


FACILITY OR
INSTITUTION NAME: _____


STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: June 28, 2020
REVISED 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 3 Sunday


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

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ea hardboiled eggs (E) 1 c grits ¼ c lyonnaise potatoes 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 (#100 disher) or 1 pat	2 ea hardboiled eggs (E) 1½ c grits 1½ c lyonnaise potatoes 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 (#60 disher) or 2 pats	2 ea hardboiled eggs (E) ½ 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 hardboiled eggs (E) ½ 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) 1½ c grits ¼ 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
No Alternate Entrée	No Alternate Entrée	No alternate entrée	No alternate entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c taco meat(E) 1 c dried beans ¾ c rice ½ c tossed salad 2 ea tortilla 1 oz shredded cheese (#16) 1 ea dressing 1 c fortified tea	½ c taco meat(E) 1 c dried beans 1 c rice ½ c tossed salad 2 ea tortilla 1 oz shredded cheese (#16) 1 ea dressing 1 c fortified tea	½ c taco meat (E) 1 c dried beans 1 c rice ½ c tossed salad 1 ea tortilla 1 oz shredded cheese (#16) 1 ea dressing 1 c fortified tea	½ c taco meat (E) 1 c dried beans 1 c rice ½ c tossed salad 2 ea tortilla 1 oz shredded cheese (#16) 1 ea dressing 1 c fortified tea	1 c dried beans 2 c rice 1 c tossed salad 2 ea dressing ½ c canned fruit ½ oz LS margarine (#60 disher) or 2 pats 1 c fortified tea
1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER
2 oz luncheon meat (E) 1 oz cheese (E) ¾ c pasta salad ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage	2 oz luncheon meat (E) 1 oz cheese (E) 1 c pasta salad ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage	2 oz luncheon meat (E) 1 oz cheese (E) ½ c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 c fortified beverage	2 oz luncheon meat (E) 1 oz cheese (E) ¾ c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mayonnaise pk 1 c fortified beverage	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 beverage
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	
		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
¾ cup = 6 ounces
1 cup = 8 ounces

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

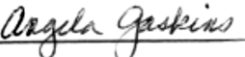
Food Service Director

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Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ea hardboiled eggs (E) 1 c grits ¼ c lyonnaise potatoes 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 (#100 disher) or 1 pat	2 ea hardboiled eggs (E) 1 c grits ¼ c lyonnaise potatoes 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 (#100 disher) or 1 pat	3 ea hardboiled 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 hardboiled 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 hardboiled 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 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) 1 c dried beans ¾ c rice ½ c tossed salad 2 ea tortilla 1 oz shredded cheese (#16) 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	½ c taco meat (E) 1 c dried beans ¾ c rice ½ c squash 2 ea tortilla 1 oz shredded cheese (#16) 1 c fortified tea 1 c dried beans (AE)	6 oz ground chicken (E) ¾ c rice ½ c squash 2 ea bread 1 oz shredded cheese (#16) 1 c fortified tea 6 oz eggs (AE)	3 oz taco meat (E) (# 12 disher) ¾ c rice ½ c tossed salad 2 ea tortilla 1 oz shredded cheese (#16) 1 oz LS margarine (#30 disher) or 3 pats 1 ea dressing 1 c fortified tea ½ c dried beans (AE)	½ c taco meat (E) ¾ c rice ½ c tossed salad 2 ea tortilla 1 oz shredded cheese (#16) 1 ea dressing 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 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 ¾ c shredded	2 oz luncheon meat (E) CHOPPED 1 oz cheese (E) ¾ c pasta ½ c cabbage 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 ¾ c shredded	4 oz luncheon meat (E) 1 oz cheese (E) ½ c pasta ½ c cabbage 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 4 oz cheese (AE)* *serve 8 slices or 1 c shredded	2 oz luncheon meat (E) 1 oz cheese (E) ¾ c pasta salad 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 ¾ c shredded	6 oz pulled chicken thigh (E) ¾ c pasta salad ½ c lettuce 2 ea bread 1 ea mayonnaise pk 1 ea mustard (pk or tsp) 1 c fortified beverage 6 oz eggs (AE)

