

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

Angela Gaskins

WEEK 4 Sunday

Brenda Patterson

FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

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 ½ c grits 1 ½ 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) 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	3 oz 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 disher) 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 LS margarine (# 60 disher) or 2 pats
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c chili mac (E) 1 c dried beans ½ c marinated vegetable medley 1 ea cornbread	1 c chili mac (E) 1 c dried beans ½ c marinated vegetable medley 1 ea cornbread	1 ½ c chili mac (E) 1 c dried beans ½ c marinated vegetable medley 1 ea bread ½ c canned fruit	1 ½ c chili mac (E) 1 c dried beans 1 c marinated vegetable medley 1 ea bread ½ c canned fruit	2 c pasta 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	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea
1 c dried beans (AE) ½ c pasta (AE)	1 c dried beans (AE) ½ c pasta (AE)	1 c dried beans (AE) ½ c pasta (AE)	1 c dried beans (AE) ½ c pasta (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER
3 oz peanut butter & jelly (E) (#12 scoop) ¾ c pasta salad w/vinaigrette ½ c carrot coins 2 ea bread 1 ea cookie 1 c fortified beverage	3 oz peanut butter & jelly (E) (#12 scoop) 1 c pasta salad w/vinaigrette ½ c carrot coins 2 ea bread 1 ea cookie 1 c fortified beverage	2 oz peanut butter & jelly (E) (#16 scoop) ¾ c pasta salad w/vinaigrette ½ c carrot coins 2 ea bread 1 c fortified beverage	2 oz peanut butter & jelly (E) (#16 scoop) ¾ c pasta salad w/vinaigrette ½ c carrot coins 2 ea bread 1 c fortified beverage	1 c dried beans 2 c pasta 1 c carrot coins ½ oz LS margarine (# 60 disher) or 2 pats ½ c canned fruit 1 c fortified beverage
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
		2 T LS peanut butter (#30 disher) 2 ea bread	2 T LS peanut butter (#30 disher) 2 ea bread	

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

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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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WEEK 4 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
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 No Alternate Entrée	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) No Alternate Entrée	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 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) 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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c chili mac (E) 1 c dried beans ½ c marinated vegetable medley 1 ea cornbread 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	1 c chili mac (E) 1 c dried beans ½ c cabbage 1 ea cornbread 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	6 oz ground chicken (E) ½ c pasta ½ c cabbage 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea 6 oz eggs (AE)	¼ c chili mac (E) ½ c marinated veg medley 2 ea bread ½ c canned fruit 2 oz jelly (#16 disher) 1 oz LS margarine (# 30 disher) or 3 pats 1 c fortified tea ½ c dried beans (AE) ½ c pasta (AE)	1½ c chili mac (E) ½ c cabbage 3 ea bread ½ c canned fruit 1 c fortified tea 6 oz eggs (AE) ½ c pasta (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
3 oz peanut butter & jelly (E) (#12 scoop) ¼ c pasta salad w/vinaigrette ½ c carrot coins 2 ea bread 1 ea cookie 1 c fortified beverage No Alternate Entrée	3 oz peanut butter & jelly (E) (#12 scoop) ¼ c pasta ½ c carrots 2 ea bread 1 ea cookie 1 c fortified beverage No Alternate Entrée	6 oz pulled poultry thigh (E) ½ c pasta ½ c carrots 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage 6 oz cheese (AE) serve 12 slices or 1 1/2 c shredded	2 oz peanut butter & jelly (E) (#16 scoop) ¼ c pasta salad w/vinaigrette ½ c carrot coins 2 ea bread 1 ea cookie 1 c fortified beverage No Alternate Entrée	3 oz peanut butter & jelly (E) (#12 scoop) ¼ c pasta salad w/vinaigrette ½ c carrot coins 2 ea bread 1 ea cookie 1 c fortified beverage No Alternate Entrée

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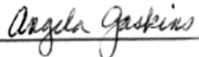
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WEEK 4 Monday


