beefy patty (E) 1 c mashed potatoes ½ c sweet peas 2 ea bread 1 ea mustard(pk or tsp) 1 ea ketchup(pk or tsp) 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz Italian red sauce ¾ c pasta 1 c dried beans ½ c california blend 1 ea garlic pan bread 1 ea cake with icing 1 c fortified beverage 1 c dried beans (AE)	6 ea meatballs (E) 2 oz Italian red sauce ¾ c pasta 1 c dried beans ½ c california blend 1 ea garlic pan bread 1 ea cake with icing 1 c fortified beverage 1 c dried beans (AE)	6 oz pulled poultry thigh(E) 2 oz Italian red sauce ¾ c pasta ½ c california blend 2 ea bread 1 ea cake with icing 1 c fortified beverage 6 oz eggs (AE)	3 ea meatballs (E) 2 oz Italian red sauce ¾ c pasta ½ c california blend 1 oz LS margarine (#30 disher) or 3 pats 2 ea bread 1 ea cake with icing 1 c fortified beverage ¾ c dried beans (AE)	6 oz pulled poultry thigh (E) ¾ c pasta ½ c california blend 1 oz LS margarine (#30 disher) or 3 pats 3 ea bread 1 ea cake with icing 1 c fortified beverage 6 oz eggs (AE)

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

½ cup= 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

Food Service Director

FACILITY OR
INSTITUTION NAME: _____

STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020

Angela Gaskins
FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Tuesday

Brenda Patterson
Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 ea breakfast sausage patty (E) 1 c grits ¾ c hashbrown casserole 2 ea biscuits or bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	1 ea breakfast sausage patty (E) 1 ½ c grits 1 ½ c hashbrown casserole 2 ea biscuits or bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine (#60 disher) or 2 pats	1 ea breakfast sausage patty (E) ½ c grits ¾ c hashbrown casserole 1 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute ½ oz margarine (#60 disher) or 2 pats	1 ea breakfast sausage patty (E) ½ c grits ¾ c hashbrown casserole 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea sugar substitute ½ oz margarine (#60 disher) or 2 pats	2 oz LS peanut butter (# 16 disher) 1 ½ c grits ¾ c hashbrown potatoes ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz LS margarine (# 60 or 2 pats)
2 oz cheese (AE)* *serve 4 slices or ½ c shredded	2 oz cheese (AE)* *serve 4 slices or ½ c shredded	2 oz cheese (AE)* *serve 4 slices or ½ c shredded	2 oz cheese (AE)* *serve 4 slices or ½ c shredded	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
3 oz peanut butter & jelly (#12 disher) (E) ¾ c potato salad ½ c carrot coins 2 ea bread ½ c canned fruit 1 c fortified tea No Alternate Entrée	3 oz peanut butter & jelly (#12 disher) (E) 1 c potato salad ½ c carrot coins 2 ea bread ½ c canned fruit 1 c fortified tea No Alternate Entrée	2 oz peanut butter & jelly (#16 disher) (E) 1 c potato salad 1 c carrot coins 2 ea bread 1 c fortified tea No Alternate Entrée	2 oz peanut butter & jelly (#16 disher) (E) 1 c potato salad 1 c carrot coins 2 ea bread ½ c canned fruit 1 c fortified tea No Alternate Entrée	2 oz LS peanut butter (# 16 disher) 2 c oven brown potatoes 1 c carrot coins ½ c canned fruit ½ oz LS margarine (# 60 or 2 pats) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea oven fried chicken leg 1/4 (E) 2 oz country gravy ¾ c rice 1 c black eyed peas ½ c greens 1 ea cornbread 1 c fortified beverage	1 ea oven fried chicken leg 1/4 (E) 2 oz country gravy 1 c rice 1 c black eyed peas ½ c greens 1 ea cornbread 1 c fortified beverage	1 ea oven fried chicken leg 1/4 SKINLESS (E) 2 oz country gravy ½ c rice ½ c black eyed peas ½ c greens 1 ea bread 1 c fortified beverage	1 ea oven fried chicken leg 1/4 SKINLESS (E) 2 oz country gravy ¾ c rice ¾ c black eyed peas ½ c greens 1 ea bread 1 c fortified beverage	2 c rice 1 c black eyed peas ½ c greens ½ c canned fruit ½ oz LS margarine (# 60 or 2 pats) 1 c fortified beverage
3 oz peanut butter (#12 disher)(AE) *give 2 sl of bread with (AE) instead of cornbread	3 oz peanut butter (#12 disher)(AE) *give 2 sl of bread with (AE) instead of cornbread	3 oz peanut butter (#12 disher)(AE) 2 T LS peanut butter (#30) 2 ea bread	3 oz peanut butter (#12 disher)(AE) 2 T LS peanut butter (#30) 2 ea bread	

