

## DESCRIPTION : This meal is to be served as a table-side choice of favorite foods of the residents. The actual meal becomes the activity.

PROCEDURE : The goal for this meal is for residents to participate in increased choices. Specifically the bread (Bread Basket), the salad (Salad Cart) and the dessert (Festive Dessert Tray) are each offered to the resident to select the item he/she desires. The entree, starch and vegetable are not select menu items. This meal should be considered a fancy restaurant style meal. Refer to the posters of the My Favorite Foods Theme Meal.

1. Tables are to be covered with pastel cloth or paper tablecloths. (check party stores and/or exchange linen companies).
2. Each table should be decorated. Shiny ivy (wipe leaves with baby oil), plus colorful cut flowers are very elegant.
3. Candles may be included (refer to facility policy on candles).
4. Colored large paper napkins add a festive atmosphere. Select a paper napkin one shade darker for more interesting color contrast (an orange napkin on a peach colored tablecloth).
5. Group residents around each table. If possible, have residents sit in dining room chairs with arms, so wheel chairs can be removed.
6. Assign extra staff or volunteers to become wait staff. Also, colorful aprons worn by wait staff is recommended.
7. Wait staff greets each resident, and shares with the group at each table that they are participating in a restaurant style meal.
8. Carts used for distributing salads and desserts need to be decorated. Cover each cart with the same pastel colored cloth used for the dining room tables. May add a small bouquet of flowers to each cart.
9. Baskets are needed for bread. Line each basket with a colorful napkin. Flat baskets with low sides show off the bread selection best.
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10. Before residents are seated in the dining room, tables are pre-set with flatware, coffee mug/cup, small glasses of water with ice and a lemon wedge. In addition, stemmed glasses (plastic disposable champagne glasses purchased at a party store work well) are placed on the table.
11. In the kitchen, the salad cart is assembled. The three salads are placed on the top shelf of the decorated cart. Colorful paper plates may be used if salad plates are not available (small dishes should not be used for salads for this meal). For the tossed salad add three bowls of dressing, with spoons. The dressings are "cook's choice" but Italian, Blue Cheese and 1000 Island are always popular. Dressing should be a little thin for easy portioning.

The top of the cart is divided into three sections. Place the molded fruit salads on one end of the cart, and the cole slaw on the other end. In the middle section place the salad plates of tossed salad and the three dressings. On the second shelf (and third if needed), are back up salad plates of the three salads. Place these in the same order as the top shelf for easy refilling.
12. Also, before the residents are seated, bread baskets are assembled. On the Daily Cook's Menu an assortment of breads and crackers are listed: Half slices of wheat, white and rye bread, Hi Ho crackers (found in grocery stores) and small slices of facility prepared pumpkin bread. Arrange each of these breads in rows in the napkin-lined basket. Small clear plastic tongs are recommended for serving the bread from the basket to the resident's salad plate. Note: Place each salad slightly off center so there is room for the bread to be placed next to the salad.
13. Desserts are not assembled in advance until the salad cart is returned. However, the chilled desserts may be dished up on small plates and refrigerated. The salad cart becomes the dessert cart at the end of the meal. Listed on the menu are cream pies, fruit pies, cookies and either small dishes of garnished pudding and/or sherbet. When the time comes (as residents are eating their entree), the dessert cart is assembled in the same way as the salad cart.
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14. Note: Residents on the Pureed Diet may also participate in selecting their salad, bread and dessert. The dietary department will need to follow the menu and puree or slurry items listed. Residents on most other diets may have any item; check with the dietitian. The Diabetic Diet, on the Daily Cook's Menu, lists allowed menu items. Residents on special diets may be served the regular diet if allowed by the physician. Request nursing ask residents' physicians to order "May consume the Regular Diet on holidays and for theme meals."
15. Sparkling apple juice needs to be ice cold before serving.
16. The meal is served in this order:
a. Sparkling apple juice is poured in the stem glasses in front of each resident.
b. The Salad Cart is rolled up to each table. The wait staff (nurses aid) asks residents, "Would you like cole slaw, a molded fruit salad or a tossed salad?" Residents indicate their preference. Residents who select a tossed salad are further asked for their dressing choice. Drizzle one or two teaspoons of dressing over each salad.
c. Behind the Salad Cart is the wait staff with the Bread Basket. This person asks residents, "Would you like white, wheat or rye bread? Or would you prefer pumpkin bread or crackers?" The item desired is placed next to the salad on the salad plate. If tongs are not available, this hostess should wear a glove on the hand that picks up the bread.
d. After residents have eaten their salad, the entree is served. Dietary serves the fried chicken, mashed potatoes, and peas and carrots on the dinner plates. If the dining room is directly next to the kitchen, wait staff can simply pick up two plates and serve two residents. If the kitchen is further away, then plates need to be covered with lids. This simple menu is appropriate for most diets except Pureed. Residents on the Mechanical Soft Diet probably need the chicken cut up. This could be done at the dinner table.
$\qquad$
e. While residents are eating their hot food, the Salad Cart is turned into the Dessert Cart. The top shelf, of the now Dessert Cart, is filled with plates (colorful paper ones are preferred) of pie wedges, cookies or swirled plastic dishes of pudding and/or sherbet. The second shelf contains back up plates or dishes of the same dessert items. Residents are encouraged to look at the festive Dessert Cart and make their choice. Residents on the Pureed Diet need to be served a pureed version of these desserts. Also, diabetic residents need special desserts unless they have a physician's order for regular food for a holiday/theme meal. Refer to the Daily Cook's Menu for all special diet information.
f. During the entire festive meal process, wait staff are encouraged to converse with the residents. They might ask them about their favorite restaurants, foods, etc. The goal is to increase socialization between residents and with wait staff.
18. This meal will take longer to serve - which is the objective of this Theme Meal. As stated before, the meal is the activity.
19. For increased pizzazz, turn down the lights slightly, play classical music and burn candles. This should be a really fun meal for both residents and staff!

