

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 2 Sunday

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
3 oz eggs (E) 1 c grits ¼ c lyonnaise potatoes 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	3 oz eggs (E) 1 c grits ¼ c lyonnaise potatoes 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)	3 oz 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)	3 oz eggs (E) ¼ 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 disher) 1 ½ c grits ¼ c lyonnaise potatoes ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar ½ oz LS margarine (#60 disher or 2 pats)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c sloppy joe (E) ¼ c hashbrown casserole 1 c dried beans ½ c marinated vegetable medley 2 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) 1 c hashbrown casserole 1 c dried beans ½ c marinated vegetable medley 2 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) ¼ c hashbrown casserole 1 c dried beans ½ c marinated vegetable medley 1 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) ¼ c hashbrown casserole 1 c dried beans ½ c marinated vegetable medley 2 ea bread 1 c fortified tea 1 c dried beans (AE)	2 c Potatoes, Oven-Browned 1 c dried beans ½ c marinated vegetable medley ½ c canned fruit ½ oz LS margarine (#60 disher or 2 pats) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
¼ c chicken salad (E) ¼ c pasta salad w/vinaigrette ½ c lettuce 2 ea tortilla 1 ea cookie 1 c fortified beverage	¼ c chicken salad (E) 1 c pasta salad w/vinaigrette 1 c dried beans ½ c lettuce 2 ea tortilla 1 ea cookie 1 c fortified beverage	1 c chicken salad (E) ¼ c pasta salad w/vinaigrette ½ c lettuce 2 ea tortilla 1 ea fresh fruit 1 c fortified beverage	1 c chicken salad (E) ¼ c pasta salad w/vinaigrette ½ c lettuce 2 ea tortilla 1 ea fresh fruit 1 c fortified beverage	2 c pasta 1 c dried beans 1 c lettuce 1 ea fresh fruit ½ oz LS margarine (#60 disher or 2 pats) 1 c fortified beverage
3 oz cheese (AE)* *serve 6 slices or 3/4 c shredded	3 oz cheese (AE)* *serve 6 slices or 3/4 c shredded	4 oz cheese (AE)* *serve 8 slices or 1 cup shredded	4 oz cheese (AE)* *serve 8 slices or 1 cup shredded	
		2 T LS peanut butter (#30) 2 ea bread	2 T LS peanut butter (#30) 2 ea bread	

Menu represents edible portion unless otherwise 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

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Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
3 oz eggs (E) 1 c grits ¼ c lyonnaise potatoes 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	3 oz eggs (E) 1 c grits ¼ c lyonnaise potatoes 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	6 oz 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 3pats	2 oz 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 (#16disher) 2 ea sugar pk 1 oz LS margarine (#30 disher)or 3pats	6 oz eggs (E) 1½ 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 3pats
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) ¾ c hashbrown casserole 1 c dried beans ½ c marinated vegetable medley 2 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) ¾ c hashbrown casserole 1 c dried beans ½ c cabbage 2 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) ¾ c hashbrown casserole ½ c cabbage 2 ea bread 1 oz margarine (#30 disher)or 3pats 1 c fortified tea 4 oz eggs (AE)	½ c sloppy joe (E) ¾ c hashbrown casserole ½ c marinated vegetable medley 2 ea bread 1 ea fresh fruit 1 oz LS margarine (#30 disher)or 3pats 1 c fortified tea 4 oz eggs (AE)	4 oz pulled poultry thigh (E) ¾ c RICE ½ c cabbage 3 ea bread 1 ea fresh fruit 1 c fortified tea 4 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
¾ c chicken salad (E) ¾ c pasta salad w/vinaigrette ½ c lettuce 2 ea tortilla 1 ea cookie 1 c fortified beverage 3 oz cheese (AE)* *serve 6 slices or 3/4 c shredded	6 oz pulled poultry thigh (E) ¾ c pasta ½ c broccoli 2 ea tortilla 1 ea cookie 1 c fortified beverage 6 oz cheese (AE)* *serve 12slices or 11/2 c shredded	6 oz pulled poultry thigh (E) ¾ c pasta 1 oz margarine (#30 disher)or 3pats ½ c lettuce 2 ea tortilla 1 ea cookie 1 c fortified beverage 6 oz cheese (AE)* *serve 12slices or 11/2 c shredded	¾ c chicken salad (E) ¾ c pasta salad w/vinaigrette ½ c lettuce 2 ea tortilla 1 ea cookie 1 c fortified beverage 3 oz cheese (AE)* *serve 6 slices or 3/4 c shredded	¾ c chicken salad (E) ¾ c pasta salad w/vinaigrette ½ c lettuce 2 ea tortilla 1 ea cookie 1 c fortified beverage 3 oz cheese (AE)* *serve 6 slices or 3/4 c shredded

