

Lindley Food Service Therapeutic Menus

| Monday Week 1 | Regular | Chopped/ground | Low cholesterol | Low Residue | Diabetic | Low Lactose | Bland | 1200 calories | Renal |
|------------------|--|--|--|--|--|--|--|--|--|
| Hot meal | 4 oz veal with lemon sauce ½ cup parslied egg noodles ½ cup French green beans w/peppers and onions 2 marble rye 1 tsp margarine 1 slice berry strudel 8 oz low fat milk | 4 oz <i>chop/ground</i> veal with lemon sauce ½ cup <i>chop/ground</i> parslied egg noodles ½ cup <i>chop/ground</i> French green beans w/peppers and onions 2 marble rye 1 tsp margarine 1 slice <i>chop/ground</i> berry strudel 8 oz low fat milk | 4 oz veal with lemon sauce ½ cup parslied egg noodles ½ cup French green beans w/peppers and onions 2 marble rye 1 tsp margarine <i>½ cup applesauce</i> 8 oz low fat milk | 4 oz veal with lemon sauce ½ cup egg noodles <i>no parsley</i> ½ cup French green beans w/peppers and onions <i>2 enriched bread</i> 1 tsp margarine <i>6 vanilla wafers</i> 8 oz low fat milk | 4 oz veal with lemon sauce ½ cup parslied egg noodles ½ cup French green beans w/peppers and onions 2 marble rye 1 tsp margarine <i>½ cup applesauce</i> 8 oz low fat milk | 4 oz veal with lemon sauce ½ cup parslied egg noodles ½ cup French green beans w/peppers and onions 2 marble rye 1 tsp margarine 1 slice berry strudel <i>4 oz grape juice</i> | 4 oz veal <i>with brown gravy</i> ½ cup egg noodles <i>no parsley</i> ½ cup French green beans <i>no pepper and onion</i> <i>2 enriched bred</i> 1 tsp margarine <i>6 vanilla wafers</i> 8 oz low fat milk | 2 oz veal with lemon sauce ½ cup parslied egg noodles ½ cup French green beans w/peppers and onions <i>½ cup applesauce</i> 8 oz <i>skim</i> milk | 4 oz veal <i>brown gravy</i> ½ cup parslied egg noodles ½ cup French green beans w/peppers and onions <i>2 plain</i> rye 1 tsp margarine <i>½ cup applesauce</i> 8 oz low fat milk |
| Cold Meal | 3 oz sliced turkey 1 pkt mayo ½ cup tomato, basil and onion salad 2- 100% whole wheat bread 1 tsp margarine Fresh fruit 8 oz low fat milk | 3 oz <i>chop/ground</i> sliced turkey 1 pkt mayo ½ cup <i>chop/ground</i> <i>pasta salad</i> 2- 100% whole wheat bread 1 tsp margarine <i>½ cup applesauce</i> 8 oz low fat milk | 3 oz sliced turkey 1 pkt <i>mustard</i> ½ cup tomato, basil and onion salad 2- 100% whole wheat bread 1 tsp margarine Fresh fruit 8 oz low fat milk | 3 oz sliced turkey 1 pkt mayo ½ cup <i>½ cup pasta salad- no veggies</i> <i>2- enriched bread</i> 1 tsp margarine <i>½ cup applesauce</i> 8 oz low fat milk | 3 oz sliced turkey 1 pkt mayo ½ cup tomato, basil and onion salad 2- 100% whole wheat bread 1 tsp margarine Fresh fruit 8 oz low fat milk | 3 oz sliced turkey 1 pkt mayo ½ cup tomato, basil and onion salad 2- 100% whole wheat bread 1 tsp margarine Fresh fruit <i>4 oz cranberry juice</i> | 3 oz sliced turkey 1 pkt mayo ½ cup <i>pasta salad- no veggies</i> <i>2- enriched bread</i> 1 tsp margarine <i>½ cup applesauce</i> 8 oz low fat milk | 2 oz sliced turkey 1 pkt <i>mustard</i> ½ cup tomato, basil and onion salad 1 100% whole wheat bread 1 tsp margarine Fresh fruit 8 oz <i>skim</i> milk | 3 oz sliced turkey 1 pkt mayo ½ cup <i>pasta salad</i> <i>2- enriched bread</i> 1 tsp margarine Fresh fruit - <i>no orange, banana, kiwi or melon</i> <i>4 oz cranberry juice</i> |