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 cereal 2 ea waffles(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 cereal 2 ea waffles(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 cereal 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) 1 ½ c cereal 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 cereal 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
½ c BBQ diced chicken (E) ¾ c rice 1 c dried beans ½ c squash 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	½ c BBQ diced chicken (E) 1 c rice 1 c dried beans ½ c squash 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	½ c BBQ diced chicken (E) 1 c rice 1 c dried beans ½ c squash 1 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c BBQ diced chicken (E) 1 c rice 1 c dried beans ½ c squash 1 ea bread 1 c fortified tea 1 c dried beans (AE)	2 c Rice 1 c dried beans ½ c squash ½ c canned 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) ¾ c. Garlic Cheese Potatoes ½ c. shredded lettuce 2 ea. sliced pickles 2 ea. Bread 1 ea. cookie 1 ea. Mustard (tsp or pk) 1 ea Catsup (tsp or pk) 1 c fortified beverage 3 oz Peanutbutter (#12 disher) (AE)	1 ea 100 % Beef Patty (E) 1 c. Garlic Cheese Potatoes ½ c. shredded lettuce 2 ea. sliced pickles 2 ea. Bread 1 ea. cookie 1 ea. Mustard(tsp or pk) 1 ea Catsup (tsp or pk) 1 c fortified beverage 3 oz peanutbutter (#12 disher) (AE)	1 ea 100% beef patty (E) ¾ c garlic cheese potatoes ½ c shredded lettuce 2 ea sliced pickles 1 ea bread ½ c canned fruit 1 ea mustard (tsp or pk) 1 ea catsup (tsp or pk) 1 c fortified beverage 3 oz peanutbutter (# 12 disher) (AE)	1 ea 100% beef patty (E) 1 c garlic cheese potatoes ½ c shredded lettuce 2 ea sliced pickles 1 ea bread ½ c canned fruit 1 ea mustard (tsp or pk) 1 ea catsup (tsp or pk) 1 c fortified beverage 3 oz peanutbutter(#12disher)(AE)	1 c dried beans 2 c oven browned potatoes 1 c shredded lettuce 2 ea sliced pickles ½ c canned fruit ½ oz LS margarine (# 60 disher)or 2 pats 1 c fortified beverage
		2 T LS peanut butter (#30 disher) 2 ea bread	2 T LS peanut butter (#30 disher) 2 ea bread	

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 Food Service Director

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


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Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
¾ c cereal 2 ea waffles(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	¾ c cereal 2 ea waffles(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	6 oz eggs (E) ¾ c cereal 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 3 pats	1 c cereal 2 ea waffles(E) ½ c canned fruit 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 ½ c cereal 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	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c BBQ diced chicken (E) ¾ c Rice 1 c dried beans ½ c squash 1 ea pan bread 1 c fortified tea 1 c dried beans (AE)	½ c BBQ diced chicken (E) ¾ c Rice 1 c dried beans ½ c squash 2 ea bread 1 c fortified tea 1 c dried beans (AE)	1 c BBQ diced chicken (E) ½ c Rice ½ c squash 2 ea bread 1 oz margarine (#30 disher)or 3 pats 1 c fortified tea 8 oz eggs (AE)	½ c BBQ diced chicken (E) 1 c rice ½ c squash 2 ea bread ½ c canned fruit 1 c fortified tea 4 oz eggs (AE)	1 c BBQ diced chicken (E) 1 c rice ½ c squash 2 ea bread 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea 100 % Beef Patty (E) ¾ c. Garlic Cheese Potatoes ½ c. shredded lettuce 2 ea. sliced pickles 2 ea. Bread 1 ea. Cookie 1 ea. Mustard (tsp or pk) 1 ea Catsup (tsp or pk) 1 c fortified beverage 3 oz Peanut Butter (#12)	1 ea 100 % Beef Patty (E) ¾ c. Garlic Cheese Potatoes ½ c green beans 2 ea. sliced pickles 2 ea. Bread 1 ea. Cookie 1 ea. Mustard (tsp or pk) 1 ea Catsup (tsp or pk) 1 c fortified beverage 3 oz Peanut Butter (#12)	1 ea 100 % Beef Patty (E) ½ c Garlic Cheese Potatoes ½ c. shredded lettuce 2 ea. sliced pickles 2 ea. Bread 1 ea. Cookie 1 ea. Mustard (tsp or pk) 1 ea Catsup (tsp or pk) 1 oz margarine (#30 disher)or 3 pats 1 c fortified beverage 4 oz eggs (AE)	1 ea 100 % Beef Patty (E) ½ c Garlic Cheese Potatoes ½ c. shredded lettuce 2 ea. sliced pickles 2 ea. Bread 1 ea. Cookie 1 ea. Mustard (tsp or pk) 1 ea Catsup (tsp or pk) 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified beverage 3 oz Peanut Butter (#12)	1 ea 100 % Beef Patty (E) ¾ c Garlic Cheese Potatoes ½ c. shredded lettuce 3 ea bread 1 ea. Cookie 1 ea. Mustard (tsp or pk) 1 ea Catsup (tsp or pk) 1 c fortified beverage 6 oz eggs (AE)