EQUIPMENT : 1. Tablecloths (paper or cloth).
2. Colorful napkins.
3. Small paper plates for both the salad and dessert course.
4. Small bouquets of flowers, one for each cart.
5. Carts, four for every 50 people eating at one time (may need to borrow carts from other departments).
6. Bread baskets.
7. Plastic champagne stemmed glasses (party store).
8. Flowers and ivy to decorate tables.

## DECORATIONS : 1. Poster of the My Favorite Foods Theme Meal.

2. Tables covered with tablecloths and decorated with ivy, flowers and candles.

MUSIC $\quad: \quad$ CD's, records or tapes of classical music.
DRESS : Sunday best clothes for both men and women.
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Meal: Noon
September

| Recipe Number | Recipe Name | Portion Size | $\begin{gathered} \text { Regu- } \\ \text { lar } \end{gathered}$ | Mech Soft | Renal Diet | Low Salt | $\begin{gathered} 2 \mathrm{gm} \\ \text { NA } \end{gathered}$ | Pureed Diet | LINCS Diet | $\begin{aligned} & 1500 \\ & \text { Calorie } \end{aligned}$ | $1200$ <br> Calorie | L Chl <br> L Fat |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 01-5580-001 | CRISPY FRIED CHICKEN THIGH | 1 EA | x | $\begin{aligned} & \text { CUT } \\ & \text { UP } \end{aligned}$ | 32 | x | x | P \#10 | x | x | x | x |
| 02-1530-090 | OLD FASHION <br> MASHED POTATOES | 1/3 C | X | X | 1/4 C | X | X | X | X | X | X | X |
|  | GRAVY | 2 TB | X | X | X | X | X | X | X | X | X | X |
| 02-2090-040 | SEASONED GREEN PEAS WITH FRESH SLICED CARROTS | 1/3C | X | X | X | X | X | P \#20 | X | X | X | X |
|  | SALAD CART, CHOICE OF: |  |  |  |  |  |  |  |  |  |  |  |
| 03-1240-011 | TOSSED SALAD WITH CHOICE OF DRESSING | 1/2 C | X | MINCE | X | X | X | PUR | X | X | X | X |
| 03-1300-010 | CREAMY COLE SLAW | 1/3 C | X | X | 1/4 C | X | X | P \#16 | X | X | X | X |
| 03-1490-101 | MOLDED FRUIT ON LETTUCE | 2×2 | X | X |  | X | X | PUR | UNSW |  |  | X |
|  | BREAD BASKET CHOICE OF: |  |  |  |  |  |  |  |  |  |  |  |
|  | BU. 1/2 SLICES OF WHITE, WHEAT \& RYE | 1 EA | X | X | LSBD | X | LSBD |  | X |  |  | W/JAM |
|  | HI HO CRACKERS | 2-3 | X | X | 2 | X | 2 |  | X |  |  |  |
| 04-3130-000 | PUMPKIN BREAD | 1/2 SLICE | X | X | LSBD | X | LSBD |  |  |  |  | W/JAM |
|  | BREAD SCOOP | \#20 |  |  |  |  |  | X |  |  |  |  |
|  | DESSERT TRAY, CHOICE OF: |  |  |  |  |  |  |  |  |  |  |  |
| FRozen | FRUIT OR CREAM PIE | 1/8 | X | X |  | X | X |  | X |  |  |  |
| PACKAGED | LORNA DOONE COOKIES | 2 | X | X |  | X | X | W/MK | X |  |  | X |
|  | PUDDING, ANY KIND | 1/2 C | X | X |  | x | X | X | X |  |  |  |
| FRozen | SHERBET CUP | 3 Z | X | X |  | X | X | X |  |  |  | X |
| PACKAGED | DIET COOKIES | 2 EA |  |  | X |  |  |  |  | X | X |  |
| Bottled | SPARKLING APPLE JUICE WITH 7-UP | 4-6 Z | X | X |  | X | X | X |  |  |  | X |
| BOTTLED | UNSW JUICE WITH UNSW 7-UP | 4-6Z |  |  | X |  |  |  | X | X | X |  |

