

3-DAY DISASTER MENU

<u>Day 1</u>		<u>Day 2</u>		<u>Day 3</u>	
<u>Regular</u>	<u>Puree</u>	<u>Regular</u>	<u>Puree</u>	<u>Regular</u>	<u>Puree</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
6 oz Orange Juice	6 oz Orange Juice - thickened	6 oz Apple Juice	6 oz Apple Juice - thickened	6 oz Grape Juice	6 oz Grape Juice - thickened
1 pkg Cheerios	1/2 cup Baby Oatmeal Cereal	1 pkg Mini Wheats	1/2 cup Baby Rice Cereal	1 pkg Raisin Bran	1/2 cup Ferrina
1/2 English Muffin, 1 jelly, 1 pat Butter	6 Saltine Crackers, softened in milk, 1 jelly, 1 pat Butter	1/2 Bagel, 1 Jelly, 1 pat Butter	1 Slice White Bread, softened in milk, 1 jelly, 1 pat Butter	1 Sweet Roll	1 Sweet Roll, pureed
8 oz Milk	8 oz Milk - thickened	8 oz Milk	8 oz Milk - thickened	8 oz Milk	8 oz Milk - thickened
2 sugar packets	2 sugar packets	2 sugar packets	2 sugar packets	2 sugar packets	2 sugar packets
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
3 oz Tuna Salad	3 oz Tuna Salad - pureed	1 Peanut Butter & Jelly Sandwich	1 Peanut Butter & Jelly Sandwich - pureed	6 oz Beef Stew	6 oz Beef Stew - pureed
1/2 cup Carrots	1/2 cup Carrots - pureed	1/2 cup Green Peas	1/2 cup Green Peas - pureed	1/2 cup Carrots	1/2 cup Carrots - pureed
1 slice White Bread, 1 pat butter	6 Saltines Crackers, softened in milk			6 Saltine Crackers, 1 pat butter	6 Saltine Crackers, 1 pat butter - pureed in Beef Stew
1/2 cup Peaches	1/2 cup Peaches, softened	1 cup Apple Sauce	1 cup Apple Sauce	1 cup Fruit Cocktail	1 cup Fruit Cocktail - pureed
1 Chocolate Chip Cookies	1 Chocolate Chip Cookies, softened in milk	1 Butterscotch Pudding Cup	1 Butterscotch Pudding Cup	1 Strawberry Jello Cup	1 Strawberry Jello Cup
8 oz Fruit Punch	8 oz Fruit Punch	8 oz Sunny Delight	8 oz Sunny Delight	8 oz Orange Punch	8 oz Orange Punch
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
8 oz Milk	8 oz Milk - thickened	8 oz Milk	8 oz Milk - thickened	8 oz Milk	8 oz Milk - thickened
3 oz Animal Crackers	3 oz Animal Crackers, softened in milk	3 oz Graham Crackers	3 oz Graham Crackers, softened in milk	1 pkg Peanut Butter Crackers	1 pkg Peanut Butter Crackers, softened in milk
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
6 oz Beef & Bean Chili	6 oz Beef & Bean Chili - pureed	3 oz Chicken Salad	3 oz Chicken Salad - pureed	6 oz Ravioli	6 oz Ravioli - pureed
1/2 cup Potatoes	1/2 cup Potatoes - pureed	1/2 cup Whole Kernal Corn	1/2 cup Whole Kernal Corn - pureed	1/2 cup Green Beans	1/2 cup Green Beans - pureed
6 Saltines, 1 pat butter	6 Saltines, 1 pat butter - pureed with Chili	6 Saltines, 1 pat butter	6 Saltines, 1 pat butter - softened in milk	1 slice White Bread, 1 pat butter	1 slice White Bread, 1 pat butter - softened in milk
1/2 cup Pears	1/2 cup Pears - pureed	1 Mandarin Orange	1 Mandarin Orange - pureed	1 small Banana	1 small Banana - pureed
8 oz Milk	8 oz Milk - thickened	8 oz Milk	8 oz Milk - thickened	8 oz Milk	8 oz Milk - thickened

Water Needed:

of People Total: 190 residents + 110 staff = 300 people

All-Purpose Water:

1 gallon x 300 people = 300 gallons x 3 days = 900

Drinking Water:

0.5 gallon x 300 people = 150 gallons x 3 days = 450

Total Water Needed = 1350 gallons