

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/Juice: (one each)	1.Fresh seasonal berries 2.Orange juice	1. Fresh melon 2. Cranberry juice	1. Fresh banana 2. Apple juice	1. Fresh pineapple 2. Prune juice	1. Fresh citrus sections 2. Tomato juice
Hot Cereal/Grain:	1.Apple Cinnamon Oatmeal	1. Cream of wheat	1. Maple brown sugar oatmeal	1. Grits	1. Farina
Entrees (2):	1. Country Scrambled Eggs 2. Buttermilk Pancakes w/ maple syrup	1. Denver omelet 2. Cinnamon French toast	1. Breakfast burrito 2. Blueberry pancakes	1. Biscuits and turkey sausage gravy 2. Breakfast sandwich with egg and cheese	1. Veggie breakfast hash with poached eggs 2. Whole grain blueberry muffin with cottage cheese
Sides (3):	1.Turkey bacon 2.Home fried potato 3.broiled tomato with herbs	1. Chicken apple sausage 2. Hash browns 3. Fresh fruit medley	1. Turkey bacon 2. Breakfast potatoes 3. Applesauce	1. Ham slice 2. Tater tots 3. Stewed tomatoes with basil	1. Vegetarian sausage 2. Hash browns 3. Sautéed tomatoes with garlic
Lunch:					
Soup/Salad: (one each)	1. Homestyle chicken noodle soup 2. Garden salad with ranch	1. Vegetable beef soup 2. Cucumber and tomato salad	1. Cream of potato soup 2. Tossed green salad	1. Cream of mushroom soup 2. Chef salad	1. New England clam chowder 2. Carrot raisin salad
Entrees (2):	1. Grilled chicken breast 2. Macaroni and cheese	1. Grilled cheese sandwich 2. Turkey spaghetti with sauce	1. Chicken pot pie 2. Vegetable lasagna	1. Open-faced hot turkey sandwich 2. Black bean burger	1. Fried chicken 2. Tuna melt sandwich
Vegetables (2):	1. Green beans with almonds 2. Buttered corn	1. Steamed mixed vegetables 2. Glazed carrots	1. Peas and carrots 2. Steamed cauliflower	1. Sautéed spinach 2. Steamed yellow squash	1. Mashed potatoes 2. Sautéed green beans
Grain/Bread/ Starch (2):	1. Mashed potatoes 2. Cornbread	1. Potato chips 2. Garlic bread	1. Buttered egg noodles 2. Breadsticks	1. Mashed potatoes and gravy 2. Sweet potato fries	1. Macaroni and cheese 2. Biscuits
Desserts (2):	1. Fresh fruit parfait with yogurt 2. Vanilla pudding	1. Berry cobbler 2. Vanilla yogurt with honey	1. Mixed berry compote 2. Low-fat frozen yogurt	1. Cinnamon baked apple 2. Fresh fruit sorbet	1. Poached pears 2. Whole grain graham crackers with honey
Dinner:					
Soup/Salad: (one each)	1. Tomato soup 2. Caesar salad	1. Split pea soup 2. Mixed greens with ranch	1. Minestrone soup 2. Spinach salad	1. Chicken vegetable soup 2. Garden salad with Italian	1. Chicken and rice soup 2. Mixed greens with ranch
Entrees (2):	1. Baked chicken with herbs 2. Beef pot roast	1. Roast turkey with gravy 2. Baked ham with pineapple	1. Baked fish with lemon 2. Bean and rice casserole	1. BBQ chicken 2. Baked lemon herb cod	1. Traditional meatloaf with gravy 2. Baked salmon
Vegetables (2):	1. Roasted carrots 2. Steamed broccoli	1. Mashed sweet potato 2. Green bean casserole	1. Roasted brussel sprouts 2. Corn on the cob	1. Baked beans 2. Steamed zucchini	1. Glazed baby carrots 2. Creamed spinach
Grain/Bread/ Starch (2):	1. Baked potato 2. Dinner roll	1. Stuffing 2. Dinner roll	1. Rice pilaf 2. Whole wheat pasta	1. Corn on the cob 2. Dinner rolls	1. Scalloped potatoes 2. Cornbread
Desserts (2):	1. Fresh fruit cup 2. Baked custard	1. Baked apples with vanilla ice cream 2. Whole grain fig bars	1. Fresh berries 2. Apple oatmeal crisp	1. Baked peach halves 2. Tapioca pudding	1. Tropical fruit salad 2. Baked rice pudding with cinnamon