Advance preparation instructions:
NOTES: Refer to Theme Activity for instructions on serving this meal.

1. L/NCS Diet: May serve regular portions of unsw pie, cookies or pudding.
2. Serve hot beverage, if soda is not served, according to facility standards.
[^0]
## Special Diet Instructions

| Reg./M.S. <br> Low Salt <br> L/N.C.S. <br> Cal.Ct. |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Ingredient | 10 | 25 | 85 | 100 |
| CHICKEN THIGHS W/BONE 3.5 O | 10 Ea | 25 Ea | 85 Ea | 100 Ea |
| MIX, BISCUIT <br> PAPRIKA <br> SALT <br> PEPPER, WHITE | 3/4 C, $2 \mathrm{~Tb}, 1$ 1/8 Tsp <br> $13 / 4$ Tsp <br> 1/8 Tsp <br> 1/8 Tsp | $\begin{aligned} & 2 \text { 1/4 C } \\ & 1 \mathrm{~Tb}, 1 \text { 1/2 Tsp } \\ & 1 / 2 \mathrm{Tsp} \\ & 3 / 8 \mathrm{Tsp} \end{aligned}$ | $\begin{aligned} & 1 \mathrm{Qt}, 31 / 2 \mathrm{C} \\ & 1 / 4 \mathrm{C}, 1 \mathrm{~Tb}, 1 / 4 \mathrm{Tsp} \\ & 17 / 8 \mathrm{Tsp} \\ & 11 / 4 \mathrm{Tsp} \end{aligned}$ | $\begin{aligned} & 2 \mathrm{Qt}, 1 \mathrm{C} \\ & 1 / 3 \mathrm{C}, 2 \mathrm{Tsp} \\ & 2 \text { 1/4 Tsp } \\ & 1 \text { 1/2 Tsp } \end{aligned}$ |
| MARGARINE | 3 Tb, 1 3/4 Tsp | 1/2 C, 1 Tb | $13 / 4 \mathrm{C}, 2 \mathrm{~Tb}, 13 / 4 \mathrm{Ts}$ | $21 / 4 \mathrm{C}$ |

Method

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    1 COMBINE BISCUIT MIX WITH PAPRIKA, SALT AND WHITE PEPPER.
    2 DIP CHICKEN PIECES INTO SEASONED BISCUIT MIX.
    3 PLACE CHICKEN SKIN SIDE UP ON WELL GREASED SHEET PANS.
    4 ~ M E L T ~ M A R G A R I N E ~ A N D ~ D R I Z Z L E ~ O V E R ~ C H I C K E N . ~
    5 BAKE AT 400 F FOR 20 MINUTES. REDUCE HEAT TO 350 F,COOK ANOTHER 15-25 MIN.
    6 IF SOFTER CHICKEN IS NEEDED, ADD A LITTLE WATER TO SOME OF THE CHICKEN AND COVER TIGHTLY TO STEAM THE
        CHICKEN.
    7 \text { TRANSFER CRISPY CHICKEN TO INSET PANS AND KEEP HOT.}
    8 SERVE ONE CHICKEN THIGH ON DINNER PLATE.
    9 NOTE: CUT UP BONELESS CHICKEN FOR MECHANICAL SOFT DIET. PUREE CHICKEN FOR PUREED DIET.
    10 HACCP CCP: 165 F. RECOMMENDED SERVING TEMP. FROM STEAM TABLE 155-165 F.
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02-1530-090 FRESH MASHED POTATOES 1/3 C

