



Diet Spreadsheet

Menu: Copy of Century Health F/W25

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Week 4

Day: 22 - Sunday Regular	Portion Size	Finger Food	Portion Size	CCHO (LCS)	Portion Size	Liberal Renal	Portion Size	Heart Healthy	Portion Size
Breakfast									
Assorted Juice	6 fl oz	Assorted Juice	6 fl oz	Assorted Juice	6 fl oz	Assorted Juice (No Citrus)	6 fl oz	Assorted Juice	6 fl oz
Choice of Hot or Cold Cereal	4 oz (hot) or 1 cup (cold)	Cold Cereal (No Milk)	3/4 cup	Choice of Hot or Cold Cereal (Unsweetened)	4 oz (hot) or 1 cup (cold)	Choice of Hot or Cold Cereal	4 oz (hot) or 1 cup (cold)	Choice of Hot or Cold Cereal	4 oz (hot) or 1 cup (cold)
Pumpkin Pancakes	2 Each	Pumpkin Pancakes Cut into Pieces	2 Each	Pumpkin Pancake	1 Each	Pumpkin Pancake	1 Each	Pumpkin Pancake	1 Each
Breakfast Potatoes & Onions	4 oz spdl	Breakfast Potatoes & Onions	4 oz spdl	Breakfast Potatoes & Onions	4 oz spdl	Breakfast Potatoes & Onions	4 oz spdl	Breakfast Potatoes & Onions	4 oz spdl
Ketchup	1 each	Ketchup	1 each	Ketchup	1 each	Ketchup	1 each	Ketchup	1 each
Pancake Syrup	1 oz	Pancake Syrup	1 oz	Diet Syrup	1 oz	Pancake Syrup	1 oz	Pancake Syrup	1 oz
Milk/Beverage	8 fl oz.	Milk/Beverage	8 fl oz.	Milk/Beverage	8 fl oz.	Milk, Whole	4 fl oz	Skim Milk/Beverage	1 cup
Lunch									
Italian Meat Sauce Over Penne Pasta	4 oz spdl ndls+4 oz spdl meat sce	Pork Cutlet Cubes w/Drained Pasta	3 oz + 4 oz spdl	Italian Meat Sauce Over Penne Pasta	4 oz spdl ndls+4 oz spdl meat sce	Pork Cutlet w/Pasta	3 oz + 1/2c	Pork Cutlet w/Pasta	3 oz + 1/2c
Italian Blend Vegetables (A)	4 oz Spdl	Italian Blend Vegetables (A)	4 oz Spdl	Italian Blend Vegetables (A)	4 oz Spdl	Italian Blend Vegetables (A)	4 oz Spdl	Italian Blend Vegetables (A)	4 oz Spdl
Dinner Roll	1 Each	Dinner Roll	1 Each	Dinner Roll	1 Each	Dinner Roll	1 Each	Dinner Roll	1 Each
Parmesan Cheese	1 Tbsp	Parmesan Cheese	1 Tbsp	Parmesan Cheese	1 Tbsp	Parmesan Cheese	1 Tbsp	Parmesan Cheese	1 Tbsp
Chocolate Cream Pie Beverage	1/8th pie 8 oz	Chocolate Cream Pie Beverage	1/8th pie 8 oz	Chocolate Cream Pie Diet Beverage	1/16th pie 1 cup	Chocolate Cream Pie Beverage	1/8th pie 8 oz	Fruit Beverage	4 oz spdl 8 oz
Dinner									
Fried Fish	3 oz	Fried Fish Sandwich	3 oz	Lemon Baked Fish	3 oz	LS Lemon Baked Fish	3 oz	LS Lemon Baked Fish	3 oz
Hush Puppies	2 each	Hush Puppies	2 each	Hush Puppies	2 each	Hush Puppies	2 each	Hush Puppies	2 each
Coleslaw	# 8 scp	Green Beans	4 oz spdl	Coleslaw	# 8 scp	Coleslaw	# 8 scp	Coleslaw	# 8 scp
Tropical Fruit	4 oz spdl	Chilled Pineapple Chunks	4 oz spdl	Tropical Fruit	4 oz spdl	Renal Fruit Cup (No Citrus, Apricots or Prunes)	#8 or 1/2 Cup	Tropical Fruit	4 oz spdl
Milk/Beverage	1 cup	Milk/Beverage	1 cup	Milk/Diet Fruit Drink	1 cup milk or 1/2 cup bev	Choice of Beverage	1/2 cup or as allowed	Skim Milk/Beverage	1 cup
Evening Snack									
Fruit Drink	4 fl oz	Fruit Drink	4 fl oz	Sugar Free Fruit Drink	4 fl oz	Cranberry or Apple Juice	4 fl oz	Fruit Drink	4 fl oz

No Added Salt or No Salt Packet on Tray Diets: Avoid salt packet. **Gluten-Free Diets:** Reading ingredient labels and checking for cross-contamination with gluten/wheat containing foods is necessary when following a gluten free diet. **Fortified Enhanced Foods:** Follow the consistency diet ordered and offer a minimum of one fortified food item per meal, unless otherwise directed.