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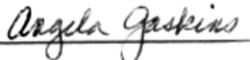
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Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal 2 ea pancakes (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	1 ½ c oatmeal 2 ea pancakes (E) ½ c canned 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 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	1 ea breakfast sausage patty (E) 2 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 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
¾ c chicken a la king (E) ¾ c pasta 1 c peas with carrots 1 ea pan bread	¾ c chicken a la king (E) 1 c pasta 1 c peas with carrots 1 ea pan bread	¾ c chicken a la king (E) 1 ½ c pasta ½ c peas with carrots 1 ea bread	¾ c chicken a la king (E) 2 c pasta ½ c peas with carrots 1 ea bread	1 c dried beans 2 c pasta 1 c peas with carrots ½ c canned fruit ½ oz LS margarine (#60 disher) or 2 pats 1 c fortified tea
1 c fortified tea 1 c dried beans (AE)	1 c fortified tea 1 c dried beans (AE)	1 c fortified tea ¾ c dried beans (AE)	1 c fortified tea 1 c dried beans (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz country gravy 1 c dried beans ¾ c mashed potatoes ½ c cabbage 2 ea bread 1 ea cake with icing 1 c fortified beverage	6 ea meatballs (E) 2 oz country gravy 1 c dried beans 1 c mashed potatoes ½ c cabbage 2 ea bread 1 ea cake with icing 1 c fortified beverage	6 ea meatballs (E) 2 oz country gravy ½ c dried beans ½ c cabbage 1 ea bread 1 c fortified beverage	6 ea meatballs (E) 2 oz country gravy 1 c dried beans ½ c cabbage 1 ea bread 1 c fortified beverage	1 c dried beans 2 c oven browned potatoes 1 c cabbage ½ c canned fruit ½ oz LS margarine (#60 disher) or 2 pats 1 c fortified beverage
1 c dried beans (AE)	1 c dried beans (AE)	¾ 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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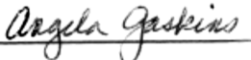
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Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal 2 ea pancakes (E) ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat No Alternate Entrée	1 c oatmeal 2 ea pancakes (E) ½ c canned 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	6 oz eggs (E) ½ c grits 2 ea pancakes 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) ½ c canned 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 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 No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
¾ c chicken a la king (E) ¾ c pasta 1 c peas with carrots 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	¾ c chicken a la king (E) ¾ c pasta 1 c peas with carrots 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	¾ c chicken a la king (E) ¾ c pasta ½ c peas with carrots 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea 4 oz cheese (AE) serve 8 slices or 1 c shredded	¾ c chicken a la king (E) 1 c pasta 1 c peas with carrots 2 ea bread ½ c canned fruit 1 c fortified tea ½ c dried beans (AE)	1 c chicken a la king (E) 1 c pasta 1 c peas with carrots 2 ea bread 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz country gravy 1 c dried beans ¾ c mashed potatoes ½ c cabbage 2 ea bread 1 ea cake with icing 1 c fortified beverage 1 c dried beans (AE)	6 ea meatballs (E) 2 oz country gravy 1 c dried beans ¾ c mashed potatoes ½ c cabbage 2 ea bread 1 ea cake with icing 1 c fortified beverage 1 c dried beans (AE)	6 oz pulled poultry thigh (E) 2 oz country gravy ½ c rice ½ c cabbage 2 ea bread 1 ea cake with icing 1 oz margarine(#30 disher)or 3 pats 1 c fortified beverage 6 oz eggs (AE)	6 ea meatballs (E) 2 oz country gravy 1 oz jelly (#30 disher) ¾ c mashed potatoes ½ c cabbage 2 ea bread 1 ea cake with icing 1 oz LS margarine (# 30 disher)or3 pats 1 c fortified beverage ½ c dried beans (AE)	6 oz pulled poultry thigh (E) 2 oz country gravy ½ c mashed potatoes ½ c cabbage 3 ea bread 1 ea cake with icing 1 c fortified beverage 6 oz eggs (AE)

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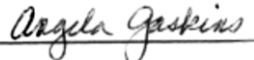
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WEEK 3 Tuesday