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| Tuesday Week 1 | Regular | Chopped/ground | Low cholesterol | Low Residue | Diabetic | Low Lactose | Bland | 1200 calories | Renal |
|-------------------|---|---|---|---|---|---|--|--|--|
| Hot Meal | 4 oz roast turkey with LS giblet gravy ½ cup roasted red potatoes ½ cup succotash with pimento 1 French roll 1 tsp margarine ½ cup tropical fruit cup 8 oz low fat milk | 4 oz <i>chop/ground</i> roast turkey with LS giblet gravy ½ cup <i>chop/ground</i> roasted red potatoes ½ cup <i>chop/ground</i> succotash with pimento 1 French roll 1 tsp margarine ½ cup <i>chop/ground</i> tropical fruit cup 8 oz low fat milk | 4 oz roast turkey with LS giblet gravy ½ cup roasted red potatoes ½ cup succotash with pimento 1 French roll 1 tsp margarine ½ cup tropical fruit cup 8 oz low fat milk | 4 oz roast turkey with <i>plain LS</i> gravy ½ cup <i>mashed potato</i> ½ cup <i>green beans</i> 1 French roll 1 tsp margarine ½ cup <i>pears</i> 8 oz low fat milk | 4 oz roast turkey with LS giblet gravy ½ cup roasted red potatoes ½ cup succotash with pimento 1 French roll 1 tsp margarine ½ cup tropical fruit cup 8 oz low fat milk | 4 oz roast turkey with LS giblet gravy ½ cup roasted red potatoes ½ cup succotash with pimento 1 French roll 1 tsp margarine ½ cup tropical fruit cup <i>4 oz mixed fruit juice</i> | 4 oz roast turkey with <i>plain LS</i> gravy ½ cup <i>mashed potato</i> ½ cup <i>green beans</i> 1 French roll 1 tsp margarine ½ cup <i>pears</i> 8 oz low fat milk | 2 oz roast turkey with LS giblet gravy ½ cup roasted red potatoes ½ cup <i>green beans</i> ½ cup tropical fruit cup 8 oz <i>skim</i> milk | 4 oz roast turkey with LS giblet gravy ½ cup <i>stuffing</i> ½ cup <i>green beans</i> 1 French roll 1 tsp margarine ½ cup <i>pears</i> 8 oz low fat milk |
| Cold Meal | 4 oz apple juice 3 oz tuna salad ½ cup mesculin salad 1 pkt French dressing 2 rye bread 1 tsp margarine 6 ginger snaps 8 oz low fat milk | 4 oz apple juice 3 oz <i>chop/ground</i> tuna salad ½ cup <i>chop/ground macaroni salad</i> 2 rye bread 1 tsp margarine <i>½ cup vanilla pudding</i> 8 oz low fat milk | 4 oz apple juice 3 oz tuna salad ½ cup mesculin salad 1 pkt French dressing 2 rye bread 1 tsp margarine 6 ginger snaps 8 oz low fat milk | 4 oz apple juice 3 oz tuna salad - <i>no celery</i> ½ cup <i>macaroni salad</i> 2 <i>enriched</i> bread 1 tsp margarine 6 ginger snaps 8 oz low fat milk | 4 oz apple juice 3 oz tuna salad ½ cup mesculin salad 1 pkt French dressing 2 rye bread 1 tsp margarine 6 ginger snaps 8 oz low fat milk | 4 oz apple juice 3 oz tuna salad ½ cup mesculin salad 1 pkt French dressing 2 rye bread 1 tsp margarine 6 ginger snaps | 4 oz apple juice 3 oz tuna salad - <i>no celery</i> ½ cup <i>macaroni salad</i> 2 <i>enriched</i> bread 1 tsp margarine <i>½ cup vanilla pudding</i> 8 oz low fat milk | 2 oz tuna salad ½ cup mesculin salad 1 pkt French dressing 1 rye bread 1 tsp margarine 6 ginger snaps 8 oz <i>skim</i> milk | 4 oz apple juice 3 oz tuna salad ½ cup mesculin salad 1 pkt French dressing 2 rye bread 1 tsp margarine 6 ginger snaps |

