

Balance Report for: Regular

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Page 2 of 4

Week 2

Cycle: 2021-22 FW Oldbridge

Approved by

Day: 8	Day: 9	Day: 10	Day: 11	Day: 12	Day: 13	Day: 14
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Breakfast Syrup Margarine Cup Waffles Turkey Bacon Hot or Cold Cereal Juice of Choice Milk (8) Coffee or Hot Tea	Western Omelet Toast Hot or Cold Cereal Juice of Choice Milk (8) Coffee or Hot Tea	Buttermilk Pancakes Sausage Links Hot or Cold Cereal Juice of Choice Milk (8) Coffee or Hot Tea	Fried Eggs Toast Hot or Cold Cereal Juice of Choice Milk (8) Coffee or Hot Tea	Scrambled Eggs Sauteed Peppers & Onions Home Fried Potatoes Hot or Cold Cereal Juice of Choice Milk (8) Coffee or Hot Tea	Breakfast Syrup French Toast Margarine Cup Bacon Strips Hot or Cold Cereal Juice of Choice Milk (8) Coffee or Hot Tea	Egg & Cheese Pork Roll Seasonal Fruit Hot or Cold Cereal Juice of Choice Milk (8) Coffee or Hot Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Baked Ham Oven Roasted Potatoes Herbed Whole Green Beans Pumpkin Pie Milk (4) Beverage of Choice Hamburger on Bun Lettuce & Tomato French Fries	Herb Baked Chicken Orzo Baby Carrots Assorted Pudding Milk (4) Beverage of Choice Ham Salad Sandwich Garden Salad	Savory Shepherds Pie Brussel Sprouts Ice Cream Milk (4) Beverage of Choice Deli Sandwich Lettuce-Tomato-Onion	Sliced Turkey Vegetable Medley Baked Sweet Potato Lemon Cake Milk (4) Beverage of Choice Catch of The Day	Hot Dog On A Bun Baked Beans Sauerkraut Frosted Chocolate Cake Milk (4) Beverage of Choice Tuna Salad Platter	Catch of The Day Red Beans and Rice Corn Apple Pie Milk (4) Beverage of Choice Grilled Lemon Chicken	Homestyle Vegetable Lasagna Italian Blend Vegetables Garlic Bread Sherbert Milk (4) Beverage of Choice Turkey Burger
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Italian Sausage, Peppers, and Onions Buttered Noodles Chocolate Chip Cookies Coffee or Hot Tea Milk (4) House Chef Salad	Fish N Chips Creamy Coleslaw Fruited Gelatin Milk (4) Coffee or Hot Tea Texas Style Meatballs White Rice Mixed Vegetables	Ravioli w/Cream Sauce Mixed Salad Greens w/ Dressing Garlic Bread Fruit and Yogurt Parfait Coffee or Hot Tea Milk (4) Grilled Chicken Breast	Meatloaf Mashed Potatoes Broccoli Spears Fruit Cocktail Coffee or Hot Tea Milk (4) Bologna & Cheese Sandwich Lettuce-Tomato-Onion Potato Chips	Seasoned Chicken Thigh New Potatoes w/Dill Green Beans Diced Peaches Coffee or Hot Tea Milk (4) Turkey Burger Lettuce & Tomato French Fries	Meatball Sub w/ Provolone French Fries Diced Carrots Banana Pudding Coffee or Hot Tea Milk (4) House Chef Salad	Roast Pork Sweet Potato Wedges Seasoned Green Peas Baked Apple Coffee or Hot Tea Milk (4) Grilled Chicken Wrap

Menu Extension Footnotes

Regular Diet: Receives a salt packet at each meal as resident desires.

CCD Diet: Receives diabetic condiments and provides half portions of dessert items.

Heart healthy: Low fat milk options. Limits egg yolks. Half portion desserts and no salt pkt.

Cardiac Diet: Reduces high sodium meats, condiments and no salt pkts.

Renal Diet: Limit per RD recommendations; Limit tomatoes, oranges, and bananas, no sweet potatoes or potatoes.

Mech Chopped Texture: Foods are soft, tender and moist throughout. Cut bite size pieces.

Mech Ground Texture: Foods are soft and moist. Can be scooped or shaped and has small visible lumps within the food.

Finger Foods: Provide 1-2 food items that can eaten with hands with remainder of foods served in bowls or ramekins.

****Review Diet Manual for further direction****

1510