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WEEK 2 Monday

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Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal 2 ea waffles (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)	1 ½ c oatmeal 2 ea waffles (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz margarine(#60 disher or 2 pats)	1 ea breakfast sausage patty (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)	1 ea breakfast sausage patty (E) 1 ½ 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 LS margarine(#60 disher or 2 pats)
No Alternate Entrée	No Alternate Entrée	2 oz cheese (AE)*	2 oz cheese (AE)*	
		* serve 4 slices or ½ c shredded	* serve 4 slices or ½ c shredded	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
4 oz breaded chicken patty (E) 2 oz country gravy ¾ c rice ½ c broccoli ½ c tossed salad 1 ea cornbread 1 ea dressing	4 oz breaded chicken patty (E) 2 oz country gravy 1 c rice ½ c broccoli ½ c tossed salad 1 ea cornbread 1 ea dressing	4 oz breaded chicken patty (E) 2 oz country gravy 1 c rice ½ c broccoli ½ c tossed salad 1 ea bread 1 ea dressing ½ c canned fruit 1 c fortified tea	4 oz breaded chicken patty (E) 2 oz country gravy 1 ½ c rice ½ c broccoli ½ c tossed salad 1 ea bread 1 ea dressing ½ c canned fruit 1 c fortified tea	1 c dried beans 2 c rice ½ c broccoli ½ c tossed salad ½ oz LS margarine(#60 disher or 2 pats) 1 ea dressing ½ c canned fruit 1 c fortified tea
1 c fortified tea 1 c dried beans (AE)	1 c fortified tea 1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER
2 ea poultry franks (E) ¾ c macaroni & cheese 1 c baked beans ½ c coleslaw 2 ea bread	2 ea poultry franks (E) 1 c macaroni & cheese 1 c baked beans ½ c coleslaw 2 ea bread	2 ea poultry franks (E) ½ c pasta ½ c coleslaw 1 ea bread	2 ea poultry franks (E) 1 c pasta ½ c coleslaw 1 ea bread	1 c baked beans 2 c pasta 1 c cabbage ½ c canned fruit ½ oz LS margarine(#60 disher or 2 pats)
2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 1 c baked beans (AE)	2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 1 c baked beans (AE)	2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 c fortified beverage
		2 T LS peanut butter (#30) 2 ea bread	2 T LS peanut butter (#30) 2 ea bread	

