

<p><b>Cycle A Menu: Day 1</b>  <u>Salisbury Steak w/Gravy</u> (1CS)  <u>Mashed Potatoes</u> (1 CS)  <u>Parslied Carrots</u>  Seasonal Fruit (1-2 CS)  (17 grapes 1CS)  2 Whole Grain Bread (2CS)</p>	<p><u>Chicken Parmesan</u> 2  ½ c <u>Scalloped Potatoes</u> (2CS)  ½ c <u>Corn O'Brian</u> (1 CS)  ½ c Tropical Fruit ( 1 CS)  2 Whole Grain Bread (2CS)</p>	<p><u>BBQ Rst Beef</u> (1 CS) 3  ½ c Baked Potato (1CS)  2 T light sour cream  ½ c Broccoli or optional cook's choice 2<sup>nd</sup> LS vegetable  ½ c Pears (1CS)  2 Whole Grain Bread (2CS)  (Roast additional beef for Day 11 &amp; freeze)</p>	<p>3 oz Pork Roast 4  ½ c <u>Mashed Potatoes</u> (1CS)  3 oz <u>Gravy</u>  ½ c <u>Harvard Beets</u> (1CS)  ½ c <u>Cooked Apples</u> (11/2CS)  2 Whole Grain Bread (2CS)  (Make SF Jello w/Peaches Recipe)</p>	<p><u>Meatloaf</u> (1/2 CS) 5  Choice of <u>Lemon Bk Fish</u> during Lent  ½ c <u>Oven Br Potato</u> (1CS)  ½ c Peas (1 CS)  ½ c Carrots w/1 tsp marg/serv  ¾ c <u>Red SFJello/Peaches</u>(1CS)  2 Whole Grain Bread (2CS))  (Defrost meat for Monday)  (Make SF Jello Salad for Monday)</p>
<p>1 1/8 c <u>Beef Stew</u> (1 CS) 6  ¾ c <u>SF CrunchyCranberrySalad</u> (1CS) madew/OrangeSFJello  Seasonal Fresh Frt (med orange) (1CS)  1 <u>Whole Wheat Biscuit</u> (1CS)  OR 6 Whole wheat Crackers, low sodium (1 CS)  &amp; 1 whole grain bread (1CS)</p>	<p>1 c. <u>Lasagna Rotini</u> (3 CS) 7  1 French Bread (1 CS)  <u>Tossed Romaine Salad</u>  w/2T French Dressing Reduced sodium &amp; Fat (0CS)  or 2 T HomemdeBalsamicVinDressing 0CS  or optional cook's choice 2<sup>nd</sup> LSveg  ½ c Mixed Fruit (1 CS)</p>	<p>1 <u>Pork Chopw/Celery Sauce</u> 8  ½ c <u>Sweet Potatoes</u>(1½ CS)  ½ c Ckd Froz Green Beans  ½ c Plums (1 CS) or Fresh Fruit  2 Whole Grain Bread (2CS)</p>	<p><u>BBQ Chicken Legs</u> (1CS) 9  ½ c Baked Potato (1CS)  2 T light sour cream  ½ c Mixed Vegetables (1/2 CS if with peas/corn)  ½ c Pears (1 CS)  2 Whole Grain Bread (2CS)  (Make Apricots in SF Pudding for tomorrow)</p>	<p><u>"Breaded" Bk Fish</u> (1/2 CS) 10  &amp; cook's choice LS meat  ½ c <u>Parsley Potatoes</u> (1 CS)  ½ c <u>Glazed Carrots</u> (1/2 CS)  ¾ c <u>Fruit (vary fruit) inSF Pudding</u> (1CS)(1/4 c SF Pudd &amp; ½ c. Fruits)  2 Whole Grain Bread (2 CS)  (Defrost meat for Monday)  (Make BalsamicVinegarDressing for Mon)</p>
<p><u>PorcupineMeatballs/Patties</u> 13  with  2 T <u>Brown Gravy</u> (1 ½ CS)  ½ c <u>Mashed Potatoes</u> (1 CS)  ½ c <u>cooked Froz Green Beans</u>  <u>cooked with diced onion</u>  ½ c Peaches (1 CS)  1 <u>Oatmeal Blueberry Muffin</u> (2 CS)  0 Bread/ 1 margarine</p>	<p><b>HAPPY BIRTHDAY</b> 12  2 oz Roast Pork  ½ c <u>Cooked Apples</u> (1½ CS)  ½ c <u>Scalloped Potatoes</u> (2 CS)  ½ c California Vegetables or Optional cook's choice 2<sup>nd</sup> LS vegetable  <i>B'Day (Can be different day)</i>  Unfrosted Cake sprinkled lightly w/powerd sugar &amp; ½ c Ice Cream (4 ½ CS)  2 Whole Grain Bread (2 CS)  (Make Slaw for tomorrow)</p>	<p><u>Swedish Meatballs</u> (1 CS) 13  ½ c Noodles (1 CS) (may combine meatballs/noodles for ease in serv)  ½ c Peas (1 CS)  ½ c <u>Fruity Slaw with all Mandarin Oranges-noP/A</u> (1CS)  Or ½ c. juice (chewing