Assorted Beverages: Coffee/Tea/Milk Available

Assorted Toast/Bread/Rolls Available

*High Vitamin C **High Vitamin A

5-day Cycle Menu Planning Worksheet – FS Facility Type: Hospital

Last: Kearney

First: Eileen

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/Juice: (one each)	1.Fresh seasonal berries* 2.Orange juice*	1. Fresh melon* 2. Cranberry juice	1. Fresh banana 2. Apple juice*	1. Fresh pineapple* 2. Prune juice	1. Oranges* 2. Tomato juice*
Hot Cereal/Grain:	1.Apple Cinnamon Oatmeal	1. Cream of wheat	1. Maple brown sugar oatmeal	1. Grits	1. Rice and raisins
Entrees (2):	1. Country Scrambled Eggs 2. Buttermilk Pancakes w/ maple syrup	1. Denver omelet 2. Cinnamon French toast	1. Breakfast burrito 2. Blueberry pancakes	1. Biscuits and turkey sausage gravy 2. Swiss cheese quiche	1. Veggie breakfast hash with poached eggs 2. Whole grain blueberry muffin with cottage cheese
Sides (3):	1.Turkey bacon (E#1/E#2) 2.Home fried potato** (E#1/E#2) 3.Broiled tomato with herbs*	1. Hash browns** (E#1) 2. Chicken apple sausage (E#2) 3. Whole wheat banana muffin	1. Whipped sweet potatoes** (E#1) 2. Turkey bacon (E#2) 3. Chocolate chip muffin	1. Ham slice (E#1/2) 2. Tater tots (E#1/2) 3. Roasted portobello mushrooms	1. Vegetarian sausage (E#1) 2. Soft polenta (E#1/2) 3. Sautéed tomatoes with garlic*
Lunch:					
Soup/Salad: (one each)	1. Homestyle chicken noodle soup 2. Garden salad with ranch**	1. Tomato soup* 2. Spinach cheese salad*	1. Cream of potato soup 2. Tomato basil salad and romaine*	1. Cream of mushroom soup 2. Chef salad*	1. New England clam chowder 2. Carrot raisin salad
Entrees (2):	1. Chicken breast parmesan 2. Macaroni and cheese	1. Grilled cheese sandwich 2. Turkey spaghetti with sauce***	1. Chicken pot pie 2. Vegetable lasagna*	1. Open-faced hot turkey sandwich 2. Black bean burger	1. Fried chicken 2. Tuna melt sandwich
Vegetables (2):	1. Seasoned asparagus* (E#1) 2. Seasoned broccoli* (E#2)	1. Steamed mixed vegetables 2. Glazed carrots***	1. Peas and carrots (E#1) 2. Steamed cauliflower (E#2)	1. Sautéed spinach* (E#1) 2. Steamed yellow squash (E#2)	1. Mashed potatoes* (E#1) 2. Sautéed green beans (E# //2)
Grain/Bread/ Starch (2):	1. Mashed potatoes* (E#1) 2. Cornbread (E#1/2)	1. Potato chips 2. Garlic bread	1. Mashed potato with gravy(E#1) 2. Breadsticks (E#2)	1. Sweet potato fries** (E#1/2) 2. Red pepper couscous(E#2)	1. Cheese biscuit (E#1) 2. Macaroni and cheese(E#1/2)
Desserts (2):	1. Fresh fruit parfait with yogurt 2. Vanilla pudding	1. Berry cobbler 2. Vanilla yogurt with honey	1. Mixed berry compote 2. Low-fat frozen yogurt	1. Cinnamon baked apple 2. Fresh fruit sorbet	1. Poached pears 2. Whole grain graham crackers with honey
Dinner:					
Soup/Salad: (one each)	1. vegetable beef soup 2. Caesar salad**	1. Split pea soup 2. Mixed greens with ranch***	1. Minestrone soup 2. Spinach salad*	1. Chicken vegetable soup 2. Garden salad with Italian dressing*	1. Chicken and rice soup 2. Mixed greens with ranch*
Entrees (2):	1. Spanish rice and black beans 2. Beef pot roast	1. Roast turkey with gravy 2. Baked ham with pineapple	1. Halibut fillet 2. Crispy fried tofu	1. BBQ chicken 2. Baked lemon herb cod*	1. Traditional meatloaf with gravy 2. Baked salmon
Vegetables (2):	1. Roasted carrots** (E#1) 2. Buttered corn (E#2)	1. Mashed sweet potato*** 2. Green bean casserole	1. Roasted brussel sprouts* (E#1) 2. Corn on the cob (E#2)	1. Baked beans (E#1) 2. Steamed zucchini (E#2)	1. Glazed baby carrots** (E#1) 2. Creamed spinach* (E#2)
Grain/Bread/ Starch (2):	1. Baked potato* (E#1/2) 2. Whole wheat pasta(E#2)	1. Stuffing 2. Quinoa pilaf	1. Rice pilaf (E#1) 2. Pepper and garlic pasta shells(E#2)	1. Corn on the cob (E#1) 2. Risotto (E#2)	1. Scalloped potatoes* (E#1/2) 2. Cornbread (E#1/2)
Desserts (2):	1. Fresh fruit cup* 2. Baked custard	1. Baked apples with vanilla ice cream 2. Whole grain fig bars	1. Fresh berries* 2. Apple oatmeal crisp	1. Baked peach halves 2. Tapioca pudding	1. Tropical fruit salad* 2. Baked rice pudding with cinnamon