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

½ cup= 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES


Food Service Director

FACILITY OR
INSTITUTION NAME: _____

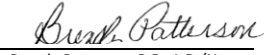
STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Tuesday


Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 ea breakfast sausage patty (E) 1 c grits ¼ c hashbrown casserole 2 ea biscuits or bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat 2 oz cheese (AE)* *serve 4 slices or ½ c shredded	1 ea breakfast sausage patty chopped(E) 1 c grits ¼ c hashbrown casserole 2 ea biscuits or bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat 2 oz cheese (AE)* *serve 4 slices or ½ c shredded	6 oz eggs (E) ½ c grits 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk 1 oz margarine (#30 disher) or 3 pats No Alternate Entrée	2 oz eggs (E) 1 c grits ¼ c hashbrown casserole 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 oz jelly (#16 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats No Alternate Entrée	6 oz eggs (E) 1 c grits 3 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 oz jelly (#60 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
3 oz peanut butter & jelly (#12 disher) (E) ¾ c potato salad ½ c carrot coins 2 ea bread ½ c canned fruit 1 c fortified tea No Alternate Entrée	3 oz peanut butter & jelly (#12 disher) (E) ¾ c oven brown potatoes ¾ c carrots 2 ea bread ½ c canned fruit 1 c fortified tea No Alternate Entrée	6 oz ground chicken (E) ½ c RICE ½ c carrots 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea 6 oz cheese (AE) serve 12 slices or 1 ½ cup shredded	3 oz peanut butter & jelly (#12 disher) (E) ¾ c potato salad ½ c carrot coins 2 ea bread ½ c canned fruit 1 c fortified tea No Alternate Entrée	3 oz peanut butter & jelly (#12 disher) (E) ¾ c potato salad ½ c carrot coins 2 ea bread ½ c canned fruit 1 c fortified tea No Alternate Entrée
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea oven fried chicken leg 1/4 (E) 2 oz country gravy ¾ c rice 1 c black eyed peas ½ c greens 1 ea cornbread 1 c fortified beverage	4 oz pulled poultry thigh chopped(E) 2 oz country gravy ¾ c rice 1 c black eyed peas ½ c greens 1 ea cornbread 1 c fortified beverage	6 oz pulled poultry thigh (E) ½ c rice ½ c greens 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage 4 oz eggs (AE)	2 oz pulled poultry thigh (E) 2 oz country gravy 1 c rice ½ c greens 2 ea bread 1 oz jelly (#30 disher) 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified beverage 2 oz peanut butter (# 16 disher) (AE)	6 oz pulled poultry thigh (E) ¾ c rice ½ c greens 3 ea bread 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)
*give 2 sl of bread with (AE) instead of cornbread	*give 2 sl of bread with (AE) instead of cornbread			