concerns)  2 Whole Grain Bread (2CS)  (Make Jello Salad for tomorrow)  Seasonal Fresh Frt (1CS)  (17 Grapes 1 CS)</p>	<p><u>Hot Beef Sand open faced</u> (1 CS) 14  ½ c <u>Mashed Potatoes</u> (1 CS) w/  3 oz <u>Gravy</u>  ½ c Corn (1CS)  ¾ c <u>SF Sunshine Salad</u> (1CS)  Addit Whole grain bread ( 1 CS)</p>	<p>1 c <u>Turkey Tetrazzini</u> (2 CS) 15  &amp;Choice of <u>Salmon Patty during lent</u>  1 c <u>Tossed Romaine Salad</u>w/  2 T. FF Ranch Dressing (1CS)  (or 2 T Fr Dressing Reduced Sod &amp; Fat 0CS)  Or optional cook's choice 2<sup>nd</sup> LS veg  ½ c. Fresh Tomato diced on salad  ½ c Mandarin Oranges (1 CS) or Fresh Orange  2 Whole Grain Bread (2CS)  (Defrost meat for Monday)</p>
<p><u>Cacciatore Chicken</u> (1/2C) 16  ½ c Bk Potato(1 CS)  With Sauce from Chicken  ½ c <u>Green Bean Amandine</u>  ½ c AppleSauce (1 CS)  2 Whole Grain Bread (2 CS)</p>	<p><u>Hot Pork &amp; Cheese Sauce</u> 17  <u>Sandwich</u> (2 CS)  ½ c Potato Rounds (1 CS)  ½ c Beets  ½ c Peaches (1 CS)  (0Additional bread)  Make Spoon Salad for tomorrow</p>	<p>3 oz Roast Beef 18  ½ c <u>Mashed Potatoes</u> (1 CS)  3 oz <u>Gravy</u>  ½ c <u>TomatoSpoonSalad</u>(1/2CS)  Or ½ c Plain Tomatoes  Fruit Cocktail (1 CS)  1 <u>Cranberry Orange Bar</u> (1CS)  2 Whole Grain Bread (2 CS)  (Make SF jello w/Pears for tomorrow)</p>	<p>1 c. <u>Chili</u> (1½ CS) 19  ¼ c Green pepper, chopped  6 Whole wheat LS crackers (CS)  ¾ c <u>SF Jello with pears</u> (1 CS)  Seasonal Fresh Fruit (sm apple) (1CS)  1 Whole Grain Bread (1CS)  2 teaspoons margarine</p>	<p><u>"Brded" Bk Fish</u> (1/2 CS) &amp; 20  Cook's choice LS meat  ½ c <u>OvenBr Potatoes</u>(1CS)  ½ c <u>Parslied Carrots</u>  ½ c <u>Plums</u> (1CS)or Fresh Fruit  1 <u>Oatmeal Fruit Muffin</u> (2CS)  1 <u>Whole Grain Bread</u> (1CS)  (Defrost meat for Monday)  (Make gelatin salad for Monday)</p>
<p>¾ c <u>Turkey Ala King</u> (1CS) 21  Over ½ c <u>Mashed Potato</u>(1CS)  ½ c Calif Vegetables  Or optional cooks choice 2<sup>nd</sup> LS vegetable  ½ c Peaches (1 CS)  ¾ c <u>SF Lime Perfection Salad</u> (1 CS)  1 Whole Grain Brd (1CS)  (Make Mand Oranges in SF Pudding for tomorrow)</p>	<p>1-1 ¼ c <u>Spaghetti &amp; Meat Sc</u> 22  (2CS)  1 c <u>Tossed Romaine Salad</u> with  2T French Dr Reduced Sodium &amp;Fat(0CS) or optional cook's choice 2<sup>nd</sup> LS vegetable  ¾ c <u>Fruit in SF Pudding</u> (1CS)  (1/4 c SF Pudd&amp; ½ c rmandarin orange)  1 Whole Grain Bread (1CS)</p>	<p>1 c <u>Sweet &amp; Sour Pork</u> (1CS)25  ½ c Rice (11/2 CS)  ½ c Oriental Vegetables or optional cook's choice 2<sup>nd</sup> LS veg ½ c  Grape Juice (1 ½ CS)  ½ c Cn Apricots (1 CS)  2 Whole Grain Bread (2CS)</p>	<p><u>Swiss Steak w/ OnionsTomatoes</u> 24  ½ c <u>Mashed Potatoes</u> (1 CS)  1 tsp margarine  ½ c peas (1 CS)  Fruit Cocktail (1 CS)  2 Whole Grain Bread (2 CS)  (Make Brd Pudding for tomorrow &amp; Cool, Cover, Label &amp; Refrigerate)</p>	<p>1 c <u>Tuna &amp; Noodles</u>(1½CS) 25  &amp; cook's choice LS meat  ½ c <u>Seasoned Spinach</u>  Or cook's choice 2<sup>nd</sup> LS vegetable  1 med Banana (2 CS) (=double fruit serv)  ½ c <u>Bread Pudding</u> (1½ CS)  1 Whole grain bread (1CS)  (Defrost meat for Monday)</p>