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Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal 2 ea waffles (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)	1 c oatmeal 2 ea waffles (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)	6 oz eggs (E) ½ c oatmeal 2 ea waffles (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 3pats	1 c oatmeal 2 ea waffles (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 3pats	6 oz eggs (E) 1 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 3pats
No Alternate Entrée	No Alternate Entrée	No alternate entrée	No alternate entrée	No alternate entrée
	** can substitute banana when available			
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
4 oz breaded chicken patty (E) 2 oz country gravy ¾ c rice ½ c broccoli ½ c tossed salad 1 ea cornbread 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	4 oz breaded chicken patty (E) CHOPPED 2 oz country gravy ¾ c rice 1 c broccoli 1 ea cornbread 1 c fortified tea 1 c dried beans (AE)	4 oz breaded chicken patty (E) 2 oz country gravy ¾ c rice ½ c broccoli 2 ea bread 1 oz margarine (#30 disher)or 3pats 1 c fortified tea 4 oz cheese (AE)* * serve 8 slices or 1 c shredded	4 oz breaded chicken patty (E) 2 oz country gravy ¾ c rice ½ c broccoli ½ c tossed salad 2 ea bread 1 ea dressing 1 c fortified tea ½ c dried beans (AE)	4 oz breaded chicken patty (E) 2 oz country gravy 1 c rice ½ c broccoli 1 c tossed salad 2 ea bread 2 ea dressing ½ c canned fruit 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
2 ea poultry franks (E) ¾ c macaroni & cheese 1 c baked beans 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) CHOPPED ¾ c macaroni & cheese 1 c baked beans ½ c cabbage 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) ¾ c macaroni and cheese ½ c cabbage 2 ea bread 1 oz margarine (#30 disher)or 3pats 2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 4 oz eggs (AE)	2 oz pulled poultry thigh (E) 1 c pasta ½ c coleslaw 2 ea bread 1 oz LS margarine (#30 disher)or 3pats ½ c canned fruit 2 oz jelly (#16 disher) 1 c fortified beverage 2 oz eggs (AE)	4 oz pulled poultry thigh (E) ¾ c macaroni & cheese ½ c coleslaw 3 ea bread ½ c canned fruit 1 c fortified beverage 6 oz eggs (AE)

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WEEK 2 Tuesday

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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 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 (#100 disher or 1 pat)	1 ea breakfast sausage patty (E) 1½ c grits 1½ 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 ½ 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 ½ 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) 1½ c grits ½ c hashbrown potatoes ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz LSmargarine(#60 disher 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 peanutbutter & jelly (E) (#12 disher) ¾ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea	3 oz peanutbutter & jelly (E) (#12 disher) 1 c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea	2 oz peanutbutter & jelly (E) (# 16 disher) ¾ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea	2 oz peanutbutter & jelly (E) (# 16 disher) 1 c potato salad 1 c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea	1 c dried beans 2 c oven brown potatoes ½ c carrot coins 1 ea fresh fruit ½ oz LSmargarine(#60 disher or 2 pats) 1 c fortified tea
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea BBQ chicken leg ¼ (E) ¾ c garlic cheese potatoes ½ c squash 1 c dried beans 2 ea bread 1 c fortified beverage	1 ea BBQ chicken leg ¼ (E) 1 c garlic cheese potatoes ½ c squash 1 c dried beans 2 ea bread 1 c fortified beverage	1 ea BBQ chicken leg ¼ (E) SKINLESS ½ c squash ½ c dried beans 1 ea bread 1 c fortified beverage	1 ea BBQ chicken leg ¼ (E) SKINLESS ¾ c garlic cheese potatoes ½ c squash ½ c dried beans 1 ea bread 1 c fortified beverage	2 c rice ½ c squash 1 c dried beans ½ c canned fruit ½ oz LSmargarine(#60 disher or 2 pats) 1 c fortified beverage
3 oz peanut butter (#12disher) (AE)	3 oz peanut butter (#12disher) (AE)	3 oz peanut butter (#12disher) (AE)	3 oz peanut butter (#12disher) (AE)	
		2 T LS peanut butter (#30) 2 ea bread	2 T LS peanut butter (#30) 2 ea bread	

