

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) 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#1/2)
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

	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 (fort.)*	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
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. Cottage cheese (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 (E#1) 2. Steamed cauliflower (E#2)	1. Sautéed spinach* (E#1) 2. Steamed yellow squash (E#2)	1. Creamed pearl onions (E#1) 2. Sautéed green beans (E# 1/2)
Grain/Bread/ Starch (2):	1. Mashed potatoes* (E#1) 2. Whole wheat cornbread (E#1/2)	1. Potato chips 2. Whole wheat garlic bread	1. Mashed potato with gravy(E#1) 2. Whole grain breadsticks (E#2)	1. Sweet potato fries** (E#1/2) 2. Red pepper couscous(E#2)	1. Whole wheat cheese biscuit (E#1) 2. Whole wheat 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. Chocolate cream pie 2. Low-fat frozen yogurt w/ mixed berry compote	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. Roasted beets(E#1) 2. Green bean casserole (E#2)	1. Roasted brussel sprouts* (E#1) 2. Corn on the cob (E#2)	1. Eggplant parmesan (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. Mashed sweet potato*** (E#1) 2. Whole grain 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

~ Friday Menu ~

Breakfast

Fresh Fruit/Juice (select one)

1. **Orange slices**
2. Tomato juice

Cereals & Grains (select one)

1. Cream of rice with raisins
2. Maple brown sugar oatmeal
3. Corn flakes

Entrees (select one)

1. **Savory veggie breakfast hash with poached eggs**
(Crispy hash browns and poached eggs)
2. Whole grain blueberry muffin

Sides (select one)

1. Savory vegetarian sausage
2. Cottage cheese
3. **Sauteed tomatoes with garlic**

Bread

1. White toast
2. **Whole wheat toast**

Beverages

Coffee

Decaffeinated coffee
Hot tea
Herbal tea

Whole milk

2% milk

Fat free milk
Soy milk
Almond milk

Water

Condiments

Salsa

Ketchup & mustard
Jam

Butter

Nondairy cream

Lunch

Soup & Salad (select one)

1. New england clam chowder

2. **Carrot raisin salad**

(Fresh carrots and sweet raisins in a creamy mayo mix)

Entrees (select one)

1. **Crispy fried chicken**
(crispy oven-fried chicken)
2. Tuna melt sandwich
(melty tuna sandwich with cheddar cheese)

Vegetables (select one)

1. **Creamed pearl onions**
2. Sauteed green beans

Bread

1. **Hearty wheat roll**
2. Pull-apart roll***

Sides (select one)

1. Whole wheat cheddar cheese biscuit
2. **Traditional whole grain macaroni and cheese**

Dessert (select one)

1. **Poached pears**
(sweet, warm poached pears)
2. Whole grain graham crackers with honey

Beverages

Coffee
Decaffeinated coffee
Hot tea
Herbal tea
Pepsi
Diet pepsi

Lemon lime soda

Water

Condiments

Butter

Nondairy cream

Dinner

Soup & Salad (select one)

1. **Chicken & rice soup**
2. Mixed greens with ranch

(Fresh bed of greens with ranch dressing drizzle)

Entrees (select one)

1. **Traditional meatloaf with gravy**
2. Baked salmon
(fresh baked salmon with lemon)

Vegetables (select one)

1. **Glazed baby carrots**
(golden roasted baby carrots with balsamic glaze)
2. Creamed spinach

Bread

1. **Warm dinner roll**
2. Garlic knots***

Sides (select one)

1. **Scalloped potatoes**
(golden scalloped potatoes in butter & herbs)
2. cornbread

Dessert (select one)

1. **Fresh mix tropical fruit salad**
(blend of cold, fresh tropical fruits)
2. Baked rice pudding with cinnamon

Beverages

Coffee
Decaffeinated coffee
Hot tea
Herbal tea
Pepsi
Diet pepsi
Lemon lime soda

Water

Condiments

Butter

Nondairy cream
Ketchup & mustard

Back of the House Menu – Friday

Breakfast	Portion Size	Food Item
Juice	1/2 cup (4oz)	Tomato Juice
Fruit	1 orange	Oranges
Hot Cereal	6 oz	Rice & Raisins
Cold Cereal	1 oz	Corn Flakes
	1 oz	Cheerios
Entrées	4 oz hash, 1 egg	Veggie breakfast hash w/ poached eggs
	2 1/4 oz	Whole grain blueberry muffin
Sides	2 links	Vegetarian sausage
	1/2 cup (4 oz)	Cottage cheese
	1/2 tomato	Sautéed tomatoes with garlic
Bread/Toast	1 slice	White toast
		Whole wheat toast
Beverages	1 cup (8 oz)	Coffee
	1 cup (8 oz)	Milk 2%
	1 cup (8 oz)	Water
Condiments	1 tbsp	Salsa
	1 tbsp	Nondairy creamer

	1 tbsp	Unsalted butter
Lunch	Portion Size	Food Item
Soup	1 cup (8 oz)	New England clam chowder
Salad	1/3 cup (2 1/2 oz)	Carrot raisin salad
Entrées	1 chicken quarter or 2 pieces	Oven-fried chicken
	1 sandwich	Tuna melt sandwich
Vegetables	4 oz	Creamed pearl onions
	3 oz	Sautéed green beans
Bread/ GrainStarch	1 biscuit	Whole wheat cheddar cheese biscuit
	4 oz	Whole grain macaroni and cheese
Bread/Rolls	1 roll (1 1/2 oz)	Wheat roll
Desserts		Poached pears
	2 crackers	Whole grain graham crackers w/ honey
Beverages	1 cup (8 oz)	Water
	8 oz can	Lemon lime soda
Condiments	1 tbsp	Unsalted butter
	1 tbsp	Nondairy cream
Dinner	Portion Size	Food Item
Soup	1 cup (8 oz)	Chicken & rice

Salad	3 oz	Mixed greens w/ ranch
Entrées	4 oz	Traditional meat loaf
	5 oz	Baked salmon
Vegetables	3 oz	Glazed baby carrots
	3 oz	Creamed spinach
Bread/ GrainStarch	6 oz	Scalloped potatoes
	3 x 2 1/4 inch square	Cornbread
Bread/Rolls	1 roll (1 1/2 oz)	Dinner roll
Desserts	6 oz	Tropical fruit salad
	4 oz	Baked rice pudding with cinnamon
Beverages	1 cup (8 oz)	Coffee
	1 cup (8 oz)	Water
Condiments	1 tbsp	Nondairy creamer
	1 tbsp	Unsalted butter
	2 tbsp (1oz)	Ketchup
	1 tbsp (1 oz)	Mustard

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

Lauren Au. NUT 111B Slides, 2024

Molt, M. K. (2017b). *Food for fifty*. Pearson Education (US).

5-day cycle menu. (n.d.). <https://www.playlab.ai/project/cm9tczsns00tuq4igpk1oy8dg>