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) ¾ 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) ¾ 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 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 peanut butter & jelly (#12 disher) (E) ¾ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit	3 oz peanut butter & jelly (#12 disher) (E) 1 c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit	2 oz peanut butter & jelly (#20 disher) (E) 1 c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit	2 oz peanut butter & jelly (#20 disher) (E) 1 ½ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit	3 oz peanut butter (#12 disher) (E) 2 c oven brown potatoes 1 c carrot coins 1 ea fresh fruit ½ oz LS margarine (#60 disher) or 2 pats 1 c fortified tea
1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea oven fried chicken leg ¼ (E) ¾ c yellow rice 1 c black eyed peas ½ c marinated vegetable medley 1 ea cornbread (w/E)	1 ea oven fried chicken leg ¼ (E) 1 c yellow rice 1 c black eyed peas ½ c marinated vegetable medley 1 ea cornbread (w/E)	1 ea oven fried chicken leg ¼ SKINLESS (E) ¾ c yellow rice ½ c black eyed peas ½ c marinated vegetable medley 1 ea bread	1 ea oven fried chicken leg ¼ SKINLESS (E) ¾ c yellow rice ¾ c black eyed peas 1 c marinated vegetable medley 1 ea bread	2 c yellow rice 1 c black eyed peas 1 c marinated vegetable medley ¾ c canned fruit ½ oz LS margarine (#60 disher) or 2 pats 1 c fortified beverage
1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	
3 oz peanut butter (#12 disher) (AE) 2 ea bread (w/AE)	3 oz peanut butter (#12 disher) (AE) 2 ea bread (w/AE)	3 oz peanut butter (#12 disher) (AE)	3 oz peanut butter (#12 disher) (AE)	
* give 2 sl bread with (AE) instead of cornbread	* give 2 sl bread with (AE) instead of cornbread	2 T LS peanut butter (#30) 2 ea bread	2 T LS peanut butter (#30) 2 ea bread	

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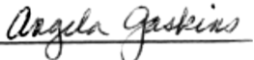
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WEEK 3 Tuesday


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Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
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) chopped 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	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	2 oz eggs (E) 1 c grits ¾ 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	6 oz eggs (E) 1 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
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 peanut butter & jelly (#12 disher) (E) ¾ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea	3 oz peanut butter & jelly (#12 disher) (E) ¾ c ovenbrown potatoes ½ c carrots 2 ea bread ½ c canned fruit*** 1 c fortified tea	6 oz ground chicken(E) ½ c pasta ½ c carrots 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea	3 oz peanut butter & jelly (#12 disher) (E) ¾ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea	3 oz peanut butter & jelly (#12 disher) (E) ¾ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea
No Alternate Entrée	No Alternate Entrée *** can give banana if available	6 oz cheese (AE) serve 12 slices or 1 ½ c shredded	No Alternate Entrée	No Alternate Entrée
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea oven fried chicken leg ¼ (E) ¾ c yellow rice 1 c black eyed peas ½ c marinated vegetable medley 1 ea cornbread (w/E) 1 c fortified beverage	4 oz pulled poultry thigh (E) CHOPPED ¾ c yellow rice 1 c black eyed peas ½ c green beans 1 ea cornbread (w/E) 1 c fortified beverage	1 ea oven fried chicken leg ¼ (E) ¾ c yellow rice ½ c green beans 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage	2 oz pulled poultry thigh (E) 1 c yellow rice ½ c marinated vegetable medley 2 ea bread ½ c canned fruit 1 oz LS margarine (# 30 disher) or 3 pats 1 c fortified beverage	6 oz pulled poultry thigh (E) ¾ c yellow rice ½ c green beans 3 ea bread 1 oz LS margarine (# 30 disher) or 3 pats 1 c fortified beverage
3 oz peanut butter (#12 disher) (AE) 2 ea bread (w/AE)	3 oz peanut butter (#12 disher) (AE) 2 ea bread (w/AE)	4 oz eggs (AE)	2 oz peanut butter (AE) (# 16 disher)	6 oz eggs (AE)
* give 2 sl bread with (AE) instead of cornbread	* give 2 sl bread with (AE) instead of cornbread			