Assorted Beverages: Coffee/Tea/Milk Available

Assorted Toast/Bread/Rolls Available

*High Vitamin C **High Vitamin A

Recipe List:

Monday Breakfast

1. Fresh seasonal berries (purchased)
2. Orange juice (purchased)
3. Apple cinnamon oatmeal, (hot breakfast cereals), page 596 (cooked breakfast cereal oatmeal variation)
4. Country scrambled eggs, (scrambled eggs), page 408 (scrambled egg variation)
5. Buttermilk pancakes w/ maple syrup, page 274 (pancake variation)
6. Turkey bacon, (oven-fried bacon), page 501 (turkey variation)
7. Home fried potato, page 854 (variation of cottage fried potato)
8. Broiled tomatoes with herb, page 865 (baked tomato variation)

Monday Lunch

1. Homestyle chicken noodle soup, page 792
2. Garden salad with ranch, page 632 (basic mixed green salad variation)
3. Chicken breast parmesan, page 517
4. Macaroni and cheese, page 542
5. Seasoned asparagus, page 822
6. Seasoned broccoli, page 832
7. Mashed potato, page 848
8. Cornbread, page 267
9. Fresh fruit parfait with yogurt (purchased)
10. Vanilla pudding, page 389

Monday Dinner

1. Vegetable beef soup, page 789
2. Caesar salad, page 632 (basic mixed green salad variation)
3. Spanish rice and black beans, page 620
4. Beef pot roast, page 460
5. Roasted carrots, page 834 (parsley buttered carrot variation)
6. Buttered corn, page 837 (seasoned whole kernel corn variation)
7. Baked potato, page 847
8. Whole wheat pasta, page ***
9. Fresh fruit cup, (Fruit Salad Plate recipe), page 676 (fresh fruit variation)
10. Baked custard, page 392

Tuesday breakfast

1. Fresh melon (purchased)
2. Cranberry juice (purchased)
3. Cream of wheat, page 596 (cooked breakfast cereals)
4. Denver omelet, page 410 (omelet variation)
5. Cinnamon french toast, page 281 (french toast variation)

6. Hash browns, page 854 (variation of cottage fried potato)
7. Chicken apple sausage, (oven-fried bacon), page 501 (oven fried sausage variation)
8. Whole wheat banana muffin, page 258 (basic muffin variation)