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WEEK 4 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 bread ½ c fruit drink ½ 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 bread ½ c fruit drink ½ 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 ¾ c hashbrown casserole 2 ea bread ½ c fruit drink ½ 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
2 oz luncheon meat (E) 1 oz cheese E) ¾ c potato salad ½ c lettuce 2 ea tortilla 1 ea fresh fruit 1 ea mustard (pk or tsp) 1 ea mayonaise (pk or tsp) 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese E) ¾ c potato salad ½ c lettuce 2 ea tortilla 1 ea fresh fruit 1 ea mustard (pk or tsp) 1 ea mayonaise (pk or tsp) 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese E) 1 ½ c potato salad 1 c lettuce 2 ea tortilla 1 ea fresh fruit 1 ea mustard (pk or tsp) 1 ea mayonaise (pk or tsp) 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese E) 1 ½ c potato salad 1 c lettuce 2 ea tortilla 1 ea fresh fruit 1 ea mustard (pk or tsp) 1 ea mayonaise (pk or tsp) 1 c fortified tea	1 c dried beans 2 c oven brown potatoes 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 3/4 c shredded	3 oz cheese (AE) serve 6 slices or 3/4 c shredded	3 oz cheese (AE) serve 6 slices or 3/4 c shredded	3 oz cheese (AE) serve 6 slices or 3/4 c shredded	
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea Mojo chicken (E) 2 oz country gravy 1 c black eyed peas ¾ c rice ½ c greens 1 ea cornbread (w/E)	1 ea Mojo chicken (E) 2 oz country gravy 1 c black eyed peas ¾ c rice ½ c greens 1 ea cornbread (w/E)	1 ea Mojo chicken (skinless) (E) black eyed peas ½ c rice ½ c greens 1 ea bread	1 ea Mojo chicken (skinless) (E) black eyed peas ½ c rice ½ c greens 1 ea bread	1 c black eyed peas 2 c rice 1 c greens ½ 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 peanutbutter(#12 disher)(AE) 2 ea bread (w/AE)	3 oz peanutbutter(#12disher)(AE) 2 ea bread (w/AE)	3 oz peanutbutter(#12disher)(AE) 2 T LS peanut butter (#30 disher) 2 ea bread	3 oz peanutbutter(#12disher)(AE) 2 T LS peanut butter (#30 disher) 2 ea bread	