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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 No Alternate Entrée	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 No Alternate Entrée	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 No Alternate Entrée	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 (#60 disher) or 2 pats No Alternate Entrée	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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c western chili (E) ¾ c rice ½ c corn ½ c tossed salad 1 ea cornbread 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	1 c western chili (E) 1 c rice ½ c corn ½ c tossed salad 1 ea cornbread 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	1 c western chili (E) 1 c rice 1 c corn ½ c tossed salad 1 ea bread 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	1 ½ c western chili (E) 1 c rice 1 c corn ½ c tossed salad 1 ea bread ½ c canned fruit 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	1 c dried beans 2 c rice ½ c corn ½ c tossed salad ½ oz LS margarine (#60 disher) or 2 pats ½ c canned fruit 1 ea dressing 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
2 ea poultry franks(E) ¾ c garlic & herb pasta 1 c baked beans ½ c coleslaw 2 ea bread 1 ea spice cake with icing 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 garlic & herb pasta 1 c baked beans ½ c coleslaw 2 ea bread 1 ea spice cake with icing 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 garlic & herb pasta 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) ½ c garlic & herb pasta 1 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 garlic & herb pasta 1 c baked beans 1 c cabbage 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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(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

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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

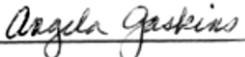
Food Service Director

FACILITY OR
INSTITUTION NAME: _____


STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: June 28, 2020
REVISED 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

Week 3 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 No Alternate Entrée	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 No Alternate Entrée *** can give a banana in place of juice	6 oz eggs (E) ½ c oatmeal 2 ea coffee cake ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz margarine (#30 disher) or 3 pats No Alternate Entrée	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 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 c western chili (E) ¾ c rice ½ c corn ½ c tossed salad 1 ea cornbread 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	1 c western chili (E) ¾ c rice 1 c corn 1 ea cornbread 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	6 oz ground chicken (E) ½ c rice ½ c corn 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 c shredded	3 oz ground chicken (E) ¾ c rice ½ c corn ½ c tossed salad 2 ea bread ½ c canned fruit 1 ea dressing 1 c fortified tea ½ c dried beans (AE)	4 oz ground chicken (E) ¾ c rice ½ c corn ½ c tossed salad 2 ea bread 1 ea dressing 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
2 ea poultry franks (E) ¾ c garlic & herb pasta 1 c baked beans ½ c coleslaw 2 ea bread 1 ea spice cake with icing 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 garlic & herb pasta 1 c baked beans ½ c cabbage 2 ea bread 1 ea spice cake with icing 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 garlic & herb pasta ½ c cabbage 2 ea bread 1 ea spice cake with icing 2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)	3 oz pulled poultry thigh (E) ¾ c garlic & herb pasta ½ c coleslaw 2 ea bread 1 ea spice cake with icing 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 garlic & herb pasta ½ c coleslaw 3 ea bread 1 ea spice cake with icing 1 oz LS margarine (# 30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)

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(E) Denotes Entree
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(AE do not receive gravy, mustard, ketchup)

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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

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FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

Week 3 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	¾ c country meat gravy (E) 1 ½ c oatmeal 1 ½ 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	¾ 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	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	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 LS margarine (#60 disher) or 2 pats
3 oz cheese (AE) serve 6 slices or 3/4 c shredded cheese	3 oz cheese (AE) serve 6 slices or 3/4 c shredded cheese	3 oz cheese (AE) serve 6 slices or 3/4 c shredded cheese	3 oz cheese (AE) serve 6 slices or 3/4 c shredded cheese	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c Shepherd Stew (E) 1 c dried beans ¾ c mashed potatoes 1 ea pan bread 1 oz shredded cheese 1 c fortified tea	1 c Shepherd Stew (E) 1 c dried beans ¾ c mashed potatoes 1 ea pan bread 1 oz shredded cheese 1 c fortified tea	1 c Shepherd Stew (E) ½ c dried beans ¾ c mashed potatoes 1 ea bread 1 oz shredded cheese 1 c fortified tea	1 c Shepherd Stew (E) 1 c dried beans ¾ c mashed potatoes 1 ea bread 1 oz shredded cheese 1 c fortified tea	1 c dried beans 2 c oven browned potatoes 1 c carrots ½ c canned fruit ½ oz LS margarine (#60 disher) or 2 pats 1 c fortified tea
1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER
4 oz Country Fried Patty (E) 2 oz country gravy ¾ c Rice ½ c greens ½ c tossed salad 2 ea bread 1 ea dressing 1 c fortified beverage	4 oz Country Fried Patty (E) 2 oz country gravy 1 c Rice ½ c greens ½ c tossed salad 2 ea bread 1 ea dressing 1 c fortified beverage	4 oz Country Fried Patty (E) 2 oz country gravy ½ c rice ½ c greens ½ c tossed salad 1 ea bread 1 ea dressing 1 c fortified beverage	4 oz Country Fried Patty (E) 2 oz country gravy ½ c rice 1 c greens ½ c tossed salad 1 ea bread 1 ea dressing 1 c fortified beverage	1 c dried beans 2 c rice ½ c greens ½ c tossed salad ½ oz LS margarine (#60 disher) or 2 pats ½ c canned fruit 1 ea dressing 1 c fortified beverage
3 oz peanut butter (#12 disher) (AE)	3 oz peanut butter (#12 disher) (AE)	3 oz peanut butter (#12 disher) (AE)	3 oz peanut butter (#12 disher) (AE)	
		2 T LS peanut butter (#30) 2 ea bread	2 T LS peanut butter (#30) 2 ea bread	