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.

**SD Meals Program Cook's Version Menu Cycle A**

<b>Recipe and menu abbreviations:</b> <b>AP</b> As Purchased <b>EP</b> Edible Portion ~ Approximately <b>CHO</b> Carbohydrate <b>CS</b> Carb Servings	<b>CS</b> = Carb Serving Each CS = ~ <b>15 grams CHO</b> for diabetics who are controlling CHO intake  <b>LS</b> Low Salt/Low Sodium <b>SF</b> Sugar Free	<b>SF gelatin (Jello) measure:</b> .1 oz = ~7/8 t. .5 oz or 1/2 oz = 4 2/3 t or ~1 1/2 T .6 oz = 5 1/2 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.	<b>SF instant pudding (Jello brand) measure:</b> 1 oz = 5 T or 1/4 c + 1T
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**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 1/2 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

1/4 cup = 4 Tablespoons; 1/3 cup = 5 1/3 Tablespoons; 1/2 cup = 8 Tablespoons;

2/3 cup = 10 2/3 Tablespoons; 3/4 cup = 12 Tablespoons

**SCOOPS:**

#6 = 2/3 cup = 10 2/3 T.

#30 = 2 T.

#8 = 1/2 cup = 8 T.

#40 = 1 2/3 T.

#10 = 3/8 cup = 6 T.

#50 = 3 3/4 t.

#12 = 1/3 cup = 5 1/3 T.

#60 = 3 1/4 t.

#16 = 1/4 cup = 4 T.

#70 = 2 3/4 t.

#20 = 3 1/3 T.

#100 = 2 t.

#24 = 2 2/3 T.

The number on the scoop indicates how many level scoops make 1 quart.

For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so four cups divided by 8 = 1/2 cup;

1/2 c is the measure of a #8 scoop when level.

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

Fluid Ounces	Approximate Measure	Fl. Oz.	Approx. Meas.	Fl. Oz.	Approx. Meas.
1 oz	1/8 cup = 2 T	4 oz	1/2 cup = 8 T.	12 oz	1 1/2 cups
2 oz	1/4 cup = 4 T	6 oz	3/4 cup = 12 T.	16 oz	2 cups or
3 oz	3/8 cup = 6 T	8 oz	1 cup = 16 T		1 pint or 1 pound of liquid