

DATE: _____
CYCLE 1: Regular Diet Modified to Therapeutic, Diabetic (No Concentrated Sweets), Low Fat/Cholesterol and No Added Salt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Egg (1) Sausage (1oz) English Muffin (1) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (¾ cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Scrambled Egg (1) Bacon (1oz) Home Fries (½ cup) Fruit Cup (1/2 cup) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Spinach/Cheese Fritata (1) Sausage (1oz) Hash Brown (½ cup) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Egg (1) Bacon (1oz) French Toast (1) Fruit Cup (1/2 cup) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Scrambled Egg (1) Sausage (1oz) Pancake (1) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Egg/Cheese Fritata(1) Bacon (1oz) Home Fries (½ cup) Fruit Cup (1/2 cup) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Egg (1) Sausage (1oz) Waffle (1) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)
LUNCH Chili con Carne Soup (6oz) Assorted Bread (1) Chef Salad (1 cup) (Ham/Turkey/Tomato/Egg) Beef Stew (4oz) OR Pepper Shrimp (4oz) Pasta (1/2 cup) Green Beans (1/2 cup) Watermelon (1/2 cup) Beverage (8 oz)	Baked Potato Soup (6oz) Assorted Bread (1) Broccoli Carrot and Raisin Salad (½ cup) Pulled Pork (4oz) OR Pulled Chicken (4oz) Basmati Rice (½ cup) Sautéed Cabbage (1/2 cup) Berries and Grapes Cup (1/2 cup) Beverage (8 oz)	Veg Noodle Soup (6oz) Assorted Bread (1) Roasted Corn and Black Bean Salad (½cup) Curry Chicken (4oz) OR Herb Panko Crusted Swaii (4oz) Jasmine Rice (1/2 cup) Sautéed Squash (1/2 cup) Fresh Melon Cup (1/2 cup) Beverage (8 oz)	Red Bean Soup (6oz) Assorted Bread (1) Orzo Salad (½ cup) Shrimp Scampi (4oz) OR Chicken Scampi(4oz) Wild Rice (1/2 cup) Roasted Cauliflower (1/2 cup) Angel Cake (1 Slice) Beverage (8 oz)	Tomato Basil Soup (6oz) Assorted Bread (1) Cucumber Salad (½ cup) Quiche Lorraine (1/8 of Pie) OR Tuna Melt (3oz) On Roll (1) Sweet Potato (½ cup) Chocolate Eclair (1) Beverage (8 oz)	Chicken Rice Soup (6oz) Assorted Bread (1) Mixed Green and Berries Salad (1 cup) Braised Pork Chop (4oz) OR Lemon Pepper Chicken Breast (4oz) Rice (1/2 cup) Baby Carrots (½ cup) Orange Cake (1Slice) Beverage (8 oz)	Beef Vegetable Soup (6oz) Assorted Bread (1) Black Bean Salad (1/2 cup) Chicken Parmesan (4oz) OR Sausage and Peppers (4oz) Pasta (1/2 cup) Vegetables (1/2 cup) Fresh fruit cup ½ cup Beverage (8 oz)
DINNER Fish Chowder (6oz) Spinach Bacon Fetta Cheese Salad (1 cup) Chicken Caprice(3oz) Roasted Potato(1 cup) Vanilla Pudding (½ cup) Beverage (8 oz)	Egg Drop Soup (6oz) Carrot Salad (½ cup) Pork Fried Rice (1 cup) With (2oz) Protein Egg Roll (1) Cookies (2) Beverage (8 oz)	Black Bean Soup(6oz) Caesar Salad (1 cup) Turkey Burger (3oz) On Bun (1) Lett/Tom/Onion(1cup) Baked Sweet Potato (1/2 cup) Marble Cake (1Slice) Beverage (8 oz)	Vegetable Barley Soup (6oz) Mixed Kale Salad w /Turkey and Strawberry(1cup) Greek Mahi Mahi (4oz) Roasted Potato(1cup) Broccoli (1/2 cup) Jell-O /Cream(½ cup) Beverage (8 oz)	Broccoli Soup (6oz) Mixed Salad (1 cup) Beef Short Ribs (4oz) OR Herb Marinated Salmon (4oz) Rice (1/2 cup) Sautéed Cabbage (1/2 cup) Banana Cake (1Slice) Beverage (8 oz)	Potato Leek Soup(6oz) Macaroni Salad (1/2 cup) Boneless Chicken Wings (3oz) Baked Fries (1/2 cup) Apple Strudel(1Slice) Beverage (8 oz)	Navy Bean Soup(6oz) Cuban Sandwich (3oz) Sweet Plantains (1/2 cup) Cole Slaw (1/2 cup) Ice Cream (1/2 cup) Beverage (8 oz)

Bedtime Snack: (8oz) Milk and (3) Cookies / Crackers

For Diabetics: Follow portion sizes. Use skim milk. Use sugar substitute, sugarfree beverages, jelly, syrup, gelatin, puddings, fruit juices with no added sugar and fruit in own juice.

No Added Salt: Follow the regular meal plan. Omit salt and substitute salted meats with another roasted meat. No canned soups and no salted crackers, chips or pickles.

Low Fat/Cholesterol: Use skim milk, Lean meats, baked, broiled or boiled, light mayonnaise, light margarines, low fat desserts or fruit.

ALF: EASTSIDE ACTIVE LIVING

1600 Taft Street, Hollywood, FL. 33020

Expiration Date: _____

Ana M. Alvarez, RD, LD, CDE (ND #1819)

Registered Licensed Dietitian/Certified Diabetes Educator Effective Date: _____

(954) 328-4506

To be valid, menus must be signed in red with an embossment seal and an address that matches the place of business