



# Ashland House Menu

1/15-1/21

MON 1/15	TUE 1/16	WED 1/17	THU 1/18	FRI 1/19	SAT 1/20	SUN 1/21
<b>☀ Breakfast</b>						
Waffles, from frozen Low cal syrup Skim milk <b>Whole milk for DK</b> <b>2% milk for LS</b> Apple juice	Oatmeal Whole wheat bread Jelly, grape Apple juice	Egg Skim milk Whole wheat bread Margarine Apple juice	Raisin Bran Cereal Skim milk Whole wheat bread Margarine Orange juice	Yellow Corn Grits Skim milk Whole wheat bread Margarine Orange juice	Huevos Rancheros Skim milk Orange juice	Pancakes (from mix) Low cal syrup Turkey sausage Skim milk Orange juice
<b>☀ Lunch</b>						
BLT Sandwich Celery sticks Fig bar cookie Low or 0 cal drink	Roast Beef Sandwich Carrots, raw Applesauce Low or 0 cal drink	Peanut Butter & Sugar-Free Jam Sandwich Graham crackers Banana Bottled water	Ham Sandwich Peaches, canned Pudding cup Bottled water	Turkey Sandwich Granola bar, soft and low-sugar Orange <b>Fruit of choice for VT</b> Bottled water	Chef's Salad Lo-cal dressing Garlic bread Pear Low or 0 cal drink	Tuna Melt Green beans <b>Veg of choice for VT</b> Wheat crackers Banana Low or 0 cal drink
<b>Snack</b> Beverage: very low or zero calories 100 cal. snack pack	<b>Snack</b> Hot Chocolate	<b>Snack</b> Beverage: very low or zero calories 100 cal. snack pack	<b>Snack</b> Hot Chocolate	<b>Snack</b> Beverage: very low or zero calories 100 cal. snack pack	<b>Snack</b> Hot Chocolate	<b>Snack</b> Hot Chocolate
<b>🌙 Dinner</b>						
Cheesy Meatball & Veg sandwich Baked beans Spinach Mandarin oranges Low or 0 cal drink	Teriyaki Chix Kabobs Brown rice Green beans Veg of choice for VT Fruit cocktail Low or 0 cal drink	Baked Pollock Parmesan Mixed veggies Mashed potatoes Pineapple, canned Low or 0 cal drink	Tukey Enchiladas Corn bread Romaine & tomato salad Cantaloupe Low or 0 cal drink	Pizza, Cheese Sauteed herb zucchini Grapes, finely diced, no seeds Low or 0 cal drink	Sweet & Sour Pork Spinach Whole wheat pasta Honey dew melon Low or 0 cal drink	Bavarian Chix With Apples Red-skin mashed potatoes Watermelon Low or 0 cal drink
<b>Snack</b> Hot Chocolate	<b>Snack</b> Beverage: very low or zero calories 100 cal. snack pack	<b>Snack</b> Hot Chocolate	<b>Snack</b> Beverage: very low or zero calories 100 cal. snack pack	<b>Snack</b> Hot Chocolate	<b>Snack</b> Beverage: very low or zero calories 100 cal. snack pack	<b>Snack</b> Beverage: very low or zero calories 100 cal. snack pack

We include custom Notes here that you want to highlight, such as specific reminders regarding dietary/prep needs, day program lunch pack up, etc. Additionally . . .

- No two menus between settings are the same. Request menu changes at any time, no add'l charge.
- Menus reflect **household food likes/dislikes/dietary needs** (diabetes, GERD, lactose intolerance, dysphagia, allergies, etc.) and routines of the setting, such as pizza night out on Fridays, leftover nights, etc.
- Menus cycle new every 35 days to reflect evolving health needs and the season and to instill variety & freshness.
- Menus & recipes are created by our full-time chef and nutrition experts.



