

# Instructions for Using the

## DAILY COOK'S SUBSTITUTE MENU

Revised September, 2006

Several additional menu items have been developed for the three meals. These **Daily Cook's Substitute Menus** allow you to quickly customize menus to the requests of your residents. For both Noon and Evening Meals two separate versions are provided: Noon (or Evening) Menu; **American Favorites** and Noon (or Evening) Menu; **Ethnic Preferences**.

Procedure for changing the menu:

- a. Review the Weekly Seasonal Menu and circle any disliked items.
- b. Decide if you want to substitute more All-American food or more ethnic food.
- c. Study the substitute menus for that meal. There are **separate** Daily Cook's Menus for Breakfast, Noon and Evening, with two versions for both Noon and Evening.
- d. Determine what entree and side dishes would be enjoyed by your residents. Note abbreviations used such as **E**, Entree, **V**, Vegetable, **B**, Bread, **D**, Dessert, **C**, Cereal, **J**, Juice, **S**, Soup, or **S**, Starch.
- e. Check to see that desired substitute menu items **have not** been served two days before or two days after the day in question. If possible, stay with the original meat planned for that day, for example Sauced Pork Cubes for Pork Teriyaki.
- f. Photocopy all original Daily Cook's Substitute Menus for each of the three meals; keep copies on file for future changes.
- g. Using a yellow highlighter, **mark the entree and side dishes desired**. All other items NOT highlighted are NOT to be served. Or, cut strips from the food list and tape over the related line on the Daily Cook's Menu.
- h. Gather needed recipes for this meal. They can be found in the special packet, titled "Supplemental Recipes."
- i. Fill in any "cook's choice" items such as name of hot cereal or type of canned fruit served.
- j. Cross out the original menu and write in the substitute menu on the **Weekly Seasonal Menu**.
- k. Follow the substitute menu, special diets and recipes as written.

- I. Staple the yellow highlighted Daily Cook's Substitute Menu to the original menu planned for that meal. Be sure to add date served and note reason for the change. Show R.D. substitute menu and request her/his approval.
- m. Please note:
  1. To ensure nutritional adequacy, always serve a complete meal. For example, **Breakfast** consists of one juice (3 choices), one entree (2 choices), one bread (3 choices), and one cereal (2 choices).
  2. For the Pureed Diet, simply "Pur" or "P# 10" was listed for many items, especially meats. The standard pureed recipes may be followed to prepare these entrees and vegetables.
- n. Using the **Daily Cook's Substitute Menu** for a monthly "Resident's Choice Menu."

Encourage your residents to plan a monthly meal of their choice. First decide on the week this menu will be served, usually on a weekday, Noon or Evening. Check to see what holiday meals are scheduled to avoid two special meals in one week.

Decide what meal you want to serve as the "Resident's Choice Menu," Noon or Evening. Present some ideas for the residents, "Would you like Mexican, Asian or Italian food," for example. Look at the **Daily Cook's Substitute Menu** for Noon meal. If Mexican food is desired, Chicken Fajitas, Chili Pork Verde or Salsa Burger are three planned entrees. To accompany these entrees are three starches – Refried Beans, Mexican Rice or Mexican Pasta. Vegetable choices are Mexicali Veggies or Garlic Peppers and Carrots. Bread selections would be your choice of a small flour or corn tortilla. For dessert serve fruit, or if fruit was served at the Evening meal, you could serve the non-fruit dessert planned for this day (pudding, cake, ice cream, etc.).

Follow general instructions regarding highlighting items served, obtaining needed recipes from the Supplemental Recipes packet, and dating and filing the menu as served.