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WEEK 4 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 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 c grits ¼ c hashbrown casserole 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	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 3 pats	6 oz 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
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
2 oz luncheon meat (E) 1 oz cheese E) ¾ c potato salad ½ c lettuce 2 ea tortilla 1 ea fresh fruit 1 ea mustard (pk or tsp) 1 ea mayonaise (pk or tsp) 1 c fortified tea	2 oz luncheon meat (CHOPPED) 1 oz cheese E) ¾ c oven browned potatoes ½ c corn 2 ea tortilla ½ c canned fruit or banana 1 ea mustard (pk or tsp) 1 ea mayonaise (pk or tsp) 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese E) ½ c rice ½ c corn 2 ea tortilla 1 oz margarine (#30 disher)or 3 pats 1 ea mustard (pk or tsp) 1 ea mayonaise (pk or tsp) 1 c fortified tea	2 oz luncheon meat (E) 1 oz cheese E) ½ c potato salad ½ c lettuce 2 ea tortilla 1 ea fresh fruit 1 ea mustard (pk or tsp) 1 ea mayonaise (pk or tsp) 1 c fortified tea	6 oz ground chicken (E) ½ c potato salad ½ c lettuce 2 ea tortilla 1 ea fresh fruit 1 ea mustard (pk or tsp) 1 ea mayonaise (pk or tsp) 1 c fortified tea
3 oz cheese (AE) serve 6 slices or 3/4 c shredded	3 oz cheese (AE) serve 6 slices or 3/4 c shredded	3 oz cheese (AE) serve 6 slices or 3/4 c shredded	3 oz cheese (AE) serve 6 slices or 3/4 c shredded	6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea Mojo chicken (E) 2 oz country gravy 1 c black eyed peas ¾ c rice ½ c greens 1 ea cornbread (w/E) 1 c fortified beverage	4 oz pulled poultry thigh (E) (Chopped) 1 c black eyed peas ¾ c rice ½ c greens 1 ea cornbread (w/E) 2 oz country gravy 1 c fortified beverage	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	2 oz pulled poultry thigh (E) ½ c canned fruit 1 c rice ½ c greens 2 ea bread 2 oz jelly (#16 disher) 1 oz LS margarine (#30 disher)or 3 pats 1 c fortified beverage	4 oz pulled poultry thigh (E) ½ c canned fruit 1 c rice ½ c greens 3 ea bread 1 c fortified beverage
3 oz peanut butter, #12 (AE) 2 ea bread (w/AE)	3 oz peanut butter, #12 (AE) 2 ea bread (w/AE)	6 oz eggs (AE)	2 oz peanut butter (AE)	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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WEEK 4 Wednesday



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 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 1 ea fresh 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 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	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c Yakisoba (E) 1 c dried beans ½ c. marinated vegetable medley 2 ea. Bread ½ c canned fruit 1 c fortified tea	1 c Yakisoba (E) 1 c dried beans ½ c. marinated vegetable medley 2 ea. Bread ½ c canned fruit 1 c fortified tea	1 c Yakisoba (E) ¾ c dried beans ½ c marinated vegetable medley 1 ea bread ½ c canned fruit 1 c fortified tea	1 ½ c yakisoba (E) 1 c dried beans ½ c marinated vegetable medley 1 ea bread ½ c canned fruit 1 c fortified tea	2 c rice 1 c dried beans 1 c Marinated Veg. Medley ½ oz LS margarine (#60 disher) or 2 pats ½ c canned fruit 1 c fortified tea
1 c dried beans (AE) ½ c pasta (AE)	1 c dried beans (AE) ½ c pasta (AE)	½ c dried beans (AE) ½ c pasta (AE)	1 c dried beans (AE) ½ c pasta (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz italian red sauce ¾ c pasta ½ c mixed vegetables ½ c tossed salad 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 1 ½ c pasta ½ c mixed vegetables ½ c tossed salad 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 ½ c pasta ½ c mixed vegetables ½ c tossed salad 1 ea bread 1 ea dressing 1 c fortified beverage 1 c dried beans (AE)	6 ea meatballs (E) 2 oz italian red sauce 1 c pasta 1 c mixed vegetables ½ c tossed salad 1 ea bread 1 ea dressing 1 c fortified beverage 1 c dried beans (AE)	1 c dried beans 2 c pasta ½ c mixed vegetables ½ c tossed salad ½ c canned fruit ½ oz LS margarine (#60 disher) or 2 pats 1 ea dressing 1 c fortified beverage 1 c dried beans (AE)
		2 T LS peanut butter (#30 disher) 2 ea bread	2 T LS peanut butter (#30 disher) 2 ea bread	

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

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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