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

½ cup= 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

Food Service Director

FACILITY OR
INSTITUTION NAME: _____

**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS**

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020

Angela Gaskins
FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Wednesday

Brenda Patterson
Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal 2 ea coffee cake (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz. margarine (#100 disher) or 1 pat	1 ½ c oatmeal 2 ea coffee cake (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz. margarine (#60 disher) or 2 pats	3 oz eggs (E) 1 ½ c oatmeal 1 ea bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute ½ oz. margarine (#60 disher) or 2 pats	3 oz eggs (E) 2 c oatmeal 2 ea bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea sugar substitute ½ oz. margarine (#60 disher) or 2 pats	2 oz LS peanut butter (# 16 disher) 1 ½ c oatmeal 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz. LSmargarine (# 60 or 2 pats)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c sloppy joe (E) ½ c corn 1 c dried beans ½ c green beans 2 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) 1 c corn 1 c dried beans ½ c green beans 2 ea bread 1 c fortified tea 1 c dried beans (AE)	1 c sloppy joe (E) ½ c corn 1 c dried beans ½ c green beans 1 ea bread 1 c fortified tea 1 c dried beans (AE)	1 c sloppy joe (E) 1 c corn 1 c dried beans 1 c green beans 1 ea bread ½ c canned fruit 1 c fortified tea 1 c dried beans (AE)	2 c pasta 1 c dried beans 1 c green beans ½ c canned fruit ½ oz LSmargarine (# 60 or 2 pats) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 c taco skillet (E) 1 c dried beans ½ c broccoli ½ c tossed salad 2 ea tortilla 1 ea cookie 1 ea dressing 1 c fortified beverage 1 c dried beans (AE) ½ c rice (AE)	1 c taco skillet (E) 1 c dried beans ½ c broccoli ½ c tossed salad 2 ea tortilla 1 ea cookie 1 ea dressing 1 c fortified beverage 1 c dried beans (AE) ½ c rice (AE)	1 c taco skillet (E) ½ c dried beans ½ c broccoli ½ c tossed salad 1 ea tortilla 1 ea dressing 1 c fortified beverage ½ c dried beans (AE) ½ c rice (AE)	1 c taco skillet (E) ½ c dried beans 1 c broccoli 1 c tossed salad 1 ea tortilla 2 ea dressing 1 c fortified beverage ½ c dried beans (AE) ½ c rice (AE)	2 c rice 1 c dried beans ½ c broccoli ½ c tossed salad ½ c canned fruit 1 ea dressing ½ oz LSmargarine (# 60 or 2 pats) 1 c fortified beverage
		2 T LS peanut butter (#30) 2 ea bread	2 T LS peanut butter (#30) 2 ea bread	

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

½ cup= 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

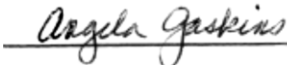
Food Service Director

FACILITY OR
INSTITUTION NAME: _____


STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective 6/28/2020
REVISED 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Wednesday


Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal 2 ea coffee cake (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	1 c oatmeal 2 ea coffee cake (E) ½ c fruit drink *** 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	6 oz eggs (E) ½ c oatmeal 2 ea coffee cake (E) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz margarine (#30 disher) or 3 pats	1 c oatmeal 2 ea coffee cake (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats	6 oz eggs (E) ½ c oatmeal 3 ea bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 1 oz jelly (#30 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
	***can give banana when available in place of fruit drink			
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c sloppy joe (E) ½ c corn 1 c dried beans ½ c green beans 2 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) ½ c corn 1 c dried beans ½ c green beans 2 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) ½ c pasta ½ c green beans 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea 4 oz cheese (AE) serve 8 slices or 1 cup shredded	½ c sloppy joe (E) ½ c corn ½ c green beans 2 ea bread ½ c canned fruit 1 c fortified tea ½ c dried beans (AE)	½ c sloppy joe (E) ½ c pasta ½ c green beans 2 ea bread ½ c canned fruit 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 c taco skillet (E) 1 c dried beans ½ c broccoli ½ c tossed salad 2 ea tortilla 1 ea cookie 1 ea dressing 1 c fortified beverage 1 c dried beans (AE) ½ c rice (AE)	1 c taco skillet (E) 1 c dried beans 1 c broccoli 2 ea tortilla 1 ea cookie 1 c fortified beverage 1 c dried beans (AE) ½ c rice (AE)	6 oz pulled poultry thigh (E) ½ c rice ½ c broccoli 2 ea bread 1 ea cookie 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)	¾ c taco skillet (E) ½ c broccoli ½ c tossed salad/ 1 ea dressing 2 ea tortilla 1 ea cookie 1 ea dressing 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified beverage ½ c dried beans (AE)	6 oz pulled poultry thigh (E) ¾ c rice 1 c tossed salad 2 ea tortilla 1 ea cookie 2 ea dressing 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified tea 6 oz eggs (AE)