Reason for change:

# Daily Cook's Substitute Menu

Week: \_\_\_\_\_ Day:

Date(s) to be served:

Approved by:

## Meal: Breakfast Menu

**Instructions:** Highlight or "star" the **one** juice, entree, bread and cereal **to be served**.

|    | Recipe Number | Recipe Name                                     | Portion Size   | Regu-lar | Mech Soft | Renal Diet  | Low Salt | 2 gm NA | Pureed Diet | NCS Diet | 1500 Calorie | 1200 Calorie | L Chl L Fat |
|----|---------------|---|----------------|----------|-----------|-------------|----------|---------|-------------|----------|--------------|--------------|-------------|
| J1 | BASE          | ORANGE JUICE, 100%                              | 4 Z            | X        | X         | APPLE JUICE | X        | X       | X           | X        | X            | X            | X           |
| J2 | BASE          | CRANBERRY OR<br>APPLE JUICE, 100%               | 4 Z            | X        | X         | X           | X        | X       | X           | X        | X            | X            | X           |
| E1 | 01-7110-000   | SCRAMBLED EGG                                   | 1/3 C          | X        | X         |             | X        | X       |             | X        | X            | X            |             |
|    | 07-4000-001   | LOW CHOL EGG SUB                                | 1/4 C          |          |           | 1/2 C       |          |         |             |          |              |              | X           |
|    | 08-3820-000   | BK CUSTARD/PUREED                               | 2½X2           |          |           |             |          |         | X           |          |              |              |             |
| E2 | 01-5510-021   | CREAMY SAUSAGE<br>GRAVY                         | 1/3 C<br>1ZPRO | X        | X         | X           | X        | X       | PUR         | X        | X            | X            | X           |
| B1 | 04-4010-000   | HOT BISCUIT                                     | 1 EA           | X        | X         | LSBD        | X        | LSBD    | W/MK        | X        | X            | X            | X           |
| B2 | 04-4000-000   | HOT BRAN MUFFIN                                 | 1 EA           | X        | X         | LSBD        | X        | LSBD    | W/MK        | X        | X            | X            | X           |
| B3 | 04-1250-001   | BU. ENGLISH MUFFIN                              | 1/2            | X        | X         | LSBD        | X        | LSBD    | W/MK        | X        | X            | X            | X           |
| C1 |               | HOT CEREAL, COOK'S<br>CHOICE                    | 6 Z            | X        | X         | 4 Z         | X        | X       | X           | X        | 4 Z          |              | X           |
| C2 | PACKAGED      | CORN FLAKES,<br>RICE KRISPIES OR<br>RAISIN BRAN | 3/4 C          | X        | X         | 1/2 C       | X        | X       | X           | X        | 1/2 C        |              | X           |
|    |               | 2% FAT MILK                                     | 8 Z            | X        | X         |             | X        | X       | X           | X        | 4 Z          | 4 Z FF       | FF          |
|    |               | NON-DAIRY CREAMER                               | 4 Z            |          |           | X           |          |         |             |          |              |              |             |
|    |               | COFFEE/TEA                                      | 6 Z            | X        | X         | X           | X        | X       | X           | X        | X            | X            | X           |
|    |               | SUGAR PACKET                                    | 1 EA           | X        | X         |             | X        | X       | X           |          |              |              | X           |
|    |               | SUGAR SUB PKT                                   | 1 PKT          |          |           | X           |          |         |             | X        | X            | X            |             |

**Comments:** 1. May substitute a buttered corn or flour tortilla for the hot bread (serve milk toast for the Pureed Diet). May garnish scrambled eggs with 2 T of salsa. Also, a very small portion, 2 T, of refried beans may be served for a Mexican breakfast (omit beans for Renal, 1500 and 1200 Calorie Diets.) 2. May serve 2 T of plain country gravy (no meat), with the biscuits plus serve one egg. 3. Serve hot milk slurry for the Pureed Diet with biscuit or muffin.

Reason for change:

# Daily Cook's Substitute Menu

Week: \_\_\_\_\_ Day:

Date(s) to be served:

Approved by:

## Meal: Noon, American Favorites

**Instructions:** Highlight or "star" the **one** entree, starch, vegetable and dessert **to be served**.

|     | Recipe Number | Recipe Name                   | Portion Size | Regu-lar | Mech Soft | Renal Diet | Low Salt | 2 gm NA | Pureed Diet | NCS Diet | 1500 Calorie | 1200 Calorie | L Chl L Fat |
|-----|---------------|-------------------------------|--------------|----------|-----------|------------|----------|---------|-------------|----------|--------------|--------------|-------------|
| E1  | 01-2070-011   | SOUTHERN VEAL                 | 2 Z          | X        | CUT UP    | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E2  | 01-5820-011   | BAKED CHICKEN THIGH           | 1EA/2ZPRO    | X        | CUT UP    | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E3  | 01-5800-050   | TURKEY BREAST DIJON           | 2 Z          | X        | CUT UP    | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E4  | 01-0890-011   | ROAST BEEF WITH SAUCE         | 2 Z          | X        | DICE      | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E5  | 01-1480-041   | MUSHROOM BEEF CUBES           | 2 Z          | X        | DICE      | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E6  | 01-4500-081   | ROAST PORK WITH COUNTRY GRAVY | 2 Z          | X        | DICE      | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E7  | 01-4230-011   | SAUCED PORK CUBES             | 2 Z          | X        | DICE      | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E8  | 01-1500-010   | MANHATTAN BURGER              | 2 Z          | X        | CUT UP    | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E9  | 01-6990-001   | BREADED FISH FILLET           | 2 Z          | X        | CUT UP    | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E10 | 01-4520-001   | SLICED BAKED HAM              | 2 Z          | X        | DICE      |            |          |         | P# 10       | X        | X            | X            | X           |
|     | 01-4500-081   | ROAST PORK                    | 2 Z          |          |           | 3 Z        | X        | X       |             |          |              |              |             |
| S1  | 02-1260-000   | WHIPPED POTATOES              | 1/3 C        | X        | X         | 1/4 C      | X        | X       | X           | X        | X            | X            | X           |
| S2  | 02-1170-010   | BLACK EYED PEAS               | 1/3 C        | X        | X         | 1/4 C      | X        | X       | PUR         | X        | X            | X            | X           |
| S3  | 02-1460-070   | HERB RICE                     | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| S4  | 02-1080-010   | ESCALLOPED CORN               | 1/3 C        | X        | X         | 1/4 C      | X        | X       | PUR         | X        | X            | X            | X           |
| S5  | 02-1520-420   | PARSLEY BU. PASTA             | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| S6  | 02-1520-040   | RAVIOLIES IN WHITE SAUCE      | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | 1/4 C        | 1/4 C        | X           |

**Noon American Favorites, Con't.**

|    | Recipe Number | Recipe Name        | Portion Size | Regu-lar | Mech Soft | Renal Diet | Low Salt | 2 gm NA | Pureed Diet | NCS Diet | 1500 Calorie | 1200 Calorie | L Chl L Fat |
|----|---------------|--------------------|--------------|----------|-----------|------------|----------|---------|-------------|----------|--------------|--------------|-------------|
| V1 | 02-2360-930   | MIXED VEGETABLES   | 1/3 C        | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
| V2 | 02-2330-030   | BUTTERED PEAS      | 1/3 C        | X        | X         | X          | X        | X       | P# 20       | X        | 1/4 C        | 1/4 C        | X           |
| V3 | 02-1550-000   | STEWED TOMATOES    | 1/3 C        | X        | X         | 1/4 C      | X        | X       | P# 20       | X        | X            | X            | X           |
| V4 | 02-1040-000   | CREAMED SPINACH    | 1/3 C        | X        | X         | 1/4 C      | X        | X       | P# 20       | X        | X            | X            | X           |
| V5 | 02-2030-440   | PIMENTO BROCCOLI   | 1/3 C        | X        | X         | 1/4 C      | X        | X       | P# 20       | X        | X            | X            | X           |
| V6 | 02-1020-000   | GR. BEANS/BACON    | 1/3 C        | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
| V7 | 02-2060-330   | BU. CARROTS, FRZ   | 1/3 C        | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
| B1 | 04-1030-001   | BREAD & MARGARINE  | 1/2 SL       | X        | X         | LSBD       | X        | LSBD    |             | X        |              |              | BRD/ JAM    |
|    | 08-0058-001   | BREAD SCOOP        | # 20         |          |           |            |          |         | # 20        |          |              |              |             |
| D1 |               | WHOLE BANANA       | 1 EA         | X        | X         | APPLE      | X        | X       | MASH        | X        | X            | X            | X           |
| D2 |               | FRUIT COCKTAIL     | 1/2 C        | X        | X         | UNSW 1/3 C | X        | X       | P# 10       | UNSW     | UNSW         | UNSW         | X           |
| D3 |               | OTHER CANNED FRUIT | 1/2 C        | X        | SOFT      | UNSW 1/3 C | X        | X       | P# 10       | UNSW     | UNSW         | UNSW         | X           |
|    |               | 2% FAT MILK        | 4 Z          | X        | X         |            | X        | X       | X           | X        | X            | FF           | FF          |
|    |               | COFFEE/TEA         | 6 Z          | X        | X         | X          | X        | X       | X           | X        | X            | X            | X           |
|    |               | SUGAR PACKET       | 1 EA         | X        | X         |            | X        | X       | X           |          |              |              | X           |
|    |               | SUGAR SUB PKT      | 1 PKT        |          |           | X          |          |         |             | X        | X            | X            |             |