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| Wednesday Week 1 | Regular | Chopped/ground | Low cholesterol | Low Residue | Diabetic | Low Lactose | Bland | 1200 calories | Renal |
|---------------------|---|--|---|---|--|---|--|--|---|
| Hot meal | 4 oz BBQ chicken breast ½ cup baked beans ½ cup broccoli 1 corn muffin 1 tsp margarine 1 serving raspberry yogurt 8 oz low fat milk | 4 oz <i>chop/ground</i> BBQ chicken breast ½ cup <i>chop/ground</i> baked beans ½ cup <i>chop/ground</i> broccoli 1 corn muffin 1 tsp margarine 1 serving raspberry yogurt 8 oz low fat milk | 4 oz BBQ chicken breast ½ cup baked beans ½ cup broccoli 1 <i>wheat dinner roll</i> 1 tsp margarine 1 serving <i>low fat</i> raspberry yogurt 8 oz low fat milk | 4 oz BBQ chicken breast ½ cup <i>rice</i> ½ cup broccoli 1 <i>white dinner roll</i> 1 tsp margarine 1 serving <i>vanilla</i> yogurt 8 oz low fat milk | 4 oz BBQ chicken breast ½ cup baked beans ½ cup broccoli 1 <i>wheat dinner roll</i> 1 tsp margarine 1 serving <i>sugar free</i> raspberry yogurt 8 oz low fat milk | 4 oz BBQ chicken breast ½ cup baked beans ½ cup broccoli 1 <i>wheat dinner roll</i> 1 tsp margarine 1 serving <i>fresh fruit</i> <i>4 oz orange juice</i> | 4 oz <i>plain baked</i> chicken breast ½ cup <i>rice</i> ½ cup <i>carrots</i> 1 <i>white dinner roll</i> 1 tsp margarine 1 serving <i>vanilla</i> yogurt 8 oz low fat milk | 2 oz BBQ chicken breast ½ cup baked beans ½ cup broccoli 1 serving <i>sugar free</i> raspberry yogurt 8 oz <i>skim</i> milk | 4 oz <i>plain baked</i> chicken breast ½ cup <i>rice</i> ½ cup broccoli 1 <i>white dinner roll</i> 1 tsp margarine 1 serving <i>fresh fruit- no orange, banana, kiwi or melon</i> 8 oz low fat milk |
| Cold Meal | 3 oz seafood salad ½ cup red and white cabbage slaw 1 Portuguese roll 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk | 3 oz <i>chop/ground</i> seafood salad ½ cup <i>chop/ground</i> potato salad <i>2 wheat bread</i> 1 tsp margarine ½ cup <i>chop/ground</i> fruit cocktail 8 oz low fat milk | 3 oz seafood salad ½ cup red and white cabbage slaw 1 Portuguese roll 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk | 3 oz seafood salad - <i>no celery</i> ½ cup <i>potato salad</i> 1 Portuguese roll 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk | 3 oz seafood salad ½ cup red and white cabbage slaw 1 Portuguese roll 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk | 3 oz seafood salad ½ cup red and white cabbage slaw 1 Portuguese roll 1 tsp margarine ½ cup fruit cocktail <i>4 oz cranapple juice</i> | 3 oz seafood salad - <i>no celery</i> ½ cup <i>potato salad</i> 1 Portuguese roll 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk | 2 oz seafood salad ½ cup red and white cabbage slaw <i>1 slice wheat bread</i> 1 tsp margarine ½ cup fruit cocktail 8 oz <i>skim</i> milk | 3 oz seafood salad ½ cup red and white cabbage slaw 1 Portuguese roll 1 tsp margarine ½ cup fruit cocktail <i>4 oz cranapple juice</i> |