## Columbia Drive Recipe Prep Steps

Sunday 8/12

Meal	Menu Item	Ingredients	Quantity	Prep Steps
Dinner	Spaghetti with red meat sauce, Alfredo sauce for DC & JH	Spaghetti pasta, whole wheat	24 oz.	Cook the pasta according to package directions. While the pasta is cooking, warm the olive oil in a non-stick skillet over medium heat on the stove top and add the diced onions. Cook the onions for 1 to 2 minutes, stirring often. Add the ground turkey meat to the skillet and brown, stirring occasionally. Remove meat and onions portion for DC & JH to another skillet, adding alfredo sauce as well. Add the red spaghetti sauce to the original skillet. Stir together the sauces and meat in each skillet and simmer each over medium heat on the stove top for about 10 to 15 min.
		Olive oil	3 T	
		Onions, yellow, diced	2 C	
		Ground turkey	4 lb.	
		Alfredo sauce (from jar)	1-1/3 C	
		Spaghetti sauce (from jar)	4 C	
	Mandarin spinach	Olive oil	3 T	Warm the olive oil in a large nonstick skillet over medium heat on the stove top. Add the spinach to the skillet and cook for about 5 minutes, stirring occasionally. Add the soy sauce to the skillet and mix together with the spinach. Add the oranges to the skillet and gently toss together all the ingredients to blend the flavors. Cook for 1 or 2 minutes more.
	Spinach (from frozen)	3 lb.		
	Soy sauce, low sodium	3 t		
	Mandarin oranges, drained (from can)	3 C		
	Cantaloupe	Cantaloupe melon, large	1 ea.	Slice the cantaloupe into 8 equal wedges. Each person gets 1 wedge. Either remove the rind of the cantaloupe from each wedge before serving or use a knife to loosen the cantaloupe from the rind, so it is easy to use a spoon or fork to remove the melon when eating.
	Milk	2%, whole, and skim milk	1 C ea.	JD and BM get 2%; DC, DK and RS get whole; and RK, LR and BN get skim.
	Glass of water	Tap water	8 to 10 oz. ea	Fill glasses with tap water from sink.



# Briar Court Shopping List

9/8-9/14

Category	Ingredient	Quantity	Cost
Produce	Apples	15 ea.	\$ 5.22
	Bananas	2 ea.	\$ .45
	Canaloupe melon	2 - ½ ea.	\$ 2.98
	Inexpensive fruit of choice	38 ea.	\$10.37
	Cabbage	2 - ½ lb.	\$ 3.52
	Cucumber	1 ea	\$ .72
	Garlic, minced, 4.5 oz jar	½ jar	\$ 2.58
	Onions, yellow	11 ea.	\$ 2.46
	Red skin potatoes	3.00 lb.	\$ 1.50
Canned Fruit	Applesauce, single serve 4 oz. containers	12 ea.	\$ 3.97
	Mandarin oranges, 11 oz. can	13 ea.	\$ 8.46
	Pineapple, 20 oz. can	1 ea.	\$ .78
Refrigerated, Dairy	American cheese, 16 oz. pkg	½ pkg.	\$ 1.84
	Biscuits, plain or buttermilk in tube	12 ea biscuits	\$ 0.81
	Eggs, large	5 dozen	\$ 8.42
	Milk, 2%	3 gallons	\$ 8.52
	Milk, skim	6 - ½ gallons	\$18.35
Refrigerated, Deli	American cheese, 16 oz. pkg	¾ pkg.	\$ 2.31
	Turkey, sliced, 16 oz. pkg	2 pkg.	\$ 7.29
Refrigerated, Meat	Chicken breast, boneless, skinless	5 - ¼ lbs	\$14.12

Estimated Total:

**\$180.18**

(this sample total reflects the entire grocery list, not just this page)