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 (AE do not receive gravy, mustard, ketchup)

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

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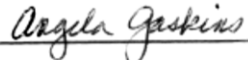
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Angela Gaskins, Bureau Chief

Week 3 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
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 6 slices or 3/4 c shredded	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 6 slices or 3/4 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) ½ 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 pk 1 oz LS margarine (#30 disher) or 3 pats No Alternate Entrée	6 oz eggs (E) ½ 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
1 c Shepherd Stew (E) 1 c dried beans ¾ c mashed potatoes 1 ea pan bread 1 oz shredded cheese 1 c fortified tea 1 c dried beans (AE)	1 c Shepherd Stew (E) 1 c dried beans ¾ c mashed potatoes 1 ea pan bread 1 oz shredded cheese 1 c fortified tea 1 c dried beans (AE)	6 oz ground chicken (E) ½ c carrots ½ c pasta 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea 6 oz cheese (AE) (12 slices or 1 1/2 c shredded)	2 oz ground chicken (E) ½ c carrots ½ c mashed potatoes 2 ea bread ½ c canned fruit 1 c fortified tea ½ c dried beans (AE)	6 oz ground chicken (E) 1 c carrots ¾ c mashed potatoes 2 ea bread ½ c canned fruit 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
4 oz Country Fried Patty (E) 2 oz country gravy ¾ c Rice ½ c greens ½ c tossed salad 2 ea bread 1 ea dressing 1 c fortified beverage 3 oz peanut butter (#12 disher) (AE)	4 oz Country Fried Patty (E) chopped 2 oz country gravy ¾ c Rice 1 c greens 2 ea bread 1 c fortified beverage 3 oz peanut butter (#12 disher) (AE)	6 oz pulled poultry thigh (E) 2 oz country gravy ½ c rice ½ c greens 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) 2 oz country gravy ½ c rice ½ c greens ½ c tossed salad/ 1 ea dressing 2 ea bread 1 oz LS margarine (# 30 disher) or 3 pats 1 c fortified beverage ¾ c dried beans (AE)	4 oz Country Fried Patty (E) 2 oz country gravy ¾ c Rice ½ c greens ½ c tossed salad/ 1 ea dressing 3 ea bread 1 oz LS margarine (# 30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)

(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE do not receive gravy, mustard, ketchup)

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1 cup = 8 ounces

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Angela Gaskins, Bureau Chief

Week 3 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 ¼ c hashbrown potatoes 2 ea tortilla 1 oz shredded cheese(#16disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#100 disher) or 1 pat	3 oz eggs (E) 1 ½ c Oatmeal 1 ¼ c hashbrown potatoes 2 ea tortilla 1 oz shredded cheese(#16disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#60 disher) or 2 pats	3 oz eggs (E) ¼ c hashbrown potatoes 1 ea tortilla ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar substitute ½ oz margarine (#60 disher) or 2 pats	3 oz eggs (E) ¼ c hashbrown potatoes 2 ea tortilla ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar substitute ½ oz margarine (#60 disher) or 2 pats	2 oz LS peanut butter (# 16 disher) 1 ½ c Oatmeal ¼ c hashbrown 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
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	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 fresh fruit 1 ea mustard (pk or 1 tsp) 1 ea mayonnaise pk 1 c fortified tea 3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) 1 ½ c pasta salad w/ vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mustard pk or 1 tsp 1 ea mayonnaise (pk or tsp) 1 c fortified tea 3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) 1 ½ c pasta salad w/ vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mustard pk or 1 tsp 1 ea mayonnaise (pk or tsp) 1 c fortified tea 3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) 1 ½ c pasta salad w/ vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mustard pk or 1 tsp 1 ea mayonnaise (pk or tsp) 1 c fortified tea 3 oz cheese (AE)* *serve 6 slices or ¾ c shredded	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
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea fish patty (E) ¾ c cheesy grits 1 c dried beans ½ c coleslaw 2 ea bread 1 ea tartar sauce (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) 1 ½ c cheesy grits 1 c dried beans ½ c coleslaw 2 ea bread 1 ea tartar sauce (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) ¼ c dried beans 1 c coleslaw 1 ea bread 1 ea tartar sauce (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) 1 c dried beans 1 c coleslaw 1 ea bread 1 ea tartar sauce (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	2 c grits 1 c dried beans 1 c cabbage 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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¾ cup = 6 ounces
1 cup = 8 ounces

