

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.

- l. 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 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	2 1/2 X2						X				
E2	01-5510-021	CREAMY SAUSAGE GRAVY	1/3 C 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 CHOICE	6 Z	X	X	4 Z	X	X	X	X	4 Z		X
C2	PACKAGED	CORN FLAKES, RICE KRISPIES OR 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	Regular	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	¼ C	X	X	X	X	X	X	X
S2	02-1170-010	BLACK EYED PEAS	1/3 C	X	X	¼ 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

	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	PIMIENTO 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 PLUS	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 PLUS	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 PLUS	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	PIMIENTO BROCCOLI	1/3 C	X	X	1/4 C	X	X	P# 20	X	X	X	X

	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	PIMIENTO 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 PLUS	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 PLUS	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	SMOOT H	X	1/4 C	1/4 C	X
E4	01-1410-020 PLUS	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	PIMIENTO 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).