

Sunday											Maria Daw
	PS	HOUSE	PS	SOFT	PS	DL1	PS	CCHO	PS	NAS	
Breakfast	6 oz	V8, LS	6 oz	V8, LS	6 oz	V8, LS - thickened	4 oz oz	V8, LS (1 CHO)	6 oz	V8, LS	
	1 small	Apple	1 cup	Stewed Apple Slices, no skin	1 cup	Stewed Apple Slices, no skin - pureed	1 small	Apple (1CHO)	1 small	Apple	
	1/2 cup	Oatmeal, Regular - NS, FF w/ 1 tsp Brown Sugar & 1 Tbsp Raisins	1/2 cup	Oatmeal, Regular - NS, FF w/ Jam & Margarin	1/2 cup	Oatmeal, Regular - NS, FF w/ Jam & Margarine - pureed	1/2 cup	Oatmeal, Regular - NS, FF w/ 1 Tbsp Chopped Walnuts (1 CHO)	1/2 cup	Oatmeal, Regular - NS, FF w/ 1 tsp Brown Sugar & 1 Tbsp Raisins	
	1 large	Scrambled Eggs	1 large	Scrambled Eggs	1 large	Scrambled Eggs - pureed	1 large	Scrambled Eggs	1 large	Scrambled Eggs	
	1 6x1"pc	Cherry Coffee Cake - yeast type, FF, CholF	1 6x1"pc	Cherry Coffee Cake - yeast type, FF, CholF	1 6x1"pc	Cherry Coffee Cake - yeast type, FF, CholF - pureed	1 slice	Whole Wheat Toast (1 CHO)	1 6x1"pc	Cherry Coffee Cake - yeast type, FF, CholF	
	1/2 Tbsp	Margarine - tub, whipped, NSA	1/2 Tbsp	Margarine - tub, whipped, NSA	1/2 Tbsp	Margarine - tub, whipped, NSA	1 Tbsp	Margarine - tub, whipped, NSA	1/2 Tbsp	Margarine - tub, whipped, NSA	
	8 oz	Milk 1%	8 oz	Milk 1%	8 oz	Milk 1% - thickened	8 oz	Milk 1% (1 CHO)	8 oz	Milk 1%	
Lunch	3 oz / 1 med breast	Baked Herb Chicken Breast - boneless, skinless	3 oz / 1 med breast	Baked Herb Chicken Breast - boneless, skinless w/ gravy	3 oz / 1 med breast	Baked Herb Chicken Breast - boneless, skinless w/ gravy - pureed - pureed	3 oz / 1 med breast	Baked Herb Chicken Breast - boneless, skinless	3 oz / 1 med breast	Baked Herb Chicken Breast - boneless, skinless	
	1/3 cup	Wild Brown Rice Blend - cooked w/o fat	1/3 cup	Wild Brown Rice Blend - cooked w/o fat	1/3 cup	White Rice- w/ margarine - pureed	1/3 cup	Wild Brown Rice Blend - cooked w/o fat (1 CHO)	1/3 cup	Wild Brown Rice Blend - cooked w/o fat	
	1/2 cup	Broccoli	1/2 cup	Broccoli	1/2 cup	Broccoli - pureed	1/2 cup	Broccoli (1 CHO)	1/2 cup	Broccoli	
	1 small	Whole Wheat Roll	1 small	Whole Wheat Roll	1 small	Whole Wheat Roll - pureed w/ margarine	1 small	Whole Wheat Roll (1 CHO)	1 small	Whole Wheat Roll	
	1/2 Tbsp	Margarine - tub, whipped, unsalted	1/2 Tbsp	Margarine - tub, whipped, unsalted	1/2 Tbsp	Margarine - tub, whipped, unsalted	1/2 Tbsp	Margarine - tub, whipped, unsalted	1/2 Tbsp	Margarine - tub, whipped, unsalted	
	1 Individual Tart	Strawberry Cream Tart	1 Individual Tart	Strawberry Cream Tart	1 Individual Tart	Strawberry Cream Tart - pureed	1 Individual Tart	Strawberry Cream Tart (2 CHO)	1 Individual Tart	Strawberry Cream Tart	