**Comments:** 1. Each entree must be served with a starch selection (potatoes, rice, pasta, raviolies, etc.), plus a hot vegetable and bread. 2. Garnish plate with parsley if a green vegetable is not selected. 3. May serve pureed diet the special starch recipes for pasta and rice. 4. The three desserts listed are fruit. If desired, may serve a non-fruit dessert only if fruit, 1/2 C, was served at the other meal (continue to serve unsw. fruit to diabetics).

Reason for change:

# Daily Cook's Substitute Menu

Week: \_\_\_\_\_ Day:

Date(s) to be served:

Approved by:

## Meal: Evening, American Favorites

**Instructions:** Highlight or "star" the **one** entree, vegetable, bread, OR, one sandwich plus one soup **to be served**.

|    | Recipe Number           | Recipe Name         | Portion Size | Regu-lar | Mech Soft | Renal Diet | Low Salt | 2 gm NA | Pureed Diet | NCS Diet | 1500 Calorie | 1200 Calorie | L Chl L Fat |
|----|-------------------------|---------------------|--------------|----------|-----------|------------|----------|---------|-------------|----------|--------------|--------------|-------------|
| S1 | 06-7120-000             | TOMATO SOUP         | 4 Z          | X        | X         | LS         | X        | LS      | X           | X        | X            | X            | X           |
| S2 | 06-4020-000             | ALPHABET SOUP       | 4 Z          | X        | X         | LS         | X        | LS      | PUR         | X        | X            | X            | X           |
| S3 | 06-4090-030             | VEGETABLE SOUP      | 4 Z          | X        | X         | LS         | X        | LS      | PUR         | X        | X            | X            | X           |
| E1 | 01-7320-006             | MACARONI AND CHEESE | 2/3C/2ZPRO   | X        | X         | 1/2 C      | X        | X       | P# 6        | X        | X            | X            | 1/2 C       |
| E2 | 01-1660-046             | BEEFY POTATOES      | 2/3C/2ZPRO   | X        | X         | 1/2 C      | X        | X       | P# 6        | X        | X            | X            | X           |
| E3 | 01-7240-023             | CHEESY BACON BAKE   | 2X4/2ZPRO    | X        | X         | 2X2        | X        | X       | P# 8        | X        | X            | X            | 2X3         |
| E4 | 01-6010-003             | TUNA POT PIE        | 2X4/2ZPRO    | X        | X         | X          | X        | X       | P# 6        | X        | X            | X            | X           |
| E5 | 01-5250-009             | TURKEY RICE PILAF   | 2X4/2ZPRO    | X        | X         | X          | X        | X       | P# 6        | X        | X            | X            | X           |
| E6 | 01-1500-010 <b>PLUS</b> | MANHATTAN BURGER    | 2 Z          | X        | CUT UP    | X          | X        | X       | P# 10       | X        | X            | X            | X           |
|    | 02-1260-010             | WH. POTATOES        | 1/3 C        | X        | X         | 1/4 C      | X        | X       | X           | X        | X            | X            | X           |
| E7 | 01-4230-011 <b>PLUS</b> | SAUCED PORK CUBES   | 2 Z          | X        | DICE      | X          | X        | X       | P# 10       | X        | X            | X            | X           |
|    | 02-1460-070             | HERB RICE           | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| E8 | 01-7220-013 <b>PLUS</b> | CHICKEN OMELET      | 2X4/2ZPRO    | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | 2X3         |
|    | 02-1470-000             | FRENCH FRIES        | 1/3 C        | X        | X         | 1/4 C      | X        | X       | M.POT       | X        | X            | X            | X           |
| V1 | 02-2360-930             | BU MIXED VEGGIES    | 1/3 C        | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
|    | 02-2010-000             | GREEN BEANS         | 1/3 C        | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
| V3 | 02-1550-000             | STW. TOMATOES       | 1/3 C        | X        | X         | 1/4 C      | X        | X       | P# 20       | X        | X            | X            | X           |
| V4 | 02-2030-440             | PIMENTO BROCCOLI    | 1/3 C        | X        | X         | 1/4 C      | X        | X       | P# 20       | X        | X            | X            | X           |