Tuesday Lunch

1. Tomato soup, page 802 (tomato rice soup variation)
2. Spinach cheese salad, page 645
3. Grilled cheese sandwich, page 704
4. Turkey spaghetti with sauce, (spaghetti with chicken sauce), page 567 (turkey sauce variation)
5. Steamed mixed vegetables, page 831 (seasoned broccoli variation)
6. Glazed carrots, page 834 (parsley buttered carrot variation)
7. Potato chips, (french fried potatoes), page 850, (potato chip variation)
8. Garlic bread, page 287 (french bread variation)
9. Berry cobbler, page 400
10. Vanilla yogurt with honey (purchased)

Tuesday Dinner

1. Split pea soup, page 799 (lentil and black bean soup variation)
2. Mixed greens with ranch, page 632 (basic mixed green salad variation)
3. Roasted turkey with gravy, page 518
4. Baked ham with pineapple, page 499 (ham loaf variation)
5. Mashed sweet potato, page 848 (mashed potato variation)
6. Green bean casserole, page 823
7. Stuffing, page 536
8. Quinoa pilaf, page 611
9. Baked apples with vanilla ice cream, page 398
10. Whole grain fig bars, (oatmeal date bars), page 357 (use fig filling for variation)

Wednesday Breakfast

1. Fresh banana (purchased)
2. Apple juice (purchased)
3. Maple brown sugar oatmeal, page 596 (cooked breakfast cereal variation)
4. Breakfast burrito, page 414
5. Blueberry pancakes, (pancakes) page 274 (blueberry pancake variation)
6. Whipped sweet potatoes, page 859 (whipped spiced sweet potatoes variation)
7. Turkey bacon, (oven-fried bacon), page 501 (turkey variation)
8. Chocolate chip muffin, (basic muffins) page 257 (chocolate chip muffin variation)

Wednesday Lunch

1. Cream of potato soup, page 806 (basic sauce for cream soup variation)
2. Tomato basil salad and romaine, page 643 (tomato basil salad variation)
3. Chicken pot pie, page 527
4. Vegetable lasagna, page 551 (lasagna variation)

5. Peas and carrots, page 845 (seasoned peas variation)
6. Steamed cauliflower, page 837
7. Mashed potato with gravy, page 848
8. Breadsticks, page 284 (white bread variation)
9. Mixed berry compote, (fruit sauce recipe, page 678)
10. Low-fat frozen yogurt (purchased)

Wednesday Dinner

1. Minestrone soup, page 796
2. Spinach salad, page 632 (basic mixed green salad variation)
3. Halibut fillet, page 429
4. Crispy fried tofu, page 629
5. Roasted brussel sprouts, page 832
6. Corn on the cob, page 837 (seasoned whole kernel corn variation)
7. Rice pilaf, page 587
8. Pepper and garlic pasta shells, page 555
9. Fresh berries apple oatmeal crisp, page 398 (apple crisp variation)

Thursday Breakfast

1. Fresh pineapple (purchased)
2. Prune juice (purchased)
3. Grits, page 598 (baked cheese grit variation)
4. Biscuits and turkey sausage gravy, (Pan gravy), page 724 (turkey gravy variation); (baking powder biscuits), page 256
5. Swiss cheese quiche, page 417 (quiche variation)
6. Ham slice, page 499
7. Tater tots, (cottage fried potatoes) page 853, (O'brien potato variation)
8. Roasted portobello mushrooms, page 842

Thursday Lunch

1. Cream of mushroom soup, page 806 (basic sauce for cream soup variation)
2. Chef salad, page 662
3. Open-faced hot turkey sandwich, page 709 (hot roast beef sandwich variation)
4. Black bean burger, (hot roast beef sandwich), page 709 (black bean burger variation)
5. Sautéed spinach, (seasoned fresh spinach and other greens) page 860, (sautéed spinach variation)
6. Steamed yellow squash, page 864
7. Sweet potato fries, page 849 (french-fried potato variation)
8. Red pepper couscous, page 610
9. Cinnamon baked apple, page 398
10. Fresh fruit sorbet (purchased)

Thursday Dinner

1. Chicken vegetable soup, page 792 (chicken noodle soup variations)
2. Garden salad with italian dressing, page 632 (basic mixed green salad variation)

