

# GLOBAL NUTRITION SERVICES MENU

PLEASE CIRCLE YOUR MEAL SELECTIONS AND RETURN TO NURSING

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B R E A K F A S T</b>	Juice of Choice Coffee 2% Milk Scrambled Eggs Toast with Jelly Oatmeal Fresh Fruit  <u>Alternate Meal</u> Cottage Cheese and Fruit Plate Raisin Bran Cereal	Juice of Choice Coffee 2% Milk Cinnamon French Toast with Syrup Sausage Links Fresh Fruit  <u>Alternate Meal</u> Blueberry Muffin Cheerios	Juice of Choice Coffee 2% Milk Buttered Biscuit with Sausage Gravy Ham Slice Fresh Fruit  <u>Alternate Meal</u> Mini Danish Oatmeal	Juice of Choice Coffee 2% Milk Fried Eggs Hash Browns Toast with Jelly Fresh Fruit  <u>Alternate Meal</u> Greek Yogurt Rice Krispies	Juice of Choice Coffee 2% Milk Cinnamon Roll Bacon Fresh Fruit  <u>Alternate Meal</u> Apple Muffin Cream of Wheat	Juice of Choice Coffee 2% Milk Pancakes with Syrup Sausage Patty Fresh Fruit  <u>Alternate Meal</u> Cinnamon Streusel Coffee Cake Applesauce	Juice of Choice Coffee 2% Milk Denver Omelet Sautéed Potatoes Toast with Jelly Fresh Fruit  <u>Alternate Meal</u> Sticky Bun Corn Flakes
<b>L U N C H</b>	Shrimp Scampi Broccoli Florets Wheat Dinner Roll Cranberry Oatmeal Bar 2% Milk  <u>Alternate Meal</u> Lemon Glazed Chicken Pepper Medley	Spaghetti with Meatballs Sicilian Vegetables Garlic Bread Raspberry Sorbet 2% Milk  <u>Alternate Meal</u> Bean Burger on Bun Sweet Potato Fries	Turkey Pot Pie Glazed Baby Carrots Tossed Salad Ranger Cookie 2% Milk  <u>Alternate Meal</u> Shells and Cheese Green Beans	Green Chile Chicken Enchiladas Pinto Beans Calabacitas Rice Pudding 2% Milk  <u>Alternate Meal</u> Liver and Onions Red Potatoes	French Dip Sandwich Corn Chowder Saltine Crackers Caesar Salad Glazed Bananas 2% Milk  <u>Alternate Meal</u> Tuna Noodle Casserole Lemon Asparagus	Red Beans and Rice Calico Corn Tortilla Angel Food Cake with Strawberries 2% Milk  <u>Alternate Meal</u> Chicken Florentine Bow Tie Pasta	Roasted Turkey with Gravy Cornbread Dressing Herbed Green Beans Berry Crisp 2% Milk  <u>Alternate Meal</u> Egg Salad on Croissant Confetti Coleslaw
<b>D I N N E R</b>	Soft Chicken Tacos Spanish Rice Southwest Corn Citrus Cup 2% Milk  <u>Alternate Meal</u> Beefy Rice Casserole Seasoned Zucchini	Cali Chicken Caesar Wrap Creamy Tomato Soup w/ Crackers Confetti Coleslaw Pineapples & Berries 2% Milk  <u>Alternate Meal</u> Broccoli and Noodles Mixed Field Greens	Breaded Pork Chop Scalloped Potatoes Sautéed Spinach Spiced Peaches 2% Milk  <u>Alternate Meal</u> Chicken Sandwich on Bun Cream of Potato Soup w/ Crackers	Herb Roasted Salmon Seasoned Snap Peas Wax Beans and Red Peppers Wheat Dinner Roll Chilled Pears 2% Milk  <u>Alternate Meal</u> Beef Stew Steamed Beets	Oven Fried Chicken Mashed Potatoes with Gravy Zucchini Caramel Custard 2% Milk  <u>Alternate Meal</u> Cottage Cheese and Fresh Fruit Plate Spinach Salad	Beef Tips over Seasoned Egg Noodles Italian Vegetables Garlic Bread Chilled Apricots 2% Milk  <u>Alternate Meal</u> Tarragon Roast Chicken Parslied Carrots	Italian Beef Sandwich Minestrone Soup Crackers Creamy Cucumbers Brownie 2% Milk  <u>Alternate Meal</u> Stuffed Bell Pepper Broiled Tomatoes

Nutrition Analysis Average for 4 Week Menu: 2186 Calories, 93g Protein (17% Calories from Protein), 278g Carbohydrates (51% Calories from Carbs) and 1213mg Calcium

Approved By: *John Doe, RD, LD*