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

½ cup= 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES


Food Service Director

FACILITY OR
INSTITUTION NAME: _____


STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Thursday


Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
¾ c country meat gravy (E) 1 c oatmeal ¾ c lyonnaise potatoes 2 ea biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz. margarine (#100 disher) or 1 pat 3 oz cheese (AE) *serve 6slices or 3/4 c shredded	¾ c country meat gravy (E) 1 ½ c oatmeal 1 ¼ c lyonnaise potatoes 2 ea biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz. margarine (#60 disher) or 2 pats 3 oz cheese (AE) *serve 6slices or 3/4 c shredded	½ c country meat gravy (E) 1 c oatmeal 1 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute ½ oz. margarine (#60 disher) or 2 pats 3 oz cheese (AE) *serve 6slices or 3/4 c shredded	¾ c country meat gravy (E) 1 c oatmeal 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea sugar substitute ½ oz. margarine (#60 disher) or 2 pats 3 oz cheese (AE) *serve 6slices or 3/4 c shredded	2 oz LS peanut butter (# 16 disher) 1 ½ c oatmeal ¾ c lyonnaise potatoes ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz LSmargarine (# 60 or 2 pats)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c chicken and potato casserole (E) ½ c sweet peas ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE) ½ c potatoes (AE)	1 c chicken and potato casserole (E) 1 c sweet peas ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE) ½ c potatoes (AE)	1 c chicken and potato casserole (E) 1 c sweet peas ½ c carrots 1 ea bread ½ c canned fruit 1 c fortified tea ½ c dried beans (AE) ½ c potatoes (AE)	1 1/2 c chicken and potato casserole (E) 1 c sweet peas 1 c carrots 1 ea bread ½ c canned fruit 1 c fortified tea 1 c dried beans (AE) ½ c potatoes (AE)	2 c oven browned potatoes 1 c dried beans ½ c carrots ½ c sweet peas ½ c canned fruit ½ oz LSmargarine (# 60 or 2 pats) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
4 oz country fried patty (E) ¾ c pasta 1 c dried beans ½ c cabbage 2 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 3 oz peanut butter (#12 disher)(AE)	4 oz country fried patty (E) 1 c pasta 1 c dried beans ½ c cabbage 2 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 3 oz peanut butter (#12 disher)(AE)	4 oz country fried patty (E) ½ c pasta ½ c cabbage 1 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 3 oz peanut butter (#12 disher)(AE)	4 oz country fried patty (E) ½ c pasta ½ c dried beans ½ c cabbage 1 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 3 oz peanut butter (#12 disher)(AE)	2 c pasta 1 c dried beans 1 c cabbage ½ c canned fruit ½ oz LSmargarine (# 60 or 2 pats) 1 c fortified beverage
		2 T LS peanut butter (#30) 2 ea bread	2 T LS peanut butter (#30) 2 ea bread	