*Evening, American Favorites, Con't.*

|     | Recipe Number | Recipe Name               | Portion Size | Regu-lar | Mech Soft | Renal Diet | Low Salt | 2 gm NA | Pureed Diet | NCS Diet | 1500 Calorie | 1200 Calorie | L Chl L Fat |
|-----|---------------|---------------------------|--------------|----------|-----------|------------|----------|---------|-------------|----------|--------------|--------------|-------------|
| B1  | 04-1030-000   | BREAD & MARGARINE         | 1 SLICE      | X        | X         | LSBD       | X        | LSBD    |             | X        | 1/2          | 1/2          | BRD& JAM    |
|     | 08-0058-001   | BREAD SCOOP, 1 SLICE      | # 12         |          |           |            |          |         | # 12        |          |              |              |             |
| E9  | 01-6200-000   | TANGY TUNA SANDWICH       | 1 EA/2ZPRO   | X        | X         | LSBD       | X        | LSBD    |             | X        | X            | X            | X           |
|     | 08-0030-000   | PUREED TUNA SANDWICH      | 1 EA/2ZPRO   |          |           |            |          |         | X           |          |              |              |             |
|     | 03-1350-000   | CARROT SALAD              | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| E10 | 01-1730-009   | GROUND BEEF COLD SANDWICH | 1 EA/2ZPRO   | X        | X         | LSBD       | X        | LSBD    |             | X        | X            | X            | X           |
|     | 08-0030-040   | PUREED BEEF SANDWICH      | 1 EA/2ZPRO   |          |           |            |          |         | X           |          |              |              |             |
|     | 03-1440-000   | LETTUCE SLAW              | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| D1  |               | WHOLE BANANA              | 1 EA         | X        | X         | APPLE      | X        | X       | MASH        | X        | X            | X            | X           |
| D2  |               | CANNED FRUIT              | 1/2 C        | X        | X         | UNSW 1/3 C | X        | X       | P# 10       | UNSW     | UNSW         | UNSW         | X           |
|     |               | 2% FAT MILK               | 4 Z          | X        | X         |            | X        | X       | X           | X        | X            | FF           | FF          |
|     |               | COFFEE/TEA                | 6 Z          | X        | X         | X          | X        | X       | X           | X        | X            | X            | X           |
|     |               | SUGAR PACKET              | 1 EA         | X        | X         |            | X        | X       | X           |          |              |              | X           |
|     |               | SUGAR SUB PKT             | 1 PKT        |          |           | X          |          |         |             | X        | X            | X            |             |

**Comments:** 1. Soup **must be served** with the sandwiches. **Soup is optional with all hot entrees.** If a heavy or cream soup is desired, check with the dietitian regarding the 1200, 1500 Calorie and Renal Diets. The three soups listed are all low in calories and protein. 2. Three entrees, numbers E6, E7 and E8 must be served with the listed starch (potatoes, rice or French fries). 3. Each entree, **except** cold sandwich entrees, must also be served with one vegetable selection and one bread item. 4. The two desserts listed are both fruit. If desired, may serve a non-fruit dessert **only** if fruit, 1/2 C, was served at the other meal (continue to serve unsw. fruit to diabetics).