3. BBQ chicken, page 517 (oven-fried chicken variation)
4. Baked lemon herb cod, page 432
5. Baked beans, page 827
6. Steamed zucchini, page 864
7. Corn on the cob, page 837 (seasoned whole kernel corn variation)
11. Risotto, page 583
12. Baked peach halves, (apple crisp), page 397 (peach crisp variation)
13. Tapioca pudding, page 388

Friday Breakfast

1. Orange slices (purchased)
2. Tomato juice (purchased)
3. Rice and raisin cereal, page 596 (cooked breakfast cereal variation)
4. Veggie breakfast hash with poached eggs, (cottage fried potatoes), page 853 (hashed brown potato variation); (egg and cheese recipe), page 407 (poached eggs)
5. Whole grain blueberry muffin with cottage cheese, page 257 (basic muffin variation)
6. Vegetarian sausage, (oven-fried bacon), page 501 (oven fried sausage variation)
7. Soft polenta, page 612
8. Sauteed tomatoes with garlic, page 865 (baked tomato variation)

Friday Lunch

1. New england clam chowder, page 810
2. Carrot raisin salad, page 635
3. Oven-Fried chicken, page 516
4. Tuna melt sandwich, page 704 (grilled cheese sandwich variation)
5. Mashed potatoes, page 848
6. Sauteed green beans, page 823 (seasoned fresh green or wax beans)
7. Cheese biscuit, page 257 (baking powder biscuit variation)
8. Macaroni and cheese, page 542
9. Poached pears, page 171
10. Whole grain graham crackers with honey (purchased)

Friday Dinner

1. Chicken and rice soup, page 792 (chicken noodle soup variations)
2. Mixed greens with ranch, page 632
3. Traditional meatloaf with gravy, page 470
4. Baked salmon, page 437
5. Glazed baby carrots, page 834 (parsley buttered carrot variation)
6. Creamed spinach, page 860 (seasoned fresh spinach and other greens)
7. Scalloped potatoes, page 854
8. Cornbread, page 267
9. Tropical fruit salad (Fruit Salad Plate recipe), page 676 (tropical fruit variation)
10. Baked rice pudding with cinnamon, (baked custard), page 393 (rice custard variation)

Menu Analysis & Recommendations Form (must be typed)

Breakfast:		Analysis comments:	Recommendations:
Not met	No repetition of fruit/juices	Offers melon and medley separately, apple sauce with apple juice, and tomato juice with sautéed tomatoes. There is also a “fresh citrus sections” which is ambiguous.	Offer more juice selections and don’t offer fruit as a side to the entree.
Not met	One hot cereal per day <ul style="list-style-type: none"> • A different cereal should be offered each day; no more than 3 different oatmeal flavors. 	Has cream of wheat and farina, which is kind of the same thing.	Offer a third oatmeal flavor or cream of rice instead.
Not met	2 entrée selections <ul style="list-style-type: none"> • Only one egg dish per day • Appropriate entrees • Entrees should be paired with sides 	Overall pretty good choices for meals. Did have pancakes twice throughout the week, and one day where both entrees had a biscuit or sandwich (Thursday).	I would recommend a waffle instead of pancake to make it a little different. I would also recommend a hash or quiche instead of either the biscuits and gravy or breakfast sandwich in case someone doesn’t like bread or can’t have gluten (they can have other options).
Not met	3 side dishes <ul style="list-style-type: none"> • Appropriate sides • Paired with an entree 	Broiled tomatoes appeared three times and breakfast potatoes were a side every day, with mashed potatoes later in the day. Also had apple sauce as a side in addition to fresh fruit and apple juice.	I would change the tomatoes to spinach or mushrooms for one of the days. I would also choose a different starch other than white potatoes, such as sweet potatoes or yogurt.
Not met	At least one whole grain selection	Many days do not have whole grain selections	Use whole wheat tortillas for burritos, whole grain bread for French toast and sandwiches, or pair oatmeal with refined flour dishes.
Met	No toast as this is already provided		
Met	No cold/dry cereals as they are already provided		
Met	No beverages as already provided		
Lunch:			