	8 oz	Tea, decaff, unsweet w/ Lemon Wedge	8 oz	Tea, decaff, unsweet w/ Lemon Wedge	8 oz	Tea, decaff, unsweet, w/ Lemon Juice - thickened	8 oz	Tea, decaff, unsweet w/ Lemon Wedge	8 oz	Tea, decaff, unsweet w/ Lemon Wedge	
2pm Snack	1/2 cup	Apricot Yogurt Parfait - FF, low cal	1/2 cup	Apricot Yogurt Parfait - FF, low cal(canned/ cooked/skinless/ unsweetened fruit) - pureed	1/2 cup	Apricot Yogurt Parfait - FF, low cal(canned/ cooked/skinless/ unsweetened fruit) - pureed	1/2 cup	Apricot Yogurt Parfait - FF, low cal (1 CHO)	1/2 cup	Apricot Yogurt Parfait - FF, low cal	
Dinner	1-1/2 cup	Kale Salad w/ Pear Slices & Vinaigrette Dressing	1/2 cup	Pears, juice packed	1/2 cup	Pears, juice packed- pureed	1-1/2 cup	Kale Salad w/ Pear Slices & 1 Tbsp Vinaigrette Dressing (1 CHO)	1-1/2 cup	Kale Salad w/ Pear Slices & Vinaigrette Dressing	
	3 thin slices / 2 oz	Citrus Pork Roast, Loin Slices (lean only)	3 thin slices / 2 oz	Citrus Pork Roast, Loin Slices (lean only)	3 thin slices / 2 oz	Citrus Pork Roast, Loin Slices (lean only) w/ gravy & cranberry- pureed	3 thin slices / 2 oz	Citrus Pork Roast, Loin Slices (lean only)	3 oz / 2 med slices	Citrus Pork Roast, Loin Slices (lean only)	
	2 Tbsp	Jellied Cranberry Sauce	2 Tbsp	Jellied Cranberry Sauce	4 Tbsp	Jellied Cranberry Sauce			4 Tbsp	Jellied Cranberry Sauce	
	1/2 cup	Whipped Sweet Potatoes - no peel or salt; with unsalted margarine	3/4 cup	Whipped Sweet Potatoes - no peel or salt; with unsalted margarine	3/4 cup	Whipped Sweet Potatoes - no peel or salt; with unsalted margarine	1/2 cup	Whipped Sweet Potatoes - no peel or salt; with unsalted margarine (1 CHO)	1/2 cup	Whipped Sweet Potatoes - no peel or salt; with unsalted margarine	
	1/2 cup	Fresh Sweet Green Peas - salt added	3/4 cup	Fresh Sweet Green Peas - salt added	3/4 cup	Fresh Sweet Green Peas - salt added 2/ Margarine - pureed	1/2 cup	Fresh Sweet Green Peas - salt added (1 CHO)	1/2 cup	Fresh Sweet Green Peas - salt added	
	1 small	Whole Wheat Roll	1 small	Whole Wheat Roll	1/2 cup	Polenta - pureed w/ 2 Tbsp cranberry	1 small	Whole Wheat Roll (1 CHO)	1 small	Whole Wheat Roll	
	1/2 Tbsp	Margarine - tub, whipped, unsalted	1/2 Tbsp	Margarine - tub, whipped, unsalted	1/2 Tbsp	Margarine - tub, whipped, unsalted	1/2 Tbsp	Margarine - tub, whipped, unsalted	1/2 Tbsp	Margarine - tub, whipped, unsalted	
	1 large	Chocolate Chip Cookie	1 large	Chocolate Chip Cookie	1 large	Chocolate Chip Cookie - pureed	1 cup	SF Jello Gelatin, Strawberry Banana	1 large	Chocolate Chip Cookie	
	8 oz	Milk 1%	8 oz	Milk 1%	8 oz	Milk 1% - thickened	8 oz	Milk 1% (1 CHO)	8 oz	Milk 1%	
Bedtime Snack	1/2 cup	Lemon Custard, LF	1/2 cup	Lemon Custard, LF	1/2 cup	Lemon Custard, LF - pureed	1/2 cup	Lemon Custard, LF (1 CHO)	1/2 cup	Lemon Custard, LF	