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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)	1 ea breakfast sausage patty (E) CHOPPED 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)	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 3pats	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 3pats	6 oz eggs (E) 1½ 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 3pats
2 oz cheese (AE) *serve 4 slices or ½ c shredded	2 oz cheese (AE) *serve 4 slices or ½ c shredded	No alternate entrée	No alternate entrée	No alternate entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
3 oz peanutbutter & jelly (E) (#12 disher) ¼ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea	3 oz peanutbutter & jelly (E) (#12 disher) ¼ c oven browned potatoes ½ c carrots 2 ea bread ½ c canned fruit *** 1 c fortified tea	4 oz ground chicken (E) ½ c pasta ½ c carrots 2 ea bread 1 oz margarine (#30 disher)or 3pats 1 c fortified tea	3 oz peanutbutter & jelly (E) (#12 disher) ¼ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea	3 oz peanutbutter & jelly (E) (#12 disher) ¼ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea
No Alternate Entrée	No Alternate Entrée	4 oz cheese (AE)* * serve 8 slices or 1 c shredded	No Alternate Entrée	No Alternate Entrée
	*** may have banana if available			
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea BBQ chicken leg 1/4 (E) ¼ c garlic cheese potatoes ½ c squash 1 c dried beans 2 ea bread 1 c fortified beverage	4 oz pulled poultry thigh CHOPPED (E) ¼ c garlic cheese potatoes ½ c squash 1 c dried beans 2 ea bread 1 c fortified beverage	4 oz pulled poultry thigh (E) ½ c RICE ½ c squash 2 ea bread 1 oz margarine (#30 disher)or 3pats 1 c fortified beverage	2 oz pulled poultry thigh (E) 1 c garlic cheese potatoes ½ c squash 2 ea bread 1 oz LS margarine (#30 disher)or 3pats 1 c fortified beverage	4 oz pulled poultry thigh (E) ½ c garlic cheese potatoes ½ c squash 3 ea bread 1 c fortified beverage
3 oz peanut butter (#12disher) (AE)	3 oz peanut butter (#12disher) (AE)	4 oz eggs (AE)	2 oz peanut butter (AE) (#16 disher)	6 oz eggs (AE)

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WEEK 2 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 blueberry coffee cake (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine(#100disher or 1 pat)	1 ½ c oatmeal 2 ea blueberry coffee cake (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine(#60disher 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(#60disher or 2 pats)	3 oz eggs (E) 1 ½ 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(#60disher 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 LS margarine(#60 disher or 2 pats)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c chicken & rice casserole (E) 1 c dried beans ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE) ½ c rice (AE)	1 c chicken & rice casserole (E) 1 c dried beans ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE) ½ c rice (AE)	1 c chicken & rice casserole (E) ½ c dried beans ½ c carrots 1 ea bread ½ c canned fruit 1 c fortified tea ½ c dried beans (AE) ½ c rice (AE)	1 ½ c chicken & rice casserole (E) ½ c dried beans ½ c carrots 1 ea bread ½ c canned fruit 1 c fortified tea 1 c dried beans (AE) ½ c rice (AE)	2 c rice 1 c dried beans ½ c carrots ½ c canned fruit ½ oz LS margarine(#60 disher or 2 pats) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 c chili mac (E) 1 c dried beans ½ c mixed vegetables 1 ea cornbread 1 c fortified beverage 1 c dried beans (AE) ½ c pasta (AE)	1 c chili mac (E) 1 c dried beans ½ c mixed vegetables 1 ea cornbread 1 c fortified beverage 1 c dried beans (AE) ½ c pasta (AE)	1 c chili mac (E) ½ c dried beans ½ c mixed vegetables 1 ea bread 1 c fortified beverage ½ c dried beans (AE) ½ c pasta (AE)	1 ½ c chili mac (E) ½ c dried beans 1 c mixed vegetables 1 ea bread 1 c fortified beverage 1 c dried beans (AE) ½ c pasta (AE)	1 c dried beans 2 c Pasta 1 c mixed vegetables ½ c canned fruit ½ oz LS margarine(#60 disher 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	

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MONTH OF _____
OPERATION: _____