MONTH OF _____
OPERATION: _____

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


FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 4 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 ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz margarine (#30 disher) or 3 pats	1 ½ 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) 1 ½ c oatmeal 3 ea bread 1 ea fresh 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
	** can give banana in place of fruit drink			
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c Yakisoba (E) 1 c dried beans ½ c. Marinated Veg. Medley 2 ea. Bread ½ c canned fruit	1 c Yakisoba (E) 1 c dried beans ½ c squash 2 ea. Bread ½ c canned fruit	6 oz ground chicken (E) ½ c rice ½ c squash 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea	¾ c yakisoba (E) ½ c squash 2 ea bread ½ c canned fruit	6 oz ground chicken (E) 1 c pasta ½ c squash 2 ea bread ½ c canned fruit
1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea
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)
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz italian red sauce ¾ c pasta (AE) ½ c mixed vegetables ½ c tossed salad 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 (AE) 1 c mixed vegetables 1 ea garlic pan bread 1 c fortified beverage 1 c dried beans (AE)	6 oz pulled poultry thigh ½ c pasta (AE) ½ c mixed vegetables 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage 6 oz eggs (AE)	6 ea meatballs (E) 2 oz italian red sauce 1 c pasta ½ c mixed vegetables ½ c tossed salad/ 1 ea dressing 2 ea bread 2 oz jelly (#16 disher) 1 oz LS margarine (# 30 disher) or 3 pats 1 c fortified beverage ¾ c dried beans (AE)	6 ea meatballs (E) 2 oz italian red sauce 1 c pasta ½ c mixed vegetables ½ c tossed salad/ 1 ea dressing 3 ea bread 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, catsup)
* Weight before heating

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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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Angela Gaskins, Bureau Chief

WEEK 4 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
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) serve 6 slices or 3/4 c shredded	¼ 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 3 oz cheese (AE) serve 6 slices or 3/4 c shredded	¼ c country meat gravy (E) 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 oz cheese (AE) serve 4 slices or 1/2 c shredded	¼ c country meat gravy (E) ¼ c oatmeal 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 3 oz cheese (AE) serve 6 slices or 3/4 c shredded	2 oz LS peanut butter (#16 disher) 1 ½ c oatmeal 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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c sloppy joe (E) 1 c dried beans ¾ c rice ½ c corn 2 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) 1 c dried beans 1 c rice ½ c corn 2 ea bread 1 c fortified tea 1 c dried beans (AE)	¾ c sloppy joe (E) ¼ c dried beans ½ c rice ½ c corn 1 ea bread 1 c fortified tea 1 c dried beans (AE)	¾ c sloppy joe (E) ¼ c dried beans ½ c rice 1 c corn 2 ea bread 1 c fortified tea 1 c dried beans (AE)	1 c dried beans 2 c rice 1 c corn ½ c canned 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 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) ¾ c. Cheesy Grits 1 c. dried beans ½ c. coleslaw 2 ea Bread 1 ea Tartar Sauce 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) ½ c dried beans ½ c coleslaw 1 ea bread 1 ea tartar sauce 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) ¾ c dried beans ½ c coleslaw 1 ea bread 1 ea tartar sauce 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 disher) 2 ea bread	2 T LS peanut butter (#30 disher) 2 ea bread	

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

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½ cup = 4 ounces
¼ 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 4 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
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) serve 6 slices or ¾ c shredded	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) serve 6 slices or ¾ c shredded	6 oz eggs (E) ½ 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 3 pats No Alternate Entrée	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 (#16 disher) 2 ea sugar 1 oz LS margarine (#30 disher)or3 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 1 oz LS margarine (#30 disher)or3 pats No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c sloppy joe (E) 1 c dried beans ¾ c rice ½ c corn 2 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) 1 c dried beans ¾ c rice ½ c corn 2 ea bread 1 c fortified tea 1 c dried beans (AE)	½ c sloppy joe (E) ¾ c rice ½ c corn 2 ea bread 1 oz margarine (#30 disher)or 3 pats 1 c fortified tea 4 oz eggs (AE)	½ c sloppy joe (E) 1 c rice 1 c corn 2 ea bread 1 c fortified tea ½ c dried beans (AE)	¾ c sloppy joe (E) 1 c rice ½ c corn 2 ea bread 1 c fortified tea 6 oz eggs (AE)
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 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) chopped ¾ c. Cheesy Grits 1 c. dried beans ½ c. cabbage 2 ea. Bread 1 ea. Tartar Sauce 1 c fortified beverage 1 c dried beans (AE)	6 oz pulled poultry thigh ½ c Cheesy Grits ½ c. cabbage 2 ea. Bread 1 oz margarine(#30 disher)or 3 pats 1 ea. Tartar Sauce 1 c fortified beverage 6 oz eggs (AE)	1 ea. fish patty (E) 1 c cheesy grits ½ c. coleslaw 2 ea bread ½ c canned fruit 2 oz jelly (# 16 disher) 1 oz LS margarine (#30 disher) or 3 pats 1 ea. Tartar Sauce 1 c fortified beverage 4 oz eggs (AE)	1 ea. fish patty (E) 1 c cheesy grits ½ c. coleslaw 3 ea bread 1 ea. Tartar Sauce 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, catsup)