The new modified menu

Day: 22 - Sunday Regular	Portion Size	Finger Food	Portion Size	CCHO (LCS)	Portion Size	Liberal Renal	Portion Size	Heart Healthy	Portion Size
Breakfast									
Assorted Juice	6 fl oz	Assorted Juice	6 fl oz						
Choice of Hot or Cold Cereal	4 oz (hot) or 1 cup (cold)	Cold Cereal (No Milk)	3/4 cup	Milk/ diet juice Scrambled egg wholewheat bread slices Fesh vegetable slice (cucumber + cherry tomato	6 fl oz	Assorted Juice (No Citrus)	6 fl oz	Assorted Juice	6 fl oz
Pumpkin Pancakes	2 Each	Pumpkin Pancakes Cut into Pieces	2 Each		4 oz (hot) or 1 cup (cold)	Choice of Hot or Cold Cereal	4 oz (hot) or 1 cup (cold)	Choice of Hot or Cold Cereal	4 oz (hot) or 1 cup (cold)
Breakfast Potatoes & Onions	4 oz spdl	Breakfast Potatoes & Onions	4 oz spdl		1 Each	Pumpkin Pancake	1 Each	Pumpkin Pancake	1 Each
Ketchup	1 each	Ketchup	1 each		4 oz spdl	Breakfast Potatoes & Onions	4 oz spdl	Breakfast Potatoes & Onions	4 oz spdl
Pancake Syrup	1 oz	Pancake Syrup	1 oz		1 each	Ketchup	1 each	Ketchup	1 each
Milk/Beverage	8 fl oz.	Milk/Beverage	8 fl oz.		1 oz	Pancake Syrup	1 oz	Pancake Syrup	1 oz
					8 fl oz.	Milk, Whole	4 fl oz	Skim Milk/Beverage	1 cup
Lunch									
Italian Meat Sauce Over Penne Pasta	4 oz spdl ndls+4 oz spdl meat sce	Pork Cutlet Cubes w/Drained Pasta	3 oz + 4 oz spdl	Italian meat sauce over spiralized zucchini noodles (zoodles) Italian vegetable mix Greek yogurt with cocoa powder and stevia	oz spdl dls+4 oz pdl meat ce	Pork Cutlet w/Pasta	3 oz + 1/2c	Pork Cutlet w/Pasta	3 oz + 1/2c
Italian Blend Vegetables (A)	4 oz Spdl	Italian Blend Vegetables (A)	4 oz Spdl		oz Spdl	Italian Blend Vegetables (A)	4 oz Spdl	Italian Blend Vegetables (A)	4 oz Spdl
Dinner Roll	1 Each	Dinner Roll	1 Each		Each	Dinner Roll	1 Each	Dinner Roll	1 Each
Parmesan Cheese	1 Tbsp	Parmesan Cheese	1 Tbsp		Tbsp	Parmesan Cheese	1 Tbsp	Parmesan Cheese	1 Tbsp
Chocolate Cream Pie	1/8th pie	Chocolate Cream Pie	1/8th pie		1/16th pie	Chocolate Cream Pie	1/8th pie	Fruit	4 oz spdl
Beverage	8 oz	Beverage	8 oz		cup	Beverage	8 oz	Beverage	8 oz
Dinner									
Fried Fish	3 oz	Fried Fish Sandwich	3 oz	Lemon Baked Fish	3 oz	LS Lemon Baked Fish	3 oz	LS Lemon Baked Fish	3 oz
Hush Puppies	2 each	Hush Puppies	2 each	Hush Puppies	2 each	Hush Puppies	2 each	Hush Puppies	2 each
Coleslaw	# 8 scp	Green Beans	4 oz spdl	Coleslaw	# 8 scp	Coleslaw	# 8 scp	Coleslaw	# 8 scp
Tropical Fruit	4 oz spdl	Chilled Pineapple Chunks	4 oz spdl	Tropical Fruit	4 oz spdl	Renal Fruit Cup (No Citrus, Apricots or Prunes)	#8 or 1/2 Cup	Tropical Fruit	4 oz spdl
Milk/Beverage	1 cup	Milk/Beverage	1 cup	Milk/Diet Fruit Drink	1 cup milk or 1/2 cup bev	Choice of Beverage	1/2 cup or as allowed	Skim Milk/Beverage	1 cup
Evening Snack									
Fruit Drink	4 fl oz	Fruit Drink	4 fl oz	Sugar Free Fruit Drink	4 fl oz	Cranberry or Apple Juice	4 fl oz	Fruit Drink	4 fl oz