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

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

WEEK 2 Wednesday

Brenda Patterson
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) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine(#100disher or 1 pat)	1 c oatmeal 2 ea blueberry coffee cake (E) ½ c fruit drink ** 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine(#100disher or 1 pat)	6 oz eggs (E) ½ c oatmeal 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz margarine (#30 disher)or 3pats	1 c oatmeal 2 ea blueberry 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 3pats	6 oz eggs (E) 1½ 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 3pats
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
	** can substitute banana when available			
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c chicken & rice casserole (E) 1 c dried beans ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea	1 c chicken & rice casserole (E) 1 c dried beans ½ c carrots 1 ea pan bread 1 ea cookie 1 c fortified tea	1 c chicken & rice casserole (E) ½ c carrots 2 ea bread 1 ea cookie 1 oz margarine (#30 disher)or 3pats 1 c fortified tea	½ c chicken & rice casserole (E) ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea	1½ c chicken & rice casserole (E) ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea
1 c dried beans (AE) ½ c rice (AE)	1 c dried beans (AE) ½ c rice (AE)	4 oz cheese (AE)* * serve 8 slices or 1 c shredded	½ c dried beans (AE) ½ c rice (AE)	6 oz eggs (AE) ½ c rice (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 c chili mac (E) 1 c dried beans ½ c mixed vegetables 1 ea cornbread 1 c fortified beverage	1 c chili mac (E) 1 c dried beans ½ c mixed vegetables 1 ea cornbread 1 c fortified beverage	6 oz pulled poultry thigh (E) ½ c Pasta ½ c mixed vegetables 2 ea bread 1 oz margarine (#30 disher)or 3pats 1 c fortified beverage	¾ c Chili mac (E) 1 c mixed vegetables 2 ea bread 1 oz LS margarine (#30 disher)or 3pats 1 c fortified beverage	4 oz pulled poultry thigh (E) 1 c pasta ½ c mixed vegetables 3 ea bread ½ c canned fruit 1 c fortified beverage
1 c dried beans (AE) ½ c pasta (AE)	1 c dried beans (AE) ½ c pasta (AE)	6 oz eggs (AE)	½ c dried beans (AE) ½ c pasta (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)

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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

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FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 2 Thursday

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
¼ 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(#100disher or 1 pat)	¼ c country meat gravy (E) 1½ c oatmeal 1½ 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(#60disher or 2 pats)	¼ c country meat gravy (E) ½ 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(#60disher or 2 pats)	¼ c country meat gravy (E) ½ 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(#60disher or 2 pats)	2 oz LS peanut butter (# 16 disher) 1½ c oatmeal ¾ c lyonnaise potatoes ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz LS margarine(#60 disher or 2 pats)
3 oz cheese (AE) * *serve 6 slices or 3/4c shredded	3 oz cheese (AE) * *serve 6 slices or 3/4c shredded	2 oz cheese (AE) * *serve 4 slices or 1/2c shredded	3 oz cheese (AE) * *serve 6 slices or 3/4c shredded	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c sweet & sour chicken (E) ¾ c fried rice 1 c dried beans ½ c cabbage 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	½ c sweet & sour chicken (E) 1 c fried rice 1 c dried beans ½ c cabbage 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	½ c sweet & sour chicken (E) ½ c fried rice 1 c dried beans 1 c cabbage 1 ea bread 1 ea fresh fruit 1 c fortified tea 1 c dried beans (AE)	½ c sweet & sour chicken (E) ¾ c fried rice 1 c dried beans 1 c cabbage 1 ea bread 1 ea fresh fruit 1 c fortified tea 1 c dried beans (AE)	2 c rice 1 c dried beans ½ c cabbage 1 ea fresh fruit ½ oz LS margarine(#60 disher or 2 pats) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea 100 % beef patty (E) ½ c corn 1 c dried beans ½ c lettuce 2 ea pickle slice 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 3 oz peanut butter (#12disher) (AE)	1 ea 100 % beef patty (E) 1 c corn 1 c dried beans ½ c lettuce 2 ea pickle slice 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 3 oz peanut butter (#12disher) (AE)	1 ea 100% beef patty (E) ½ c corn ¾ c dried beans ½ c lettuce 2 ea pickle slice 1 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 3 oz peanut butter (#12disher) (AE)	1 ea 100% beef patty (E) 1 c corn ¾ c dried beans ½ c lettuce 2 ea pickle slice 1 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 3 oz peanut butter (#12disher) (AE)	2 c pasta 1 c dried beans 1 c lettuce 2 ea pickle slice ½ c canned fruit ½ oz LS margarine(#60 disher 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	