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 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

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FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 4 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 ¼ c hashbrowns 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 (E) 1 ½ c grits 1 ½ c hashbrowns 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 2 oz cheese (AE) serve 4 slices or ½ c shredded	1 ea breakfast sausage patty (E) ½ c grits 1 c hashbrowns 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 oz cheese (AE) serve 4 slices or ½ c shredded	1 ea breakfast sausage patty (E) 1 c grits ¼ c hashbrowns 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 cheese (AE) serve 4 slices or ½ c shredded	2 oz LS peanut butter (#16 disher) 1 ½ c grits ¼ c hashbrowns ½ c fruit drink 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz LS margarine (#60 disher)or 2 pats
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
¾ c chicken salad (E) ¾ c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit 1 c fortified tea 1 c dried beans (AE)	¾ c chicken salad (E) 1 ½ c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit 1 c fortified tea 1 c dried beans (AE)	¾ c chicken salad (E) 1 ½ c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit 1 c fortified tea 1 c dried beans (AE)	1 c chicken salad (E) 1 ½ c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit 1 c fortified tea 1 c dried beans (AE)	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 c Cheesy Meat Casserole (E) 1 c Chili Beans ½ c Green Beans 1 ea Cornbread ½ c canned fruit 1 c fortified beverage 1 c chili beans (AE) ½ c pasta (AE)	1 c Cheesy Meat Casserole (E) 1 c Chili Beans ½ c Green Beans 1 ea Cornbread ½ c canned fruit 1 c fortified beverage 1 c chili beans (AE) ½ c pasta (AE)	1 c Cheesy meat casserole (E) ½ c chili beans ½ c green beans 1 ea bread ½ c canned fruit 1 ea mustard (pk or tsp) 1 c fortified beverage ½ c chili beans (AE) ½ c pasta (AE) 2 T LS peanut butter (#30 disher) 2 ea bread	1 ½ c Cheesy meat casserole (E) ½ c chili beans ½ c green beans 1 ea bread ½ c canned fruit 1 ea mustard (pk or tsp) 1 c fortified beverage 1 c chili beans (AE) 2 T LS peanut butter (#30 disher) 2 ea bread	2 c pasta 1 c dried beans 1 c green beans ½ c canned fruit ½ oz LS margarine (#60 disher)or 2 pats 1 c fortified beverage

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

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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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MASTER MENU - THERAPEUTIC DIETS

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FL Department of Corrections Approval
Angela Gaskins, Bureau Chief