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

¾ cup= 4 ounces
½ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES


Food Service Director

FACILITY OR
INSTITUTION NAME: _____


STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Thursday


Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
¼ c country meat gravy (E) 1 c oatmeal ¼ c lyonnaise potatoes 2 ea biscuits ¼ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat 3 oz cheese (AE)	¼ c country meat gravy (E) 1 c oatmeal ¼ c lyonnaise potatoes 2 ea biscuits ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat 3 oz cheese (AE)	6 oz eggs(E) ½ c oatmeal 2 ea bread ¼ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk 1 oz margarine (#30 disher) or 3 pats	2 oz eggs (E) 1 c oatmeal ¼ c lyonnaise potatoes 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 oz jelly (#16disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats	6 oz eggs (E) ½ c oatmeal 3 ea bread ¼ c fruit drink 1 c coffee 1 c breakfast beverage 1 oz jelly (#30 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats
*serve 6slices or 3/4 c shredded		No alternate entrée	No alternate entrée	No alternate entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c chicken and potato casserole (E) ½ c sweet peas ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea	1 c chicken and potato casserole (E) ½ c sweet peas ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea	1 c ground chicken (E) ½ c oven-browned potatoes ½ c carrots 2 ea bread 1 ea cookie 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea	½ c chicken/potato casserole (E) ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea	1 c chicken/potato casserole (E) ½ c sweet peas ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea
1 c dried beans (AE) ½ c potatoes (AE)	1 c dried beans (AE) ½ c potatoes (AE)	4 oz cheese(AE)*8 slices or 1c shredded	½ c dried beans (AE) ½ c potatoes (AE)	6 oz eggs (AE) ½ c potatoes (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
4 oz country fried patty (E) ¼ c pasta 1 c dried beans ½ c cabbage 2 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 3 oz peanut butter (#12 disher)(AE)	4 oz country fried patty (E) (Chopped) ¼ c pasta 1 c dried beans ½ c cabbage 2 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 3 oz peanut butter (#12 disher)(AE)	6 oz pulled poultry thigh (E) ½ c pasta ½ c cabbage 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)	4 oz country fried patty (E) ½ c pasta 1 c cabbage 2 ea bread 1 oz LS margarine (#30 disher) or 3 pats 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 2 oz peanut butter (#16 disher)(AE)	4 oz country fried patty (E) ¼ c pasta ½ c cabbage 3 ea bread 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

½ cup= 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES


Food Service Director

FACILITY OR
INSTITUTION NAME: _____


STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Friday


Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
3 oz eggs (E) 1 c oatmeal ¾ c hashbrown potatoes	3 oz eggs (E) 1 ½ c oatmeal 1 ½ c hashbrown potatoes	3 oz eggs (E) ¾ c hashbrown potatoes	3 oz eggs (E) ½ c oatmeal ¾ c hashbrown potatoes	2 oz LS peanut butter (# 16 disher) 1 ½ c oatmeal ¾ c hashbrown potatoes
2 ea tortilla 1 oz shredded cheese(#16 disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat No Alternate Entrée	2 ea tortilla 1 oz shredded cheese(#16 disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#60 disher) or 2 pats No Alternate Entrée	1 ea tortilla 1 oz shredded cheese(#16 disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar substitute ½ oz margarine (#60 disher) or 2 pats No Alternate Entrée	1 ea tortilla 1 oz shredded cheese(#16 disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar substitute ½ oz margarine (#60 disher) or 2 pats No Alternate Entrée	¾ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz LS margarine (# 60 or 2 pats)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) ¾ c pasta salad with vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard (pk or 1 tsp) 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) 1 c pasta salad with vinagerette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard pk or 1 tsp 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) 1 c pasta salad with vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard pk or 1 tsp 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) 1 ½ c pasta salad with vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard pk or 1 tsp 1 c fortified tea	2 c pasta 1 c dried beans 1 c lettuce 1 ea fresh fruit 2 ea dressing ½ oz LS margarine (# 60 or 2 pats) 1 c fortified tea
3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	
DINNER	DINNER	DINNER	DINNER	DINNER
3 oz fish patty (E) ¾ c cheesy grits ½ c sweet peas 2 ea bread 1 ea spice cake with icing 1 ea tartar sauce 1 c fortified beverage	3 oz fish patty (E) 1 c cheesy grits ½ c sweet peas 2 ea bread 1 ea spice cake with icing 1 ea tartar sauce 1 c fortified beverage	3 oz fish patty (E) ¾ c cheesy grits ½ c sweet peas 1 ea bread 1 ea tartar sauce 1 c fortified beverage	3 oz fish patty (E) ¾ c cheesy grits ½ c sweet peas 1 ea bread ½ c canned fruit 1 ea tartar sauce 1 c fortified beverage	1 c dried beans 2 c grits 1 c sweet peas ¾ c canned fruit ½ oz LS margarine (# 60 or 2 pats) 1 c fortified beverage
1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	
		2 T LS peanut butter (#30) 2 ea bread	2 T LS peanut butter (#30) 2 ea bread	