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WEEK 2 Thursday

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

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
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(#100disher or 1 pat)	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(#100disher or 1 pat)	6 oz eggs (E) ¼ c oatmeal 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar 1 oz margarine (#30 disher) or 3pats	1 oz eggs (E) 2 c oatmeal ¾ 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 1 oz LS margarine (#30 disher) or 3pats	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 1 oz LS margarine (#30 disher) or 3pats
3 oz cheese (AE) * *serve 6 slices or 3/4c shredded	3 oz cheese (AE) * *serve 6 slices or 3/4c shredded	No alternate entrée	No alternate entrée	No alternate entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c sweet and sour chicken (E) ¾ c fried rice 1 c dried beans ½ c cabbage 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	½ c sweet and sour chicken (E) ¾ c fried rice 1 c dried beans ½ c cabbage 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	½ c sweet and sour chicken (E) ¾ c fried rice ½ c cabbage 2 ea bread 1 oz margarine (#30 disher) or 3pats 1 c fortified tea 4 oz cheese (AE)* * serve 8 slices or 1 c shredded	2 oz ground chicken (E) ½ c fried rice ½ c cabbage 2 ea bread ½ c canned fruit 1 c fortified tea ½ c dried beans (AE)	½ c sweet and sour chicken (E) 1 c fried rice ½ c cabbage 2 ea bread 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea 100% beef patty (E) ½ c corn 1 c dried beans ½ c lettuce 2 ea pickle slice 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 3 oz peanut butter (#12disher)(AE)	1 ea 100% beef patty (E) CHOPPED ½ c corn 1 c dried beans ½ c Squash/Zucchini 2 ea pickle slice 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 3 oz peanut butter (#12disher)(AE)	1 ea 100% beef patty (E) ½ c corn ½ c lettuce 2 ea pickle slice 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 oz margarine (#30 disher) or 3pats 1 c fortified beverage 4 oz eggs (AE)	1 ea 100% beef patty (E) ½ c corn ½ c lettuce 2 ea pickle slices 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 oz LS margarine (#30 disher) or 3pats 1 c fortified beverage 3 oz peanutbutter(#12disher (AE)	1 ea 100% beef patty (E) ½ c corn ½ c lettuce 2 ea pickle slices 3 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 6 oz eggs (AE)

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Angela Gaskins, Bureau Chief

WEEK 2 Friday

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 1 ea hashbrown 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine(#100disher or 1 pat)	1 ea breakfast sausage patty (E) 1 ½ c grits 2 ea Hashbrowns 2 ea bread ½ c fruit drink ½ c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine(#60disher or 2 pats)	1 ea breakfast sausage patty (E) ¾ c grits 1 ea hashbrown 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(#60disher or 2 pats)	1 ea breakfast sausage patty (E) 1 c grits 1 ea hashbrown 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(#60disher or 2 pats)	2 oz LS peanut butter (# 16 disher) 1½ c grits 1 ea hashbrown ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz LS margarine(#60 disher 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
2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) ¾ c pasta salad w/vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) 1 c pasta salad w/vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) 1 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 tsp) 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) 2 c pasta salad with vinagerette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified tea	1 c dried beans 2 c pasta 1 c lettuce 1 ea fresh fruit ½ oz LS margarine(#60 disher or 2 pats) 1 c fortified tea
3 oz cheese (AE) serve 6 slices or ¼ c shredded	3 oz cheese (AE) serve 6 slices or ¼ c shredded	3 oz cheese (AE) serve 6 slices or ¼ c shredded	3 oz cheese (AE) serve 6 slices or ¼ c shredded	
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz italian red sauce ¾ c pasta ½ c tossed salad ½ c green beans 1 ea garlic pan bread 1 ea dressing 1 c fortified beverage	6 ea meatballs (E) 2 oz italian red sauce 1 c Pasta ½ c tossed salad ½ c green beans 1 ea garlic pan bread 1 ea dressing 1 c fortified beverage	6 ea meatballs (E) 2 oz italian red sauce 1 c pasta ½ c tossed salad ½ c green beans 1 ea bread 1 ea dressing 1 c fortified beverage	6 ea meatballs (E) 2 oz italian red sauce 1 ½ c pasta ½ c tossed salad ½ c green beans 1 ea bread 1 ea dressing 1 c fortified beverage	1 c dried beans 2 c pasta ½ c tossed salad ½ c green beans ½ oz LS margarine(#60 disher or 2 pats) 1 ea dressing 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	

