

SAMPLE MENUS



SAMPLE MENU

MEATLOAF CONSISTENCY DIET

	Calories	Protein
BREAKFAST	899.....	37
*Orange juice with gelatin (p. 16)		
*Breakfast Sausage Hash (p. 66)		
Soft scrambled eggs		
Wheat toast (no crust) with margarine		
*Custard Nog (p. 18)		
LUNCH	1044.....	29
*Rice Krispie Balls with Deviled Ham (p. 65)		
Chopped Italian green beans		
Wheat bread and margarine		
*Lime Divine (p. 98)		
*Extra Thick Shake (p. 18)		
DINNER	1344.....	39
*Fresh Pea Soup (p. 38)		
*Impossible Seafood Pie (p. 67)		
Chopped glazed carrots		
Wheat bread with margarine		
*Quick Cheese Pudding (p. 104)		
*Strawberry-Banana Milk Shake (p. 19)		
PMSNACK	369.....	9
*Yogurt Pineapple Smoothie (p. 24)		
Total: 3656		114



SAMPLE MENU

PUDDING CONSISTENCY DIET

	Calories	Protein
BREAKFAST	772.....	25
*Fruit Drink (p. 15)		
*Potato Nests (p. 86)		
Cooked cereal with cream, margarine		
*Custard Nog (p. 18)		
MID-MORNING SNACK.....	625.....	7
*Creamy Milk Shake (p. 18)		
LUNCH	909.....	32
*Thickened Strained Cream Soup (p. 35)		
*Chicken In A Zip (p. 51)		
Spinach Souffle (frozen)		
*Pots de Creme (p. 103)		
*Fruit Drink (p. 15)		
DINNER	1005.....	34
*Thickened Strained Cream of Mushroom Soup (p. 36)		
*Steak Purée with Gravy (p. 67)		
Whipped potatoes with margarine		
*Carrots With a Twist (p. 83)		
*Lemony Light Cheese Cake (p. 94)		
*Nectar with Strained Fruit (p. 15)		
PM SNACK.....	217.....	.9
*Pineapple Rice Custard (p. 97)		
	Total: 3528	98.9