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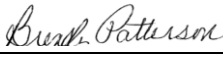
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FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

Week 3 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(#16disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (#100 disher)or 1 pat	3 oz eggs (E) 1 c Oatmeal ¼ c hashbrown potatoes 2 ea tortilla 1 oz shredded cheese (#16disher) 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 grits 2 ea bread 1 oz shredded cheese (#16 disher) ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz jelly (#60 disher) 1 oz margarine (#30 disher)or 3 pats	2 oz eggs (E) ½ c oatmeal ¼ c hashbrown potatoes 2 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk 2 oz jelly (#16 disher) 1 oz LS margarine (# 30 disher) or 3 pats	6 oz eggs (E) ½ c oatmeal 3 ea bread ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz jelly (#30 disher) 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
2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) ¼ c pasta salad w/ vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mustard pk or 1 tsp 1 ea mayonnaise (pk or tsp) 1 c fortified tea 3 oz cheese (AE)* *serve 6 slices or ¼ c shredded	2 oz luncheon meat (E) chopped 1 oz cheese (2 slices) (E) ¼ c pasta ½ c squash 2 ea bread ½ c canned fruit or 1 banana 1 ea mustard pk or 1 tsp 1 ea mayonnaise (pk or tsp) 1 c fortified tea 3 oz cheese (AE)* *serve 6 slices or ¼ c shredded	4 oz luncheon meat (E) 1 oz cheese (2 slices) ¼ c pasta ½ c squash 2 ea bread ½ c canned fruit 1 ea mustard pk or 1 tsp 1 ea mayonnaise (pk or tsp) 1 oz margarine (#30 disher)or 3 pats 1 c fortified tea 4 oz cheese (AE) serve 8 slices or 1 c shredded	2 oz luncheon meat (E) 1 oz cheese (2 slices) (E) ¼ c pasta salad w/ vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mustard pk or 1 tsp 1 ea mayonnaise (pk or tsp) 1 c fortified tea 3 oz cheese (AE)* *serve 6 slices or ¼ c shredded	6 oz ground chicken (E) ¼ c pasta salad w/ vinaigrette ½ c lettuce 2 ea bread 1 ea fresh fruit 1 ea mustard pk or 1 tsp 1 ea mayonnaise (pk or tsp) 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea fish patty (E) ¼ c cheesy grits 1 c dried beans ½ c coleslaw 2 ea bread 1 ea tartar sauce (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) ¼ c cheesy grits 1 c dried beans ½ c cabbage 2 ea bread 1 ea tartar sauce (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) ¼ c cheesy grits ½ c cabbage 2 ea bread 1 ea tartar sauce (pk or tsp) 1 oz margarine (#30 disher)or 3 pats 1 c fortified beverage 4 oz eggs (AE)	1 ea fish patty (E) 1 c cheesy grits ½ c coleslaw 2 ea bread 1 ea tartar sauce (pk or tsp) 1 oz LS margarine (# 30 disher) or 3 pats 1 c fortified beverage ¾ c dried beans (AE)	1 ea fish patty (E) 1 c cheesy grits ½ c coleslaw 3 ea bread 1 ea tartar sauce (pk or tsp) 1 oz LS margarine (# 30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)

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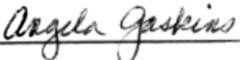
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FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

