## Cycle A Menu: Day 1

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salisbury Steak w/Gravy</td>
<td>(1 CS)</td>
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<tr>
<td>Mashed Potatoes</td>
<td>(1 CS)</td>
</tr>
<tr>
<td>Parsley Carrots</td>
<td>(1 CS)</td>
</tr>
<tr>
<td>Seasonal Fruit</td>
<td>(1-2 CS)</td>
</tr>
<tr>
<td>2 Whole Grain Bread</td>
<td>(2 CS)</td>
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</table>

### BBQ Rst Beef (1 CS)
- ½ c Baked Potato (1 CS)
- ½ c Broccoli or optional cook's choice 2nd LS vegetable
- ½ c Pears (1 CS)
- 2 Whole Grain Bread (2 CS)

### 3 oz Pork Roast (1 CS)
- ½ c Mashed Potatoes (1 CS)
- ½ c Gravy  
- ½ c Harvard Beets (1 CS)
- ½ c Cooked Apples (1/2 CS)

### 2 Whole Grain Bread (2 CS)
- (Make SF Jello w/Peaches Recipe)

### Meatloaf (1/2 CS)
- Choice of Lemon Bk Fish during Lent
- ½ c Oven Br Potato (1 CS)
- ½ c Peas (1 CS)
- ½ c Carrots w/1 tsp marg/serv
- ¼ c Red SF Jello/Peaches (1 CS)
- 2 Whole Grain Bread (2 CS)

### Happy Birthday
- 1 c. Lasagna Rotini (3 CS)
- 1 c. Lasagna Rotini w/2T French Dressing Reduced sodium & Fat (0 CS)

### PorcupineMeatballs/Patties 13 with
- 2 T Brown Gravy (1 1/2 CS)
- ½ c Mashed Potatoes (1 CS)
- ½ c cooked Froz Green Beans cooked with diced onion
- ½ c Peaches (1 CS)
- 1 Oatmeal Blueberry Muffin (2 CS)
- 1 Oatmeal Blueberry Muffin (2 CS)
- 0 Bread/1 margarine

### Happy Birthday
- 2 oz Roast Pork
  - ½ c Cooked Apples (1 1/2 CS)
  - ½ c Scalloped Potatoes (2 CS)
  - ½ c California Vegetables or Optional cook's choice 2nd LS vegetable
  - ½ c Mixed Fruit (1 CS)

### Swedish Meatballs (1 CS)
- 1/2 c Noodles (1 CS) (may combine meatballs/noodles for ease in serv)
- ½ c Peas (1 CS)
- ½ c Fruity Slaw with all Mandarin Oranges-no P/A (1 CS)

### Hot Beef Sand open faced (1 CS)
- ½ c Mashed Potatoes (1 CS)
- ½ c Gravy
- ½ c Corn (1 CS)
- ¾ c SF Sunshine Salad (1 CS)

### Turkey Tetrazzini (2 CS)
- 1 c. Chili (1 1/2 CS)
- ½ c Green pepper, chopped
- 2 Whole wheat LS crackers (CS)
- ½ c SF Jello w/pears (1 CS)
- 1 Whole Grain Bread (1 CS)

### Baked Potato (1 CS)
- ½ c TomatoSpoonSalad (1/2 CS)
- ½ c Plain Tomatoes  
- Fruit Cocktail (1 CS)
- Cranberry Orange Bar (1 CS)

### 1 Whole Grain Bread (2 CS)
- (Make Jello Salad for tomorrow)
- Seasonal Fresh Frt (1 CS)
- (17 Grapes 1 CS)
- 1 med Banana (2 CS) (=double fruit serv)

### 1 Whole Grain Bread (1 CS)
- (Make Jello Salad for tomorrow)
- 1 Whole Grain Bread (1 CS)
- ½ c Mandarin Oranges (1 CS) or Fresh Orange

### 2 Whole Grain Bread (2 CS)
- (Make BalsamicVinaigretteDressing for Mon)

### Mackaroni / Macaroni & Cheese (2 CS)
- 1/4 c SF Pudd & ½ c. Fruits
- OR 6 Whole wheat Crackers, low sodium (1 CS)

### Seasonal Fresh Frt (1 CS)
- ½ c cooked Froz Green Beans cooked with diced onion
- ½ c Peaches (1 CS)

### 1 - 1 ½ c Spaghetti & Meat Sauce (2 CS)
- 1 c Tossed Romaine Salad with 2T French Dr Reduced Sodium & Fat (0 CS) or Optional cook's choice 2nd LS vegetable  
- ½ c Grape Juice (1 1/2 CS)
- ½ c Cn Apricots (1 CS)
- 2 Whole Grain Bread (2 CS)