| Special Diet Instructions |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Reg./M.S. <br> Low Salt <br> Pureed <br> L/N.C.S. <br> Cal.Ct. |  |  |  |  |
| Ingredient | 10 | 25 | 85 | 100 |
| POTATOES, RAW CUBED | 2 Lb 4 Oz | 5 Lb 9 Oz | 18 Lb 14 Oz | 22 Lb 4 Oz |
| SALT | 5/8 Tsp | $15 / 8$ Tsp | $1 \mathrm{~Tb}, 25 / 8 \mathrm{Tsp}$ | $2 \mathrm{~Tb}, 5 / 8 \mathrm{Tsp}$ |
| MARGARINE | $3 \mathrm{~Tb}, 15 / 8 \mathrm{Tsp}$ | 1/2 C, $25 / 8$ Tsp | $13 / 4 \mathrm{C}, 2 \mathrm{~Tb}, 5 / 8 \mathrm{Tsp}$ | $2 \mathrm{C}, 3 \mathrm{~Tb}, 15 / 8 \mathrm{Tsp}$ |
| MILK, 2\% FAT | 3/4 C, 2 Tb, 1 1/8 Tsp | $21 / 4 \mathrm{C}$ | $1 \mathrm{Qt}, 31 / 2 \mathrm{C}$ | $2 \mathrm{Qt}, 1 \mathrm{C}$ |

Method

[^1]02-2090-040 FRESH CARROTS WI GREEN PEAS $\quad$ 1/3 C

## Special Diet Instructions

| Reg./M.S. <br> Low Salt <br> Pureed PUREE SMOOTH; REFER TO PUREED RECIPES MANUAL <br> L/N.C.S. <br> Cal.Ct. |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Ingredient | 10 | 25 | 85 | 100 |
| CARROTS FRESH, SLICED BOILING WATER PEAS, FZN | $\begin{aligned} & 1 \mathrm{Lb} 3 \mathrm{Oz} \\ & 1 \mathrm{C}, 1 \mathrm{~Tb}, 1 / 8 \mathrm{Tsp} \\ & 8 \mathrm{Oz} \end{aligned}$ | $\begin{aligned} & 3 \mathrm{Lb} \\ & 2 \mathrm{1} / 2 \mathrm{C}, 2 \mathrm{~Tb}, 17 / 8 \mathrm{Ts} \\ & 1 \mathrm{Lb} 4 \mathrm{Oz} \end{aligned}$ | $\begin{aligned} & 10 \mathrm{Lb} 3 \mathrm{Oz} \\ & 2 \mathrm{Qt} 1 \mathrm{C} \\ & 4 \mathrm{Lb} 4 \mathrm{Oz} \end{aligned}$ | $\begin{aligned} & \hline 12 \mathrm{Lb} \\ & 2 \mathrm{Qt}, 21 / 2 \mathrm{C} \\ & 5 \mathrm{Lb} \end{aligned}$ |
| MARGARINE, MELTED SALT, SEASONED | $\begin{aligned} & 2 \mathrm{~Tb}, 3 / 8 \mathrm{Tsp} \\ & 3 / 4 \mathrm{Tsp} \end{aligned}$ | $\begin{aligned} & 1 / 4 \mathrm{C}, 1 \mathrm{~Tb}, 7 / 8 \mathrm{Tsp} \\ & 2 \mathrm{Tsp} \end{aligned}$ | $1 \mathrm{C}, 2 \mathrm{~Tb}, 3 / 8 \mathrm{Tsp}$ $2 \mathrm{~Tb}, 3 / 4 \mathrm{Tsp}$ | $\begin{aligned} & 1 \text { 1/4 C, } 1 \mathrm{~Tb}, 7 / 8 \mathrm{Tsp} \\ & 2 \mathrm{~Tb}, 2 \mathrm{Tsp} \end{aligned}$ |