Week 3 Saturday


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 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 2 ea sugar substitute ½ oz margarine (#60 disher) or 2 pats 1 pk diet jelly	3 oz eggs (E) 1 ½ c oatmeal 2 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar substitute ½ oz margarine (#60 disher) or 2 pats 2 pk diet jelly	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 LSmargarine (#60 disher) or 2 pats
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 ea smoked sausage (E) ¾ c au gratin potatoes ½ c mixed vegetables 2 ea bread 1 ea cookie 1 ea mustard (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	1 ea smoked sausage (E) 1 c au gratin potatoes ½ c mixed vegetables 2 ea bread 1 ea cookie 1 ea mustard (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	1 ea smoked sausage (E) 1 c au gratin potatoes 1 c mixed vegetables 1 ea bread ½ c canned fruit 1 ea mustard (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	1 ea smoked sausage (E) 1 ½ c au gratin potatoes 1 c mixed vegetables 1 ea bread ½ c canned fruit 1 ea mustard (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	1 c dried beans 2 c oven brown potatoes 1 c mixed vegetables ½ c canned fruit ½ oz LSmargarine (#60 disher) or 2 pats 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea Beefy Patty (E) ¾ c rice 1 c black-eyed peas ½ c carrots ½ c marinated vegetable medley 2 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 1 c black-eyed peas (ae)	1 ea Beefy Patty (E) 1 c rice 1 c black-eyed peas ½ c carrots ½ c marinated vegetable medley 2 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 1 c black-eyed peas (ae)	1 ea Beefy Patty (E) ½ c rice ½ c black - eyed peas ½ c marinated vegetable medley 1 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 1 c black-eyed peas (ae)	1 ea Beefy Patty (E) ½ c rice 1 c black - eyed peas ½ c carrots ½ c marinated vegetable medley 1 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 1 c black-eyed peas (ae)	2 c rice 1 c black-eyed peas ½ c carrots 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	

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

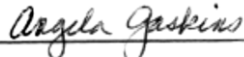
Food Service Director

FACILITY OR
INSTITUTION NAME: _____


STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU - THERAPEUTIC DIETS

MONTH OF _____
OPERATION: _____

Effective: June 28, 2020
Revised 10/18/2020


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 3 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 2 ea sugar pk ½ oz margarine (# 100 or 1 pat)	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	6 oz eggs (E) ½ c oatmeal 2 ea blueberry 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 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 3 pats	6 oz eggs (E) ½ c oatmeal 3 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz LS margarine (# 30 disher) or 3 pats 1 oz jelly (#30 disher)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 ea smoked turkey sausage (E) ¾ c au gratin potatoes ½ c mixed vegetables 2 ea bread 1 ea cookie 1 ea mustard (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	1 ea smoked sausage (E) chopped ¾ c au gratin potatoes ½ c mixed vegetables 2 ea bread 1 ea cookie 1 ea mustard (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	1 ea smoked sausage (E) ¾ c au gratin potatoes ½ c mixed vegetables 2 ea bread 1 ea cookie 1 ea mustard (pk or tsp) 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea 3 oz cheese (AE) serve 6 slices or ¼ c shredded	1 ea smoked sausage (E) ¾ c au gratin potatoes ½ c mixed vegetables 2 ea bread 1 ea cookie 1 ea mustard (pk or tsp) 1 c fortified tea ¾ c dried beans (AE)	6 oz ground chicken (E) ¾ c au gratin potatoes ½ c mixed vegetables 2 ea bread 1 ea cookie 1 ea mustard (pk or tsp) 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea beefy patty (E) ¾ c rice 1 c black-eyed peas ½ c carrots ½ c marinated vegetable medley 2 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 1 c black eyed peas (AE)	1 ea beefy patty (E) CHOPPED ¾ c rice 1 c black-eyed peas 1 c carrots 2 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 1 c black eyed peas (AE)	6 oz pulled poultry thigh (E) ½ c rice ½ c carrots 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)	1 ea beefy patty (E) ¾ c rice 1 c carrots 1 oz LS margarine (# 30 disher) or 3 pats 2 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage ¾ c black eyed peas (AE)	1 ea beefy patty (E) ¾ c rice ½ c carrots 1 oz LS margarine (# 30 disher) or 3 pats 3 ea bread 1 ea mustard (tsp or pk) 1 ea ketchup (tsp or pk) 1 c fortified beverage 6 oz eggs (AE)

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Food Service Director