### Swiss Steak w/Onions Tomatoes (1 CS)
- ½ c Mashed Potatoes (1 CS)
- ½ c Gravy
- ½ c Peas (1 CS)
- 1 tsp margarine
- ½ c Sauteed Spinach

### Bread Pudding (1 1/2 CS)
- 1 Whole grain bread (1 CS)
- (Defrost meat for Monday)

### Each Day includes: 1 cup 1% Milk, 1 cup Water, 1 cup Coffee, 1 teaspoon margarine for each slice bread on menu in menu analysis. Clients do not need to take # slices bread listed. Do not serve more than listed.
Recipe and menu abbreviations:

AP As Purchased
EP Edible Portion
~ Approximately
CHO Carbohydrate
CS Carb Servings

CS = Carb Serving
Each CS = ~15 grams CHO
for diabetics who are controlling CHO intake

LS Low Salt/Low Sodium
SF Sugar Free

SF gelatin (Jello) measure:
.1 oz = ~7/8 t.
.5 oz or ½ oz = 4 2/3 t or ~1 ½ T
.6 oz = 5 ½ t
Each oz = ~ 3 T
1/8 oz = ~ 1 1/8 t.

Sites that bake bread/rolls:
Where 2 slices of whole grain bread are listed a 2 oz whole grain roll may be substituted/
if 1 slice of whole grain bread is listed a small (1 oz) whole grain roll may be served.

RECIPES are included for underlined items on this cycle. Bold underlined item is new recipe.
All meals include: 2 serving bread/grain products, 1 tsp. soft margarine per slice bread, 1 c 1% milk, 1 c water & 1 c coffee in menu analysis.
Where less than 2 slices bread listed other grain products were run in the nutritional analysis. Each 1 oz slice bread = approx 1 carb serving
Record any menu substitutions necessary on the menu substitution form. Occasional permanent menu changes are allowed but must be RD approved
and signed off with analysis sent to Pierre upon request.

ANY ITEM WITHOUT A RECIPE is to be cooked/prepared without added salt.

Canned Fruits: Purchase in extra light syrup (preferred), light syrup or in water or juice (each 15 grams CHO = 1 CS and ½ c required to = 1 fruit serv)

High Vitamin K vegetables: cooks may offer choice of vegetable when there are high Vit K vegetables on the menu for those who avoid Vit K

Gelatins (Jellos) are all Sugar Free (SF) on menu; Pudding mixes are Sugar Free Instant Pudding mixes.

FF Salad Dressings are still high in sodium, this is why homemade dressing is used for Chef Salad where there is a larger salad dressing portion size.

VEGETABLES are to be frozen or salt free canned. Vegetable Blends on Cycle A (using mixtures in Nifda brand):
California Blend = Broccoli, Cauliflower, Carrots; Oriental Blend = Broccoli, Onions, Mushrooms, Green Beans

Fish: When fish is on the menu offer a cook’s choice LS meat for nonfish eaters; DURING LENT ONLY offer a choice of fish Ash Wed & each Fri

MEASURES:
1 Tablespoon = 1T. = 3 teaspoons = 3 t.
1 cup = 16 Tablespoons
1 pint = 2 cups
1 quart = 4 cups
1 gallon = 4 quarts = 16 cups

A PINT is a POUND (of liquid) the WORLD AROUND
Many other solid, heavy measures of 1 pint also = 1 pound
Light things like lettuce salad, etc will not weigh 1 pound for 1 pint
¼ cup = 4 Tablespoons; ½ cup = 8 Tablespoons; ¾ cup = 12 Tablespoons;
2/3 cup = 10 2/3 Tablespoons; ⅔ cup = 12 Tablespoons

SCOOPS:
#6 = 2/3 cup = 10 2/3 T.  #30 = 2 T.  The number on the scoop indicates how many level scoopsfuls make 1 quart.
#8 = ½ cup = 8 T.  #40 1 2/3 T.  For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so four cups divided by 8 = ½ cup;
#10 = 3/8 cup = 6 T.  #50 = 3 ¼ t.  ½ c is the measure of a #8 scoop when level.
#12 = 1/3 cup = 5 1/3 T.  #60 = 3 ⅓ t.
#16 = ¼ cup = 4 T.  #70 = 2 ¾ t.
#20 = 3 1/3 T.  #100 = 2 t.
#24 = 2 2/3 T.

LADLES AND PORTION SERVERS: Spoodles (available solid or perforated):

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