Method

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    1 WASH AND PEEL CARROTS. LINE UP SEVERAL CARROTS AND SLANT CUT REMOVING THE ENDS.
    2 CONTINUE TO DIAGONALLY CUT CARROTS INTO 1/4 INCH SLICES.
    3 BOIL WATER AND COOK CARROTS UNTIL JUST BARELY DONE; DRAIN AND TRANSFER TO ONE 12X20X4 INSET PAN FOR
        EVERY 50 PORTIONS.
    4 STIR FROZEN GREEN PEAS INTO HOT CARROTS.
    5 LAST, STIR MARGARINE AND SEASONED SALT INTO HOT VEGETABLES. COVER AND HEAT IF NEEDED. PEAS SHOULD
        BE BRIGHT GREEN.
    6 STIR HOT, 1/3 CUP USING A NO. }12\mathrm{ DIPPER.
    7 RECOMMENDED SERVING TEMPERATURE FROM STEAM TABLE 150-160 F.
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| Reg./M.S. | Special Diet Instructions |  |
| :--- | :--- | :--- |
| Low Salt |  |  |
| L/N.C.S. |  |  |
| Cal.Ct. |  |  |

## Method

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1 CHOP LETTUCE.
2 CLEAN ONIONS, RADISHES, TOMATOES AND MUSHROOMS.
3 SLICE ONIONS, RADISHES, AND MUSHROOMS AND ADD TO LETTUCE.
4 PEEL AVOCADOS, CUBE AND DIP IN LEMON JUICE.
    5 DICE TOMATOES AND TOSS TOMATOES INTO SALAD.
    6 TOSS AND SERVE SALAD WITH MENU SPECIFIED DRESSING OR RECIPE OF CHOICE. USE 2 TSP OF DRESSING PER
        PORTION.
    7 SERVE 1/2 C, NO. }8\mathrm{ DIPPER, ON A SALAD DISH OR IN SMALL BOWL.
    8 LAST, GARNISH EACH SALAD WITH APPROXIMATELY }1\mathrm{ TB OF DICED AVOCADO AND SERVE IMMEDIATELY.
    9 NOTE: MAY ADD OTHER RAW INGREDIENTS, SUCH A RED BELL PEPPER, MANDARIN SEGMENTS, KIDNEY/GARBANZOS
        BEANS, RAW SPINACH, ROMAINE LETTUCE,ETC. AS AS DESIRED.
    10 NOTE: SERVE ONLY SHREDDED LETTUCE AND MINCED VEGETABLES FOR THE MECHANICAL SOFT DIET.
    11 NOTE: SERVE DIET LOW CALORIE DRESSING FOR THE CALORIE COUNT AND LOW FAT DIETS.
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## Special Diet Instructions

| Reg./M.S. <br> Low Salt <br> Pureed <br> PUREE SMOOTH; REFER TO PUREED RECIPES MANUAL <br> L/N.C.S. <br> Cal.Ct. |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Ingredient | 10 | 25 | 85 | 100 |
| CABBAGE, SHREDDED <br> MAYONNAISE <br> SALT, SEASONED <br> PARSLEY, FRESH, CHOPPED | 1 Lb 6 Oz <br> 1/2 C, 1 Tb, 1 3/4 Tsp <br> 1/4 Tsp <br> 3 Tb, 1/2 Tsp | $\begin{aligned} & 3 \mathrm{Lb} 8 \mathrm{Oz} \\ & 1 \mathrm{1} / 2 \mathrm{C} \\ & 3 / 4 \mathrm{Tsp} \\ & 1 / 2 \mathrm{C} \end{aligned}$ | $\begin{aligned} & 11 \mathrm{Lb} 14 \mathrm{Oz} \\ & 1 \mathrm{Qt}, 1 \mathrm{C} \\ & 2 \mathrm{1} / 2 \mathrm{Tsp} \\ & 1 \mathrm{2} / 3 \mathrm{C}, 11 / 2 \mathrm{Tsp} \end{aligned}$ | $\begin{aligned} & 14 \mathrm{Lb} \\ & 1 \mathrm{Qt}, 2 \mathrm{C} \\ & 1 \mathrm{~Tb} \\ & 2 \mathrm{C} \end{aligned}$ |