Reason for change:

# Daily Cook's Substitute Menu

Week: \_\_\_\_\_ Day:

Date(s) to be served:

Approved by:

## Meal: Noon, Ethnic Favorites

**Instructions:** Highlight or "star" the **one** entree, starch, vegetable and dessert **to be served**.

|    | Recipe Number | Recipe Name                    | Portion Size | Regu-lar | Mech Soft | Renal Diet | Low Salt | 2 gm NA | Pureed Diet | NCS Diet | 1500 Calorie | 1200 Calorie | L Chl L Fat |
|----|---------------|--------------------------------|--------------|----------|-----------|------------|----------|---------|-------------|----------|--------------|--------------|-------------|
| E1 | 01-5920-041   | CHICKEN FAJITAS, MEAT ONLY     | 2 Z          | X        | CUT UP    | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E2 | 01-5760-001   | CHICKEN TERIYAKI               | 2 Z          | X        | CUT UP    | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E3 | 01-4800-021   | CHILI VERDE PORK               | 2 Z          | X        | DICE      | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E4 | 01-4500-011   | ROAST PORK WITH ASIAN SAUCE    | 2 Z          | X        | DICE      | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E5 | 01-1500-020   | SALSA BURGER                   | 2 Z          | X        | CUT UP    | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E6 | 01-1370-001   | ASIAN GREEN PEPPER BEEF STRIPS | 2 Z          | X        | DICE      | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E7 | 01-1740-002   | ITALIAN MEATBALLS ONLY W/SAUCE | 2 EA/1/4 C   | X        | CUT UP    | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E8 | 01-5320-011   | CHICKEN BREAST CACCIATORE      | 2 Z          | X        | CUT UP    | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| E9 | 01-6170-020   | SHRIMP CREOLE                  | 1/2 C/2ZPRO  | X        | X         | 3 Z        | X        | X       | P# 10       | X        | X            | X            | X           |
| S1 | 02-1200-000   | REFRIED BEANS                  | 1/3 C        | X        | X         | 1/4 C      | X        | X       | SMOO TH     | X        | X            | X            | X           |
| S2 | 02-1460-020   | FRIED STYLE RICE               | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| S3 | 02-1460-041   | STEAMED RICE                   | 1/2 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| S4 | 02-1460-030   | MEXICAN RICE                   | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| S5 | 02-1520-001   | BU. SPAGHETTI                  | 1/2 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| S6 | 02-1520-420   | PENNE PASTA                    | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| S7 | 02-1590-000   | MEXICAN PASTA                  | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | X            | X            | X           |
| S8 | 02-1520-040   | RAVIOLIES IN WHITE SAUCE       | 1/3 C        | X        | X         | X          | X        | X       | PUR         | X        | 1/4 C        | 1/4 C        | X           |

**Noon, Ethnic Preferences, Con't.**

|    | Recipe Number | Recipe Name                                 | Portion Size | Regu-lar | Mech Soft | Renal Diet | Low Salt | 2 gm NA | Pureed Diet | NCS Diet | 1500 Calorie | 1200 Calorie | L Chl L Fat |
|----|---------------|---|--------------|----------|-----------|------------|----------|---------|-------------|----------|--------------|--------------|-------------|
| V1 | 02-1370-000   | MEXICALI VEGGIES                            | 1/3 C        | X        | X         | 1/4 C      | X        | X       | P# 20       | X        | X            | X            | X           |
| V2 | 02-1120-030   | CABBAGE STIR FRY                            | 1/3 C        | X        | X         | 1/4 C      | X        | X       | P# 20       | X        | X            | X            | X           |
| V3 | 02-1120-010   | ASIAN ZUCCHINI                              | 1/3 C        | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
| V4 | 02-2030-440   | PIMENTO BROCCOLI                            | 1/3 C        | X        | X         | 1/4 C      | X        | X       | P# 20       | X        | X            | X            | X           |
| V5 | 02-2010-440   | ITALIAN GR. BEANS                           | 1/3 C        | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
| V6 | 02-2480-020   | GARLIC PEPPERS AND CARROTS                  | 1/3 C        | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
| V7 | 02-2330-030   | BUTTERED PEAS                               | 1/3 C        | X        | X         | X          | X        | X       | P# 20       | X        | 1/4 C        | 1/4 C        | X           |
| B1 | 04-1030-001   | BREAD & MARGARINE                           | 1/2 SL       | X        | X         | LSBD       | X        | LSBD    | **          | X        |              |              | BRD/JAM     |
| B2 | 04-1000-000   | HOT BU. CORN TORTILLA (OR SUBSTITUTE FLOUR) | 1 EA         | X        | X         | LSBD       | X        | LSBD    | **          | X        |              |              | X           |
| B3 | 04-1260-000   | GARLIC FR. BREAD                            | 1 SL         | X        | X         | LSBD       | X        | LSBD    | **          | X        |              |              | X           |
| B4 | 04-3560-010   | CRISP EGG ROLL                              | 1/2 EA       | X        | CUT UP    | LSBD       | X        | LSBD    | **          | X        |              |              | BRD/JAM     |
| ** | 08-0058-001   | BREAD SCOOP, FOR B1, B2, B3 & B4            | # 20         |          |           |            |          |         | # 20        |          |              |              |             |
| D1 |               | WHOLE BANANA                                | 1 EA         | X        | X         | APPLE      | X        | X       | MASH        | X        | X            | X            | X           |
| D2 |               | FRUIT COCKTAIL                              | 1/2 C        | X        | X         | UNSW       | X        | X       | P# 10       | UNSW     | UNSW         | UNSW         | X           |
| D3 |               | OTHER CANNED FRUIT                          | 1/2 C        | X        | SOFT      | UNSW 1/3 C | X        | X       | P# 10       | UNSW     | UNSW         | UNSW         | X           |
|    |               | 2% FAT MILK                                 | 4 Z          | X        | X         |            | X        | X       | X           | X        | X            | FF           | FF          |
|    |               | COFFEE/TEA                                  | 6 Z          | X        | X         | X          | X        | X       | X           | X        | X            | X            | X           |
|    |               | SUGAR PACKET                                | 1 EA         | X        | X         |            | X        | X       | X           |          |              |              | X           |
|    |               | SUGAR SUB PKT                               | 1 PKT        |          |           | X          |          |         |             | X        | X            | X            |             |