WEEK 4 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
1 ea breakfast sausage patty (E) 1 c grits ¾ c hashbrowns 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 (E) 1 c grits ¾ c hashbrowns 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 ¾ c hashbrowns 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 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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
¾ c chicken salad (E) ¾ c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit 1 c fortified tea 1 c dried beans (AE)	6 oz ground chicken (E) ¾ c pasta ½ c squash 2 ea bread ½ c canned fruit or banana 1 c fortified tea 1 c dried beans (AE)	6 oz ground chicken (E) ½ c pasta ½ c squash 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified tea 6 oz eggs (AE)	½ c chicken salad (E) ½ c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit 1 c fortified tea ¾ c dried beans (AE)	½ c chicken salad (E) 1 c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 c Cheesy Meat Casserole (E) 1 c. Chili Beans ½ c. Green Beans 1 ea. Cornbread ½ c. canned fruit 1 c fortified beverage 1 c chili beans (AE)	1 c Cheesy Meat Casserole (E) 1 c. Chili Beans ½ c. Green Beans 1 ea. Cornbread ½ c. canned fruit 1 c fortified beverage 1 c chili beans (AE)	6 oz pulled poultry thigh (E) ½ c rice ½ c. Green Beans 2 ea bread 1 oz margarine (#30 disher) or 3 pats 1 c fortified beverage 6 oz eggs(AE)	1 c Cheesy Meat Casserole (E) ½ c. Green Beans 2 ea bread ½ c. canned fruit 2 oz jelly (#16 disher) 1 oz LS margarine (#30 disher) or 3 pats 1 c fortified beverage ¾ c chili beans (AE)	1 c Cheesy Meat Casserole (E) ½ c. Green Beans 3 ea bread ½ c. canned fruit 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, catsup)

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

WEEK 4 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 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 LS margarine (#60 disher)or 2 pats
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c Western Chili w/Beans (E) ¾ c rice ½ c carrots 1 ea Cornbread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 c Western Chili w/Beans (E) 1 c rice ½ c carrots 1 ea Cornbread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 ½ c western chili w/ beans (E) 1 c rice ½ c carrots 1 ea bread ½ c canned fruit 1 c fortified tea 1 c dried beans (AE)	1 ½ c western chili w/beans (E) 1 c rice ½ c carrots 1 ea bread ½ c canned fruit 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 disher)or 2 pats 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
2 ea poultry franks (E) 1 c baked beans ¾ c macaroni and cheese ½ c coleslaw 2 ea bread 2 ea mustard (pk or tsp) 2 ea catsup (pk or tsp) 1 c fortified beverage 1 c baked beans(AE)	2 ea poultry franks (E) 1 c baked beans 1 c macaroni and cheese ½ c coleslaw 2 ea bread 2 ea mustard (pk or tsp) 2 ea catsup (pk or tsp) 1 c fortified beverage 1 c baked beans(AE)	2 ea poultry franks (E) ½ c macaroni and cheese ½ c coleslaw 1 ea bread 2 ea mustard (pk or tsp) 2 ea catsup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE) 2 T LS peanut butter (#30 disher) 2 ea bread	2 ea poultry franks (E) ¾ c macaroni and cheese ½ c coleslaw 1 ea bread 2 ea mustard (pk or tsp) 2 ea catsup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE) 2 T LS peanut butter (#30 disher) 2 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 1 c fortified beverage

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

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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

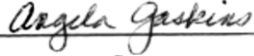
Food Service Director

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MASTER MENU - THERAPEUTIC DIETS

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Angela Gaskins, Bureau Chief

WEEK 4 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 disher)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) 1 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 c Western Chili w/Beans ¾ c rice ½ c carrots 1 ea Cornbread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 c Western Chili w/Beans ¾ c rice ½ c carrots 1 ea cornbread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	6 oz ground chicken (E) ½ c rice ½ c carrots 2 ea bread 1 ea cookie 1 oz margarine (#30 disher)or 3 pats 1 c fortified tea 6 oz eggs (AE)	3 oz ground chicken (E) 1 c rice ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea ¾ c dried beans (AE)	4 oz ground chicken (E) 1 c rice ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea 6 oz eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
2 ea poultry franks (E) 1 c baked beans ¾ c macaroni and cheese 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 1 c baked beans ¾ c macaroni and cheese 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) 1 c baked beans ¾ c macaroni and cheese ½ c cabbage 2 ea bread 1 oz margarine (#30 disher)or 3 pats 2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 6 oz eggs (AE)	3 oz pulled poultry thigh (E) ½ c macaroni and cheese ½ c coleslaw 2 ea bread 1 oz LS margarine (#30 disher) or 3 pats 2 oz jelly (#16 disher) 1 c fortified beverage 3 oz eggs (AE)	4 oz pulled poultry thigh (E) ½ c macaroni and cheese ½ c coleslaw ½ c canned fruit 3 ea bread 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, catsup)

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