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WEEK 2 Friday

Brenda Patterson
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 1 ea hashbrown 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine(#100disher or 1 pat) 2 oz cheese (AE)* serve 4 slices or ½ c shredded	1 ea breakfast sausage patty (E) CHOPPED 1 c grits 1 ea hashbrown 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ½ oz margarine(#100disher 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 3pats no alternate entrée	2 oz eggs (E) 1 c grits 1 ea hashbrown 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 3pats no alternate entrée	6 oz eggs (E) 1½ 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 3pats no alternate entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) ¾ c pasta salad w/vinaigrette ½ c lettuce 2 ea bread 1 ea mustard pk or tsp 1 ea mayonnaise pk 1 ea fresh fruit 1 c fortified tea	2 oz luncheon meat (E) CHOPPED 1 oz cheese (2 slices) (E) ¾ c pasta ½ c squash 2 ea bread 1 ea mustard pk or tsp 1 ea mayonnaise pk ½ c canned fruit or banana 1 c fortified tea	4 oz luncheon meat (E) 1 oz cheese (2 slices) ¾ c pasta ½ c lettuce 2 ea bread 1 ea mustard pk or tsp 1 ea mayonnaise pk 1 oz margarine (#30 disher)or 3pats 1 c fortified tea	2 oz luncheon meat (E) ¾ c pasta salad w/ vingerette ½ c lettuce 2 ea bread 1 ea mustard pk or tsp 1 ea mayonnaise pk 1 ea fresh fruit 1 c fortified tea	6 oz ground chicken (E) 1 c pasta salad with vinagerette ½ c lettuce 2 ea bread 1 ea mustard pk or tsp 1 ea mayonnaise pk 1 ea fresh fruit 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	4 oz cheese (AE)* * serve 8 slices or 1 c shredded	2 oz cheese (AE) serve 4 slices or 1/2 c shredded	6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz italian red sauce ¾ c pasta ½ c tossed salad ½ c green beans 1 ea garlic pan bread 1 ea dressing 1 c fortified beverage 1 c dried beans (AE)	6 ea meatballs (E) 2 oz italian red sauce ¾ c pasta 1 c green beans 1 ea garlic pan bread 1 ea dressing 1 c fortified beverage 1 c dried beans (AE)	6 oz pulled poultry thigh (E) ¾ c pasta ½ c tossed salad ½ c green beans 2 ea bread 1 oz margarine (#30 disher)or 3pats 1 ea dressing 1 c fortified beverage 6 oz eggs (AE)	3 ea meatballs (E) 2 oz italian red sauce ¾ c pasta ½ c tossed salad/ 1 ea dressing ½ c green beans 2 ea bread 2 oz jelly (#16 disher) 1 oz LS margarine (#30 disher)or 3pats ½ c canned fruit 1 c fortified beverage 2 oz eggs (AE)	6 ea meatballs (E) 2 oz italian red sauce 1 c pasta ½ c tossed salad ½ c green beans 3 ea bread 1 ea dressing 1 c fortified beverage 6 oz eggs (AE)