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

½ cup = 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces


MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

FACILITY OR
INSTITUTION NAME: _____


STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Friday


Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
3 oz eggs (E) 1 c oatmeal ¼ c hashbrown potatoes 2 ea tortilla 1 oz shredded cheese(#16 disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat No Alternate Entrée	3 oz eggs (E) 1 c oatmeal ¼ c hashbrown potatoes 2 ea tortilla 1 oz shredded cheese(#16 disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat No Alternate Entrée	6 oz eggs (E) 1 c oatmeal 2 ea bread 1 oz shredded cheese (# 16 disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk 1 oz margarine (#30 disher) or 3 pats No Alternate Entrée	2 oz eggs(E) 1 c oatmeal ¼ c hashbrown potatoes 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 oz jelly (#16 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats No Alternate Entrée	6 oz eggs(E) 1 c oatmeal 3 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 1 oz jelly (#30 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) ¾ c pasta salad with vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard (pk or 1 tsp) 1 c fortified tea 3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	2 oz luncheon meat (E) CHOPPED 1 oz cheese (2 slices) (E) ¾ c pasta ½ c squash 2 ea bread 1 ea banana or ¼ c canned fruit 1 ea mayonnaise pk 1 ea mustard pk or 1 tsp 1 c fortified tea 3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	4 oz luncheon meat (E) 1 oz cheese (2 slices) (E) ½ c pasta 1 oz margarine (#30 disher) or 3 pats ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard pk or 1 tsp 1 c fortified tea 4 oz cheese(AE)* *serve 8 slices or 1 cup shredded	2 oz luncheon meat (E) 1 oz cheese (2 slices) ½ c pasta salad with vinagerette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard pk or 1 tsp 1 c fortified tea 3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	1 c ground chicken (E) ¾ c pasta salad with vinagerette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard pk or 1 tsp 1 c fortified tea 6 oz eggs (AE) No Alternate Entrée
DINNER	DINNER	DINNER	DINNER	DINNER
3 oz fish patty (E) ¾ c cheesy grits ½ c sweet peas 2 ea bread 1 ea spice cake with icing 1 ea tartar sauce 1 c fortified beverage 1 c dried beans (AE)	3 oz fish patty (E) (chopped) ¾ c cheesy grits ½ c sweet peas 2 ea bread 1 ea spice cake with icing 1 ea tartar sauce 1 c fortified beverage 1 c dried beans (AE)	3 oz fish patty (E) ½ c cheesy grits ½ c sweet peas 2 ea bread 1 ea spice cake with icing 1 ea tartar sauce 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage 3 oz eggs (AE)	3 oz fish patty (E) ¾ c cheesy grits ½ c sweet peas 2 ea bread 1 ea spice cake with icing 1 ea tartar sauce 1 oz jelly (# 30 disher) 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified beverage ¾ c dried beans (AE)	3 oz fish patty (E) ¾ c cheesy grits ½ c sweet peas 3 ea bread 1 ea spice cake w/ icing 1 ea tartar sauce 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

½ cup= 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

Food Service Director

FACILITY OR
INSTITUTION NAME: _____

STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020

Angela Gaskins
FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Saturday

Brenda Patterson
Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal 2 ea blueberry coffee cake (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	1 ½ c oatmeal 2 ea blueberry coffee cake (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#60 disher) or 2 pats	3 oz eggs (E) 1 ½ c oatmeal 1 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute ½ oz margarine (#60 disher) or 2 pats	3 oz eggs (E) 1 ½ c oatmeal 2 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea sugar substitute ½ oz margarine (#60 disher) or 2 pats	2 oz LS peanut butter (# 16 disher) 1 ½ c oatmeal ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz LS margarine (# 60 or 2 pats)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c southern BBQ (E) ½ c rice 1 c dried beans ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	½ c southern BBQ (E) 1 c rice 1 c dried beans ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 c southern BBQ (E) ½ c rice ¾ c dried beans ½ c carrots 1 ea bread 1 c fortified tea 1 c dried beans (AE)	1 c southern BBQ (E) 1 c rice ¾ c dried beans ½ c carrots 1 ea bread 1 c fortified tea 1 c dried beans (AE)	2 c rice 1 c dried beans ½ c carrots ½ c canned fruit ½ oz LS margarine (# 60 or 2 pats) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
2 ea poultry franks (E) 1 c baked beans ½ c mixed vegetables ½ c coleslaw 2 ea bread 2 ea mustard(pk or tsp) 2 ea ketchup(pk or tsp) 1 c fortified beverage 1 c baked beans (AE)	2 ea poultry franks (E) 1 c baked beans ½ c mixed vegetables ½ c coleslaw 2 ea bread 2 ea mustard(pk or tsp) 2 ea ketchup(pk or tsp) 1 c fortified beverage 1 c baked beans (AE)	2 ea poultry franks (E) ½ c mixed vegetables ½ c coleslaw 1 ea bread 2 ea mustard(pk or tsp) 2 ea ketchup(pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	2 ea poultry franks (E) 1 c mixed vegetables ½ c coleslaw 1 ea bread 2 ea mustard(pk or tsp) 2 ea ketchup(pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	2 c RICE 1 c dried beans 1 c mixed vegetables ½ c canned fruit ½ oz LS margarine (# 60 or 2 pats) 1 c fortified beverage
		2 T LS peanut butter (#30) 2 ea bread	2 T LS peanut butter (#30) 2 ea bread	