Not met	1 salad selection (customers select salad or soup) <ul style="list-style-type: none"> • Appropriate and compliment entrees • No repetition M-F or with dinner 	Mixed greens and ranch was repeated. I also think tossed salad is the same as mixed green salad.	I would include more variety of salads- maybe a different dressing or include a slaw for a salad.
Not met	1 soup selection (customers select soup or salad) <ul style="list-style-type: none"> • Appropriate and compliment entrees • No repetition M-F or with dinner 	Some soups are a little strange with the entrees.	I would switch some soups so grilled cheese goes with tomato soup rather than veggie beef soup, and have more broth soups rather than cream bases.
Met	2 entrée selections <ul style="list-style-type: none"> • Must have a protein source (meat, seafood, dairy, beans, legumes, etc.) • Appropriate as entrees • No repetition M-F or with dinner • Entrees are paired with a vegetable/grain/bread/starch 		
Not met	2 vegetable selections <ul style="list-style-type: none"> • Appropriate • No repetition M-F or with dinner • Paired with an entrée 	Had steamed vegetables a few times and included mashed potatoes, although those are starch sources often. Also had green beans multiple times.	I would include other vegetables instead of mashed potatoes, and have baked squash, peppers, or asparagus, instead of green beans.
Not met	2 grain/bread/starch selections <ul style="list-style-type: none"> • Potato, rice, other grains, bread, or part of a sandwich • Appropriate • No repetition M-F or with dinner • Paired with an entrée • At least one whole grain selection 	Lacked a lot of whole grain selection. Also had weird pairing such as a tuna melt with biscuits, burger/sandwich with mashed potato and gravy, or pot pie with egg noodles.	I would recommend more whole grains like brown rice or quinoa instead of Mac and cheese or bread sticks, and make the sides more conducive to the entrees.
Met	2 dessert selections <ul style="list-style-type: none"> • at least one fruit-based dessert • Examples fruit/veg, such as an apple or berry dessert, pumpkin pie, etc. • Fresh fruit is fine as long as different from breakfast fruit • No repetition M-F or with dinner 		
Met	No beverages as already provided		

Dinner:			
Not met	1 salad selection (customers select salad or soup) <ul style="list-style-type: none"> • Appropriate and compliment entrees • No repetition M-F or with dinner 	There are a lot of mixed green salads with ranch throughout the week for dinner and lunch.	I would recommend some slaws, other dressings, and maybe pears or walnuts to make the salads different.
Not met	1 soup selection (customers select soup or salad) <ul style="list-style-type: none"> • Appropriate and compliment entrees • No repetition M-F or with dinner 	There was a lot of chicken based soup	I would have included a turkey soup or a cream of squash soup to make it a little different.
Not met	2 entrée selections <ul style="list-style-type: none"> • Must have a protein source (meat, seafood, dairy, beans, legumes, etc.) • Appropriate as entrees • No repetition M-F or with dinner • Entrees are paired with a vegetable/grain/bread/starch 	There is a baked fish and lemon cod on two different days.	I needs to be a fish other than cod or salmon or tuna, or be a different meat/legume. Maybe a lentil loaf could be a good substitution.
Not met	2 vegetable selections <ul style="list-style-type: none"> • Appropriate • No repetition M-F or with dinner • Paired with an entrée 	Spinach, corn, and carrots come up multiple times, as well as green beans.	I would suggest adding in different vegetables such as butternut squash, peppers, kale, or cauliflower.
Not met	2 grain/bread/starch selections <ul style="list-style-type: none"> • potato, rice, other grains, bread, or part of a sandwich • Appropriate • No repetition M-F or with dinner • Paired with an entrée • At least one whole grain selection 	Again there are too many corn on the cobs throughout the week, and some items don't make sense together such as salmon and cornbread.	I would suggest less corn on the cob as a vegetable and starch, and instead include quinoa, brown rice, whole grain rolls, etc...
Not met	2 dessert selections <ul style="list-style-type: none"> • at least one fruit-based dessert • Examples fruit/veg, such as an apple or berry dessert, pumpkin pie, etc. • Fresh fruit is fine as long as different from breakfast fruit • No repetition M-F or with dinner 	Theres a lot of baked apples and cinnamon for desserts as well as in an oatmeal for breakfasts.	I would suggest another fruit instead of apples such as pears, banana, or strawberries. I would also include some chocolate items as those are usually popular if patients can have them.