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WEEK 2 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(#100disher or 1 pat) No Alternate Entrée	1½ c oatmeal 2 ea coffee cake (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine(#60disher or 2 pats) No Alternate Entrée	3 oz eggs (E) 1½ c oatmeal 1 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar substitute 1 pk diet jelly ½ oz margarine(#60disher or 2 pats) No Alternate Entrée	3 oz eggs (E) 2 c oatmeal 2 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar substitute 2 pk diet jelly ½ oz margarine(#60disher or 2 pats) No Alternate Entrée	2 oz LS peanut butter (# 16 disher) 1½ c oatmeal ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz LSmargarine(#60disher or 2 pats) No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c shepherds stew (E) w/ peas and carrots ¾ c mashed potatoes 1 oz shredded cheese (#16) 1 c dried beans 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 c shepherds stew (E) w/ peas and carrots 1 c mashed potatoes 1 oz shredded cheese (#16) 1 c dried beans 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 c shepherds stew (E) w/ peas and carrots ½ c mashed potatoes 1 oz shredded cheese (#16) ½ c dried beans 1 ea bread ½ c canned fruit 1 c fortified tea 1 c dried beans (AE)	1½ c shepherds stew (E) w/ peas and carrots 1 c mashed potatoes 1 oz shredded cheese (#16) ¾ c dried beans 1 ea bread ½ c canned fruit 1 c fortified tea 1 c dried beans (AE)	½ c peas and carrots 2 c oven browned potatoes 1 c dried beans ½ oz LSmargarine(#60 disher or 2 pats) ½ c canned fruit 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea beefy patty (E) ¾ c rice ½ c greens ½ c marinated vegetable medley 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea beefy patty (E) 1 c rice ½ c greens ½ c marinated vegetable medley 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea beefy patty (E) 1 c rice ½ c greens ½ c marinated vegetable medley 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea beefy patty (E) 1½ c rice ½ c greens ½ c marinated vegetable medley 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 c dried beans 2 c rice ½ c greens ½ c marinated vegetable medley ½ c canned fruit ½ oz LSmargarine(#60 disher 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	

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WEEK 2 Saturday

Brenda Patterson

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 2 ea sugar pk ½ oz margarine(#100disher or 1 pat) No Alternate Entrée	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(#100disher or 1 pat) No Alternate Entrée	6 oz eggs (E) ½ c oatmeal 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz margarine (#30 disher)or 3pats No alternate entrée	1 c oatmeal 2 ea blueberry coffee cake (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz LS margarine (#30 disher)or 3pats No alternate entrée	6 oz eggs (E) 1½ c oatmeal 3 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz jelly (#30 disher) 1 oz LS margarine (#30 disher)or 3pats No alternate entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c shepherds stew (E) w/ peas and carrots ¾ c mashed potatoes 1 oz shredded cheese (#16) 1 c dried beans 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 c shepherds stew (E) w/ peas and carrots ¾ c mashed potatoes 1 oz shredded cheese (#16) 1 c dried beans 1 ea pan bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	4 oz ground chicken (E) ½ c RICE 1 oz shredded cheese (#16) 2 ea bread 1 ea cookie 1 oz margarine (#30 disher)or 3pats 1 c fortified tea 4 oz cheese (AE)* * serve 8 slices or 1 c shredded	½ c shepherds stew (E) with peas and carrots ¾ c mashed potatoes 1 oz shredded cheese (#16) 2 ea bread 1 ea cookie 1 c fortified tea ¾ c dried beans (AE)	1 c shepherds stew (E) w/ peas and carrots ¾ c mashed potatoes 1 oz shredded cheese (#16) 2 ea bread 1 ea cookie 1 c fortified tea 6 oz eggs (AE) ½ c peas and carrots (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea beefy patty (E) ¾ c rice ½ c greens ½ c marinated vegetable medley 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea beefy patty (E) CHOPPED ¾ c rice 1 c greens 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	6 oz pulled poultry thigh (E) ¾ c rice ½ c greens 2 ea bread 1 oz margarine (#30 disher)or 3pats 1 c fortified beverage 6 oz eggs (AE)	2 oz pulled poultry thigh (E) ¾ c rice ½ c greens ½ c marinated vegetable medley 1 oz LS margarine (#30 disher)or 3pats 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea beefy patty (E) 1 c rice ½ c greens 3 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (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

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