

Week 2	Breakfast	Lunch	Dinner
JUICE = 8 OZ MILK= 8 OZ MEATS AND FISH = 4 OZ MONDAY	ASSORTED CEREALS FRESH BAKED MUFFIN 8 OZ YOGURT COFFEE/JUICE/MILK	TUNA FISH SANDWICH LOW SODIUM SOUP OF THE DAY ½ CUP MIXED VEGETABLES COOKIES AND MILK BEVERAGE OF CHOICE – 8 OZ	GLAZED HAM SWEET POTATOES 1 CUP COOKED CARROTS DINNER ROLL AND BUTTER DO NOTHING CAKE BEVERAGE OF CHOICE – 8 OZ
JUICE = 8 OZ MILK= 8 OZ MEATS AND FISH = 4 OZ TUESDAY	SCRAMBLED EGGS (2) ½ CUP COTTAGE CHEESE WITH PEACHES 2 SLICES OF TOAST COFFEE/JUICE/MILK	HOT HAM AND CHEESE PANIN SWEET POTATO FRIES BAKED APPLE MILK BEVERAGE OF CHOICE – 8 OZ	CRAB CAKES 1/2 C. MACARONI AND CHEESE 1 C. STEWED TOMATOES APPLE CRISP BEVERAGE OF CHOICE – 8 OZ
JUICE = 8 OZ MILK= 8 OZ MEATS AND FISH = 4 OZ WEDNESDAY	WAFFLES 2 SLICES BACON BANANA COFFEE/JUICE/MILK	TURKEY SAND. W/LETTUCE , TOMATO PASTA SALAD CHIPS MILK BEVERAGE OF CHOICE- 8 OZ	SALISBURY STEAK MASHED POTATOES 1 C. COOKED CARROTS ICE CREAM BEVERAGE OF CHOICE – 8 OZ
JUICE = 8 OZ MILK= 8 OZ MEATS AND FISH = 4 OZ THURSDAY	BREAKFAST CASSEROLE 8 OZ YOGURT TOAST W/ BUTTER/JELLY COFFEE/JUICE/MILK	PIZZA FRENCH FRIES GREEN BEANS MILK AND BEVERAGE OF CHOICE	BAKED CHICKEN RICE PILAF BROCCOLI W/ CHEESE SAUCE CAKE BEVERAGE OF CHOICE – 8 OZ
JUICE = 8 OZ MILK= 8 OZ MEATS AND FISH = 4 OZ FRIDAY	ASSORTED CEREALS BAGEL W/ CREAM CHEESE SAUSAGE COFFEE/JUICE/MILK	BACON, LETTUCE, & TOMATO SANDWICH 1 CUP LOW SODIUM SOUP JELLO W/ WHIPPED TOPPING MILK AND BEVERAGE OF CHOICE	KABOSA W/ VEGETABLES BAKED POTATO CHOC. CHIP COOKIES BEVERAGE OF CHOICE
JUICE = 8 OZ MILK= 8 OZ MEATS AND FISH = 4 OZ SATURDAY	PANCAKES W/ SYRUP 1 HARD BOILED EGG ½ CUP FRUIT COFFEE/JUICE/MILK	EGG SALAD W/ LETTUCE AND TOMATO CHIPS BROWNIE MILK AND BEVERAGE OF CHOICE	SHEPHARDS PIE CASSEROLEW/ MIXED VEGGIES FRUIT CUP CORNBREAD BEVERAGE OF CHOICE
JUICE = 8 OZ MILK= 8 OZ MEATS AND FISH = 4 OZ SUNDAY	1 CUP OATMEAL WITH PEACHES SCRAPPLE – 2 SLICES YOGURT – 8 OZ COFFEE/JUICE/MILK	GRILLED CHEESE PANIN FRENCH FRIES ½ CUP MIXED FRUIT VANILLA WAFERS W /PUDDING MILK AND BEVERAGE OF CHOICE	CHICKEN STROGANOFF OVER EGG NOODLES(SEE RECIPE) 1 CUP MIXED VEGGIES RICE PUDDING BEVERAGE OF CHOICE

ALL MEALS SERVED WITH 8 OZ OF WATER UNLESS ON FLUID RESTRICTION

ALL MEALS ARE NAS, LOW FAT, LOW CONCENTRATED SWEETS DIET APPROPRIATE