Method

[^2]$\square$
03-1490-101 MOLDED FRUIT SALAD, PAR. FRT 2 X 2

| Special Diet Instructions |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Reg./M.S. <br> SHRED LETTUCE <br> Low Salt <br> Pureed | OR MECHANICAL SOF |  |  |  |
| Ingredient | 10 | 25 | 85 | 100 |
| GELATIN, RED ASST | 5 Oz | 12 Oz | 2 Lb 9 Oz | 3 Lb |
| BOILING WATER | $11 / 2 \mathrm{C}, 1 \mathrm{~Tb}, 13 / 4 \mathrm{Ts}$ | 1 Qt | 3 Qt , 1 1/2 C | 1 Gal |
| APRICOT NECTAR | 1 1/2 C, 1 Tb, 1 3/4 Ts | 1 Qt | 3 Qt, 1 1/2 C | 1 Gal |
| FRUIT COCKTAIL, JCE PKD, CND | 3/4 C, 2 3/8 Tsp | 2 C | 1 Qt, 2 3/4 C | 2 Qt |
| LETTUCE, ICEBERG HEAD | 1 Ea | 1 Ea | 2 Ea | 2 Ea |

Method

[^3]$\qquad$
H. M. Composite, Inc. © 2006
04-3130-000 PUMPKIN BREAD (HOMEMADE) 1 SLICE

## Special Diet Instructions

| Reg./M.S. <br> Low Salt <br> Pureed SERVE WITH MILK SLURRY |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Ingredient | 10 | 25 | 85 | 100 |
| SUGAR, GRANULATED MARGARINE, SOFTENED | 3/4 C, 1 Tb, 1 3/4 Tsp <br> 1/4 C, 1 Tb, 1/2 Tsp | $\begin{aligned} & 2 \mathrm{C}, 2 \mathrm{~Tb} \\ & 3 / 4 \mathrm{C}, 1 \mathrm{~Tb} \end{aligned}$ | $\begin{aligned} & 1 \mathrm{Qt}, 3 \mathrm{C} \\ & 23 / 4 \mathrm{C}, 1 / 2 \mathrm{Tsp} \end{aligned}$ | $\begin{aligned} & 2 \mathrm{Qt}, 1 / 2 \mathrm{C} \\ & 3 \mathrm{1} / 4 \mathrm{C} \end{aligned}$ |
| EGGS PUMPKIN, CND | $\begin{aligned} & 1 \mathrm{Ea} \\ & 1 / 2 \mathrm{C}, 23 / 8 \mathrm{Tsp} \end{aligned}$ | $\begin{aligned} & 3 \mathrm{Ea} \\ & 1 \text { 1/3 C, } 2 \text { Tsp } \end{aligned}$ | $\begin{aligned} & 9 \mathrm{Ea} \\ & 1 \mathrm{Qt}, 2 / 3 \mathrm{C} \end{aligned}$ | $\begin{aligned} & 11 \mathrm{Ea} \\ & 1 \mathrm{Qt}, 1 \text { 1/2 C } \end{aligned}$ |
| FLOUR, ALL PURPOSE SALT <br> BAKING POWDER | 1 C 1/4 Tsp 1/8 Tsp | $21 / 2 \mathrm{C}$ <br> 7/8 Tsp <br> 3/8 Tsp | $\begin{aligned} & 2 \mathrm{Qt}, 1 / 2 \mathrm{C} \\ & 1 \mathrm{~Tb} \\ & 1 \mathrm{1} / 2 \mathrm{Tsp} \end{aligned}$ | 2 Qt, 2 C <br> $1 \mathrm{~Tb}, 1 / 2 \mathrm{Tsp}$ <br> 1 3/4 Tsp |
| BAKING SODA | 1/4 Tsp | $7 / 8$ Tsp | 1 Tb | $1 \mathrm{~Tb}, 1 / 2 \mathrm{Tsp}$ |
| NUTMEG, GROUND | 1/4 Tsp | $7 / 8$ Tsp | 1 Tb | $1 \mathrm{~Tb}, 1 / 2 \mathrm{Tsp}$ |
| CLOVES, GROUND | 1/4 Tsp | 7/8 Tsp | 1 Tb | $1 \mathrm{~Tb}, 1 / 2 \mathrm{Tsp}$ |
| CINNAMON, GROUND | 1/4 Tsp | 7/8 Tsp | 1 Tb | $1 \mathrm{~Tb}, 1 / 2 \mathrm{Tsp}$ |
| ALLSPICE, GROUND | 1/4 Tsp | 7/8 Tsp | 1 Tb | $1 \mathrm{~Tb}, 1 / 2 \mathrm{Tsp}$ |