# Jackson Street Therapeutic Detail

Saturday 2/4

Meal	Menu Item	1800 cal	1500 cal DB	PJ	ADA low salt	chop	ground	pureed
Breakfast	Whole wheat French toast	2 sl	2 sl	1½ sl	1½ sl	2 sl chp	2 sl grd	2 sl puree
	Low calorie syrup	2 T	1⅔ T	1½ T	1½ T	2 T	2 T	1 T dilute
	2% milk (skim milk for DB & PJ)	1 C	¾ C	⅔ C	⅔ C	1 C	1 C	1 C
	Apple juice (from concentrate)	½ C	½ C	⅓ C	⅓ C	½ C	½ C	½ C
Lunch	Chicken nuggets	3 oz	3 oz	2½ oz	2½ oz	3 oz chp	3 oz grd	3 oz puree
	Italian flavored orzo	⅔ C	⅔ C	½ C	½ C	⅔ C chp	⅔ C grd	⅔ C puree
	Broccoli (peas for AB & PJ)	¾ C	¾ C	⅔ C	⅔ C	¾ C chp	¾ C grd	¾ C puree
	Banana	1 ea	1 ea	¾ ea	¾ ea	1 ea. chp	1 ea. grd	1 ea. puree
	Powdered drink choice (low or 0 cal)	1 C	1 C	1 C	1 C	1 C	1 C	1 C
	Snack	1 ea	1 ea	¾ ea	¾ ea	1 ea	1 ea	1 ea
	Snack beverage (low or 0 cal)	1 C	1 C	1 C	1 C	1 C	1 C	1 C
	Fig bar (rice cake for DB)	3 ea	3 ea	2 ea	2 ea	3 ea. chp	3 ea grd	3 ea puree
Dinner	Juicy apple pork	3 oz	3 oz	2½ oz	2½ oz	3 oz chp	3 oz grd	3 oz puree
	Red skin ranch mashed potatoes	1 C	1 C	¾ C	¾ C	1 C	1 C	1 C
	Mixed vegetables (corn for DB)	¾ C	¾ C	⅔ C	⅔ C	¾ C chp	¾ C grd	¾ C puree
	Orange (fruit choice for AB)	1 ea	1 ea	¾ ea	¾ ea	1 ea chp	1 ea grd	1 ea puree
	2% milk (skim milk for DB & PJ)	1 C	¾ C	⅔ C	⅔ C	1 C	1 C	1 C
	Snack	1 ea	1 ea	¾ ea	¾ ea	1 ea	1 ea	1 ea
	Snack beverage (low or 0 cal)	1 C	1 C	1 C	1 C	1 C	1 C	1 C
	Graham crackers	3 ea	3 ea	2 ea	2 ea	3 ea chp	3 ea grd	3 ea puree

Signature



# Fulbright Avenue House Nutrition By Daypart

Sunday 12/2

Meal	Menu Item	Calories	Fat	Carbs	Fiber	Sodium	Cost
☀️ Breakfast	Oatmeal (cereal choice for TP)	134.00	0.96	27.00	4.40	22.66	0.10
	Whole wheat bread	103.74	2.27	21.59	2.86	145.52	0.11
	Margarine	44.50	5.04	0.00	0.00	65.94	0.01
	2% milk (skim milk for AR)	122.50	4.53	11.47	0.00	100.45	0.17
	Apple juice (from concentrate)	47.31	.03	11.69	0.11	9.50	0.09
	<b>Breakfast Total / Person</b>		<b>452.05</b>	<b>13.13</b>	<b>96.75</b>	<b>7.89</b>	<b>343.39</b>
☀️ Lunch	Ham sandwich (nitrate-free for AR)	274.74	6.70	44.03	5.71	682.30	0.80
	Raw carrots	34.05	0.20	8.20	2.40	59.00	0.14
	Wheat crackers	126.25	4.90	18.41	2.99	187.81	0.15
	Bottled water	0.00	0.00	0.00	0.00	0.00	0.13
	Snack—beverage, low or zero calories	0.09	0.00	0.00	0.00	0.19	0.06
	Snack—granola bar (w/out nuts)	89.71	4.35	16.14	1.01	72.84	0.19
	<b>Lunch Total / Person</b>		<b>524.84</b>	<b>16.15</b>	<b>86.78</b>	<b>12.11</b>	<b>1002.14</b>
🌙 Dinner	Teriyaki chicken breast	271.19	6.94	10.40	0.10	168.91	0.98
	Herb potatoes (rice for AA)	179.31	6.99	27.14	2.91	10.40	0.24
	Broccoli (veg choice—IR)	36.92	0.41	6.70	4.26	34.08	0.36
	Orange	35.00	0.00	11.41	2.50	5.00	0.27
	2% milk (skim milk for AR)	122.50	4.83	11.47	0.00	100.45	0.17
	Snack—beverage, low or zero calories	0.09	0.00	0.00	0.00	0.19	0.06
	Snack—graham crackers	134.81	3.44	22.21	1.80	84.11	0.13
<b>Dinner Total / Person</b>		<b>725.82</b>	<b>22.61</b>	<b>89.33</b>	<b>11.57</b>	<b>403.14</b>	<b>2.21</b>
<b>Daily Total / Person</b>		<b>1702.71</b>	<b>61.89</b>	<b>249.86</b>	<b>31.57</b>	<b>1748.76</b>	<b>4.26</b>