**Comments:** 1. Each entree **must be served with a starch selection** (beans, rice, pasta, etc.), **plus a** hot vegetable and bread or substitute. 2. Garnish plate with parsley if a green vegetable is not selected. 3. May serve pureed diet the special starch recipes for pasta and rice. 4. The three desserts listed are fruit. If desired, may serve a non-fruit dessert only if fruit, 1/2 C, was served at the other meal (continue to serve unsw. fruit to diabetics).

Reason for change:

# Daily Cook's Substitute Menu

Week: \_\_\_\_\_ Day:

Date(s) to be served:

Approved by:

## Meal: Evening, Ethnic Preferences

**Instructions:** Highlight or "star" the **one** entree with starch, vegetable, bread or substitute, plus one dessert **to be served**.

|    | Recipe Number              | Recipe Name                             | Portion Size   | Regu-lar | Mech Soft | Renal Diet | Low Salt | 2 gm NA | Pureed Diet | NCS Diet | 1500 Calorie | 1200 Calorie | L Chl L Fat |
|----|----------------------------|---|----------------|----------|-----------|------------|----------|---------|-------------|----------|--------------|--------------|-------------|
| E1 | 01-1340-049                | ROMA RAVIOLIES WITH BEEFY ITALIAN SAUCE | 6EA/2ZPRO      | X        | X         | X          | X        | X       | P# 6        | X        | X            | X            | X           |
| E2 | 01-7040-009<br><b>PLUS</b> | CHEESE ENCHILADA                        | 1 EA/ 1.5Z/PRO | X        | CUT UP    | BEEF ENCH  | X        | X       | P# 8        | X        | X            | X            | X           |
|    | 02-1200-021                | PINTO BEANS                             | 1/2 C          | X        | X         | 1/4 C      | X        | X       | P# 12       | X        | 1/4 C        | 1/4 C        | X           |
| E3 | 01-5000-001<br><b>PLUS</b> | TURKEY TORTILLA CASSEROLE               | 2X2/2ZPRO      | X        | X         | 1½ X 2     | X        | X       | P# 8        | X        | X            | X            | X           |
|    | 02-1200-000                | REFRIED BEANS                           | 1/3 C          | X        | X         | RICE       | X        | X       | SMOOTH      | X        | 1/4 C        | 1/4 C        | X           |
| E4 | 01-1410-020<br><b>PLUS</b> | BEEF ENCHILADA CASSEROLE                | 2X2/2ZPRO      | X        | X         | X          | X        | X       | P# 8        | X        | X            | X            | X           |
|    | 02-1460-030                | MEXICAN RICE                            | 1/3 C          | X        | X         | X          | X        | X       | PUR         | X        | 1/4 C        | 1/4 C        | X           |
| E5 | 01-5140-017                | ORIENTAL CHICKEN CHOW MEIN (NOODLES)    | 2/3C/2ZPRO     | X        | X         | X          | X        | X       | P# 6        | X        | X            | X            | X           |
| E6 | 01-4010-008                | PANCIT WITH PORK AND NOODLES            | 1 C/2ZPRO      | X        | X         | X          | X        | X       | P# 6        | X        | X            | X            | 2/3 C       |
| V1 | 02-1120-010                | ASIAN ZUCCHINI                          | 1/3 C          | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
| V2 | 02-2010-440                | GREEN BEANS                             | 1/3 C          | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
| V3 | 02-2030-440                | PIMENTO BROCCOLI                        | 1/3 C          | X        | X         | 1/4 C      | X        | X       | P# 20       | X        | X            | X            | X           |
| V4 | 02-2480-020                | GARLIC PEPPERS AND CARROTS              | 1/3 C          | X        | X         | X          | X        | X       | P# 20       | X        | X            | X            | X           |
| V5 | 02-1370-000                | MEXICALI VEGETABLES                     | 1/3 C          | X        | X         | 1/4 C      | X        | X       | P# 20       | X        | X            | X            | X           |
| V6 | 02-2330-030                | BU. PEAS                                | 1/3 C          | X        | X         | X          | X        | X       | P# 20       | X        | 1/4 C        | 1/4 C        | X           |