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| Thursday Week 1 | Regular | Chopped/ground | Low cholesterol | Low Residue | Diabetic | Low Lactose | Bland | 1200 calories | Renal |
|--------------------|--|---|--|--|--|--|---|---|---|
| Hot meal | 4 oz meatloaf with onion gravy ½ cup mashed potato ½ cup diced carrots 2 pumpernickel bread 1 tsp margarine 1 banana 8 oz low fat milk | 4 oz <i>chop/ground</i> meatloaf with onion gravy ½ cup mashed potato ½ cup diced carrots ½ cup <i>chop/ground</i> diced carrots 2 pumpernickel bread 1 tsp margarine 1 banana 8 oz low fat milk | 4 oz meatloaf with onion gravy ½ cup mashed potato ½ cup diced carrots 2 pumpernickel bread 1 tsp margarine 1 banana 8 oz low fat milk | 4 oz meatloaf with onion gravy ½ cup mashed potato ½ cup diced carrots 2 <i>enriched</i> bread 1 tsp margarine ½ <i>cup apricots</i> 8 oz low fat milk | 4 oz meatloaf with onion gravy ½ cup mashed potato ½ cup diced carrots 2 pumpernickel bread 1 tsp margarine 1 banana 8 oz low fat milk | 4 oz meatloaf with onion gravy ½ cup mashed potato ½ cup diced carrots 2 pumpernickel bread 1 tsp margarine 1 banana 4 oz apple juice | 4 oz meatloaf with <i>brown gravy</i> ½ cup mashed potato ½ cup diced carrots 2 <i>enriched</i> bread 1 tsp margarine ½ <i>cup apricots</i> 8 oz low fat milk | 2 oz meatloaf with onion gravy ½ cup mashed potato ½ cup diced carrots 1 banana 8 oz <i>skim</i> milk | 4 oz meatloaf with onion gravy ½ cup <i>noodles</i> ½ cup diced carrots 2 <i>enriched</i> bread 1 tsp margarine ½ <i>cup apricots</i> 8 oz low fat milk |
| Cold Meal | 4 oz orange juice 3 oz LS turkey ham mustard ½ cup three bean salad 2 white bread 1 slice frosted chocolate cake 8 oz low fat milk | 4 oz orange juice 3 oz <i>chop/ground</i> LS turkey ham mustard ½ cup <i>chop/ground</i> three bean salad 2 white bread 1 slice frosted chocolate cake 8 oz low fat milk | 4 oz orange juice 3 oz LS turkey ham mustard ½ cup three bean salad 2 <i>wheat</i> bread <i>fresh fruit</i> 8 oz low fat milk | 4 oz orange juice 3 oz LS turkey ham mustard ½ cup <i>cooked green bean salad</i> 2 white bread 1 slice frosted chocolate cake 8 oz low fat milk | 4 oz orange juice 3 oz LS turkey ham mustard ½ cup three bean salad 2 <i>wheat</i> bread <i>fresh fruit</i> 8 oz low fat milk | 4 oz orange juice 3 oz LS turkey ham mustard ½ cup three bean salad 2 white bread 1 slice frosted chocolate cake | 4 oz orange juice 3 oz LS <i>turkey mayonnaise</i> ½ cup <i>cooked green bean salad</i> 2 white bread 1 <i>slice yellow cake</i> 8 oz low fat milk | 3 oz LS turkey ham mustard ½ cup three bean salad 1 <i>wheat</i> bread <i>fresh fruit</i> 8 oz <i>skim</i> milk | 4 oz <i>apple</i> juice 3 oz LS turkey ham mustard ½ cup <i>cooked green bean salad</i> 2 white bread 1 <i>slice vanilla cake</i> |