Met	No beverages as already provided		
Overall Menu:			
Not met	Is the menu appropriate for your selected population? Why or why not?	Not really	The entrees chosen are high in sodium and fat, and have choking hazards such as the almonds in the green beans and the corn on the cob. There is also a lot of seafood and dairy which may pose an issue.
Not met	High vitamin C containing fruit or vegetable is provided every day <ul style="list-style-type: none"> • These items should be starred * on the menu. • 100% DRI for vitamin C-containing foods (refer to NUT 111AY notes or text) • If fortified juice, must be indicated as “fort.” This means the original item is low in vit. C, such as grape juice or apple juice 	Nothing is fortified. The RDI for vitamin c is about 90 mg/day.	Orange slices, orange juice, and berries are included and may have high vitamin C content. There is also broccoli, brussel sprouts, tomato, and potato. There are at least one of these items on every meal. There is no indication of high vitamin C foods on the menu however (*).
Not met	High vitamin A containing fruit or vegetable is provided on 3 of the 5 days . <ul style="list-style-type: none"> • These items should be starred ** on menu • 50% DRI for vitamin A-containing foods (refer to NUT 111AY notes or text) 	The RDI for vitamin A is around 900 mcg/day.	There are lots of tomatoes, sweet potato, greens, broccoli, and carrots providing vitamin A at least once a day. There is no indication of high vitamin A foods on the menu however (**).
Not met	Was there any repetition within a meal(s) such as: <ul style="list-style-type: none"> • 2 sandwiches together • 2 salad entrées together • 2 meat (beef, lamb, pork) or 2 poultry, or 2 seafood entrées together 	There were few duplicates, but there was a day with biscuits and gravy and a sandwich, which I think is a little close for being the only two entree options. There was also mashed potato and sweet potato fries as the starch side for one meal.	I would recommend changing the meals so that potato is only offered once during a meal and ideally only once or twice a day. I would also want sandwich or bread based meals to only be one entree during a meal.

Met/Not met	<p>Does the overall menu meet the Dietary Guidelines for Americans? Explain how this is met.</p> <ul style="list-style-type: none"> • https://www.dietaryguidelines.gov/ 	<p>Overall, most of the DGA for older adults and the DGA nutrients of concern are met though the meal plan, however, some aspects may be lacking.</p>	<p>The menu created includes at least 3 or 4 servings of vegetables depending on the soups offered each day. There is also at least one serving of fruit and a juice each day. The menu may be lacking in whole grain servings as some days don't include whole grain bread or tortillas and instead use white. Milk is available all meals, cheese is included in many meals, and yogurt is a side or dessert for some days covering dairy. The protein sources are varied throughout the week. There is likely oils in the meals, there is definitely butter on some options. The saturated fat and sodium levels are not extreme, but I do think could be lower for my population, and based on the DGA. From orange juice, mashed potatoes, banana, and other fruits and vegetables, potassium should be covered. With the amount of fruits and vegetables, and the whole grains that are included, fiber should be covered as well. Calcium should be met through the dairy in the meals. Unless some dairy is fortified, vitamin D may not be covered. B12 is a nutrient of concern in older adults as well, and there may not be enough B12 in these meals, especially on days where meat is not consumed.</p>
Not met	<p>Does the menu meet parameters you set regarding your population? Refer to your overview questions. Explain how this is met.</p>	<p>No</p>	<p>It has too many textural issues with the almonds added to the green beans and the corn on the cob. It also has a lot of high sodium entrees and not as many whole grains as it should ideally have. I'm also not sure how much of the food items are actually seasonal.</p>
Met	<p>Overall, is the menu appealing for your population? Why or why not?</p>	<p>I think it is still appealing.</p>	<p>My population would probably like the pasta and sandwich selection and the fruit desserts. They would also like the soups and potato inclusion.</p>
	<p>Any other comments?</p>		

Works Cited

Dietary guidelines for Americans, 2020-2025. (n.d.). https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

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