*Evening, Ethnic Preferences, Con't.*

|    | Recipe Number | Recipe Name                             | Portion Size | Regu-lar | Mech Soft | Renal Diet | Low Salt | 2 gm NA | Pureed Diet | NCS Diet | 1500 Calorie | 1200 Calorie | L Chl L Fat |
|----|---------------|---|--------------|----------|-----------|------------|----------|---------|-------------|----------|--------------|--------------|-------------|
| B1 | 04-1030-000   | BREAD & MARGARINE                       | 1 SL         | X        | X         | LSBD       | X        | LSBD    | **          | X        | 1/2          | 1/2          | BRD& JAM    |
| B2 | 04-3560-010   | CRISP EGG ROLL                          | 1/2 EA       | X        | CUT UP    | LSBD       | X        | LSBD    | **          | X        | 1/2          | 1/2          | BRD& JAM    |
| B3 | 04-1000-000   | BUTTERED CORN OR SMALL FLOUR TORTILLA   | 1 EA         | X        | X         | LSBD       | X        | LSBD    | **          | X        | 1/2          | 1/2          | X           |
|    | 08-0058-001   | BREAD SCOOP, 1 SLICE, FOR B1, B2 AND B3 | # 12         |          |           |            |          |         | # 12        |          |              |              |             |
| D1 |               | WHOLE BANANA                            | 1 EA         | X        | X         | APPLE      | X        | X       | MASH        | X        | X            | X            | X           |
| D2 |               | CANNED FRUIT                            | 1/2 C        | X        | X         | UNSW 1/3 C | X        | X       | P# 10       | UNSW     | UNSW         | UNSW         | X           |
|    |               | 2% FAT MILK                             | 4 Z          | X        | X         |            | X        | X       | X           | X        | X            | FF           | FF          |
|    |               | COFFEE/TEA                              | 6 Z          | X        | X         | X          | X        | X       | X           | X        | X            | X            | X           |
|    |               | SUGAR PACKET                            | 1 EA         | X        | X         |            | X        | X       | X           |          |              |              | X           |
|    |               | SUGAR SUB PKT                           | 1 PKT        |          |           | X          |          |         |             | X        | X            | X            |             |

**Comments:** 1. Three entrees, numbers E2, E3 and E4 **must be served** with the listed starch 2. Each entree **must also be served with** one vegetable selection and one bread or substitute item. 3. The two desserts listed are both fruit. If desired, may serve a non-fruit dessert **only** if fruit, 1/2 C, was served at the other meal (continue to serve unsw. fruit to diabetics).