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| Friday Week 1 | Regular | Chopped/ground | Low cholesterol | Low Residue | Diabetic | Low Lactose | Bland | 1200 calories | Renal |
|------------------|---|---|--|--|---|---|---|---|---|
| Hot meal | 4 oz butter crunch fish lemon wedge ½ cup mixed cannelloni beans ½ cup zucchini 2 multi-grain bread 1 tsp margarine ½ cup sliced peaches 8 oz low fat milk | 4 oz <i>chop/ground</i> butter crunch fish lemon wedge ½ cup <i>chop/ground</i> mixed cannelloni beans ½ cup <i>chop/ground</i> zucchini 2 multi-grain bread 1 tsp margarine ½ cup <i>chop/ground</i> sliced peaches 8 oz low fat milk | 4 oz <i>plain baked</i> fish lemon wedge ½ cup mixed cannelloni beans ½ cup zucchini 2 multi-grain bread 1 tsp margarine ½ cup sliced peaches 8 oz low fat milk | 4 oz butter crunch fish ½ cup <i>rice</i> ½ cup <i>broccoli</i> 2 <i>enriched</i> bread 1 tsp margarine ½ cup sliced peaches 8 oz low fat milk | 4 oz butter crunch fish lemon wedge ½ cup mixed cannelloni beans ½ cup zucchini 2 multi-grain bread 1 tsp margarine ½ cup sliced peaches 8 oz low fat milk | 4 oz butter crunch fish lemon wedge ½ cup mixed cannelloni beans ½ cup zucchini 2 multi-grain bread 1 tsp margarine ½ cup sliced peaches 4 oz pineapple juice | 4 oz butter crunch fish ½ cup <i>rice</i> ½ cup <i>green beans</i> 2 <i>enriched</i> bread 1 tsp margarine ½ cup sliced peaches 8 oz low fat milk | 2 oz butter crunch fish lemon wedge ½ cup mixed cannelloni beans ½ cup zucchini ½ cup sliced peaches 8 oz <i>skim</i> milk | 4 oz butter crunch fish ½ cup <i>rice</i> ½ cup zucchini 2 <i>enriched</i> bread 1 tsp margarine ½ cup sliced peaches 8 oz low fat milk |
| Cold Meal | 3 oz egg salad ½ cup pickled beet salad 2 pumpernickel bread 1 tsp margarine ½ cup pistachio pudding 8 oz low fat milk | 3 oz egg salad ½ cup <i>chop/ground</i> pickled beet salad 2 pumpernickel bread 1 tsp margarine ½ cup <i>vanilla</i> pudding 8 oz low fat milk | 3 oz <i>chicken</i> salad ½ cup pickled beet salad 2 pumpernickel bread 1 tsp margarine ½ cup <i>low fat</i> pudding 8 oz low fat milk | 3 oz egg salad ½ cup pickled beet salad 2 <i>enriched</i> bread 1 tsp margarine ½ cup <i>vanilla</i> pudding 8 oz low fat milk | 3 oz egg salad ½ cup pickled beet salad 2 pumpernickel bread 1 tsp margarine ½ cup <i>diet</i> pudding 8 oz low fat milk | 3 oz egg salad ½ cup pickled beet salad 2 pumpernickel bread 1 tsp margarine ½ cup <i>apricots</i> 4 oz grape juice | 3 oz egg salad ½ cup pickled beet salad 2 <i>enriched</i> bread 1 tsp margarine ½ cup <i>vanilla</i> pudding 8 oz low fat milk | 2 oz egg salad ½ cup pickled beet salad 1 pumpernickel bread 1 tsp margarine ½ cup <i>diet</i> pudding 8 oz <i>skim</i> milk | 3 oz egg salad ½ cup pickled beet salad 2 <i>enriched</i> bread 1 tsp margarine ½ cup <i>apricots</i> 4 oz grape juice |