Method

[^4]
[^0]:    Theme/ Menu Footer: Revised 8/06

    1. Abbreviations: Renal Diet -- Averages 2 gm Sodium, 2 gm Pot., 80 gm Protein, 1000 to 1100 mg phosphorus and 2000 calories; L/NCS - Low/No Conc. Sweets; L Chl, L Fat -- Low Cholesterol, Low Fat Diet averaging 65 to 75 gm Fat and 275 mg Cholesterol;
    MIN -- mince; FF -- Fat Free; Unsw -- Unsweetened; LS -- Low sodium; BD -- Bread; HS -- Hour of Sleep; Z -- Ounce; PNCH -- Punch; P --Pureed; M. Pot - Mash Potatoes.
    2. Scoop Equiv.: \#6=2/3 C; \#8=1/2 C; \#10=6 Tbs; \#12=1/3 C; \#16=1/4 C; \#20=3 Tbs; \#30=2 Tbs; \#60=1 Tb.
[^1]:    1 PARE RAW POTATOES AND PLACE IMMEDIATELY IN WATER IN LARGE POT.
    2 COOK WHOLE POTATOES IN BOILING WATER FOR APPROX. 25-45 MINUTES. COVER POT WHILE COOKING.
    3 DRAIN POTATOES AS SOON AS THEY ARE COOKED.
    4 PLACE DRAINED POTATOES IN THE MIXER, THEN ADD SALT, MARGARINE AND HOT MILK.
    5 ADD WIRE WHIP ATTACHMENT AND WHIP POTATOES ON HIGH SPEED UNTIL FLUFFY; ADD MORE MILK IF NEEDED.
    6 TRANSFER TO ONE 12X20X4 INSET PAN FOR EVERY 50 PORTIONS.
    7 GARNISH WITH ADDITIONAL MELTED MARGARINE AND PARSLEY IF DESIRED.
    8 SERVE HOT, $1 / 3$ CUP, USING A NO. 12 DIPPER.
    9 RECOMMENDED SERVING TEMPERATURE FROM STEAM TABLE 150-160 F.

[^2]:    1 COMBINE ALL INGREDIENTS AND CHILL.
    2 PORTION WITH A NO. 12 DIPPER FOR 1/3 CUP INTO SMALL BOWLS.
    3 CHILL SALADS.
    4 OPTIONAL: GARNISH EACH PORTION WITH A PARSLEY SPRIG.
    5 HACCP GUIDELINE: CHILL SALAD TO 41 F AND KEEP REFRIGERATED UNTIL SERVING.

[^3]:    1 POUR BOILING WATER OVER GELATIN; STIR UNTIL DISSOLVED.
    2 ADD APRICOT NECTAR (DO NOT SUBSTITUTE WATER) AND DRAINED FRUIT.
    3 CHILL AND CUT INTO SQUARES (2"X 2").
    4 SHRED LETTUCE. SERVE ONE SQUARE ON SHREDDED LETTUCE.
    5 NOTE: GARNISH WITH A MAYONNAISE STAR IF DESIRED (1 TSP OF MAYONNAISE).

[^4]:    1 CREAM SUGAR AND MARGARINE IN MIXER (MEDIUM SPEED) UNTIL FLUFFY.
    2 ADD EGGS AND PUMPKIN TO CREAMED MIXTURE. MIX (MEDIUM SPEED) UNTIL WELL BLENDED. SCRAPE DOWN BOWL.
    3 COMBINE DRY INGREDIENTS AND ADD TO PUMPKIN MIXTURE. MIX 3 MINUTES (LOW SPEED); SCRAPE DOWN BOWL, MIX UNTIL COMPLETELY BLENDED.
    DIVIDE BATTER INTO 4 GREASED LOAF PAN (FOR 50 PORTIONS), APPROXIMATELY 1 LB 12 OZ PER PAN.
    BAKE AT 350 F FOR 1 HOUR.
    6 COOL PUMPKIN BREAD AND SLICE. EACH PORTION SHOULD WEIGH APPROXIMATELY 1 OZ. BRUSH WITH MELTED MARGARINE IF DESIRED.
    7 NOTE: BEST SERVED ROOM TEMPERATURE FOR MORE FLAVOR.
    8