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

½ cup= 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces


MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

FACILITY OR
INSTITUTION NAME: _____

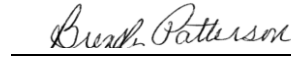
**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS**

MONTH OF _____
OPERATION: _____

Effective: 6/28/2020
REVISED 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 1 Saturday


Brenda Patterson, R.D., L.D./N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal 2 ea blueberry coffee cake (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage	1 c oatmeal 2 ea blueberry coffee cake (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage	6 oz eggs (E) ½ c oatmeal 2 ea blueberry coffee cake (E) ½ c fruit drink 1 c coffee 1 c breakfast beverage	1 c oatmeal 2 ea blueberry coffee cake (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage	6 oz eggs (E) 1 c oatmeal 3 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 1 oz jelly (#30 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats
2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	2 ea sugar pk 1 oz margarine (#30 disher) or 3 pats	2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats	2 ea sugar pk 1 oz LS margarine (#30 disher) or 3 pats
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c southern BBQ (E) ¾ c rice 1 c dried beans ½ c carrots 2 ea bread 1 ea cookie	½ c southern BBQ (E) ¾ c rice 1 c dried beans ½ c carrots 2 ea bread 1 ea cookie	½ c southern BBQ (E) ¾ c rice ½ c carrots 2 ea bread 1 ea cookie 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea	½ c southern BBQ (E) ¾ c rice ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea	½ c southern BBQ (E) ¾ c rice ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea
1 c fortified tea 1 c dried beans (AE)	1 c fortified tea 1 c dried beans (AE)	4 oz cheese (AE)* serve 8 slices or 1 cup shredded	¾ c dried beans (AE)	6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
2 ea poultry franks (E) 1 c baked beans ½ c mixed vegetables ½ c coleslaw 2 ea bread 2 ea mustard(pk or tsp) 2 ea ketchup(pk or tsp)	2 ea poultry franks (E) (chopped) 1 c baked beans 1 c mixed vegetables 2 ea bread 2 ea mustard(pk or tsp) 2 ea ketchup(pk or tsp)	2 ea poultry franks (E) ½ c rice ½ c mixed vegetables 2 ea bread 2 ea mustard(pk or tsp) 2 ea ketchup(pk or tsp) 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage	1 ea poultry frank (E) ¾ c RICE ½ c mixed vegetables ½ c coleslaw ½ c canned fruit 2 ea bread 1 ea mustard(pk or tsp) 1 ea ketchup(pk or tsp) 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified beverage	6 oz pulled poultry thigh (E) ¾ c RICE ½ c mixed vegetables ½ c canned fruit 3 ea bread 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified beverage
1 c fortified beverage 1 c baked beans (AE)	1 c fortified beverage 1 c baked beans (AE)	1 c fortified beverage	½ c baked beans (AE)	6 oz eggs (AE)

Menu represents edible portion unless other wise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

½ cup= 4 ounces
¾ cup = 6 ounces
1 cup = 8 ounces

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

Food Service Director