

# sample menu

**lunch**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Vegetable Soup	Carrot & Ginger Bisque	Rhode Island Clam Chowder	Navy Bean Soup	Lentil Soup	Egg Drop Soup	Split Pea Soup
Eggplant Parmesan Sandwich	Coconut Shrimp	Veggie Lovers Pizza	Beef Taco Salad	Opened Faced Hot Roast Beef Sandwich	Vegetarian Egg Roll Plate	Cranberry Chicken Salad
Italian White Bean Salad	Asian Coleslaw	Ceasar Salad	Crispy Tortilla Chips	French Fries	Asian Cucumber Salad	Orange Muffin
Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert

**dinner**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grilled Ham Steak w/ Raisin Sauce	Lemon BBQ Chicken	Turkey & Mushroom Meatloaf	Chicken Stir Fry	Cheese Manicotti	Herb Crusted Pollock	Beef Chop Steak
Au Gratin Potatoes	Roasted Potatoes	Cranberry Rice Pilaf	Asian Vegetables	Italian Green Beans	Wild Rice	Mashed Potatoes
Dilled Carrots	Vegetable Medley	Buttered Peas & Mushrooms	Sticky Rice	Garlic Bread	Steamed Asparagus	Roasted Carrots
Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert	Dessert of the Day/ Sugar Free Dessert

The general/regular menu will provide approximately 1800-2200 calories each day, not including snacks.

Portion Sizes for general diet may be standardized and may be equivalent to the Following

The general/regular menu will provide approximately 65-80 grams of protein, 60-72 grams of fat, and 250-300 grams of carbohydrate.

Meats - 4 oz  
Casseroles - 1 cup  
Cooked vegetables - 1/2 cup

Fresh Fruits Mixed - 1/2 cup  
Starches - 1/2 cup