

DATE: _____
CYCLE 2: Regular Diet Modified to Therapeutic, Diabetic (No Concentrated Sweets), Low Fat/Cholesterol and No Added Salt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Scrambled Egg (1) Sausage (1oz) Rye Toast (1) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Egg (1) Bacon (1oz) Hash Brown (½ cup) Fruit Cup (1/2 cup) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Sausage/Cheese Fritata (1) Home Fries (½ cup) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Scrambled Egg (1) Sausage (1oz) Croissant (1) Fruit Cup (1/2 cup) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Egg (1) Bacon (1oz) Hash Brown (½ cup) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Scrambled Egg (1) Sausage (1oz) Waffle (1) Fruit Cup (1/2 cup) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Egg (1) Bacon (1oz) English Muffin (1) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea(8oz)
LUNCH Roasted Corn Chowder (6oz) Assorted Bread (1) Greek Salad (1 cup) Baked Chicken (4oz) OR Baked Swaii (4oz) Rice & Beans (½cup) Okra (1/2 cup) Watermelon (½ cup) Beverage (8 oz)	Lentil Soup (6oz) Assorted Bread (1) Garden Salad (1 cup) Adobo Pork (4oz) OR Adobo Glazed Chicken Breast (4oz) Rice (1/2 cup) and Black Beans (½ cup) Mandarin Oranges (1/2 cup) Beverage (8 oz)	Carrot Ginger Soup (6oz) Assorted Bread (1) Spinach Salad (1 cup) Shrimp (4oz) over Cheesy Grits (½ cup) OR Herb Glazed Chicken (4oz) Mixed Veg (1/2 cup) Chocolate Pudding (1/2 cup) Beverage (8 oz)	Veg Rice Soup (6oz) Assorted Bread (1) Cucumber Salad (½ cup) Pot Roast (4oz) OR Fish Fingers (4oz) Mashed Potato(½cup) Steamed Broccoli (1/2 cup) Berries and Cream (1/2 cup) Beverage (8 oz)	Beef Barley Soup(6oz) Assorted Bread (1) Avocado Crab (3oz) On Tortilla Wrap (1) OR Avocado Shrimp(3oz) On Tortilla Wrap (1) Sweet Potato Fries (1/2 cup) Cole Slaw (1/2 cup) Mixed Melon Cup (1/2 cup) Beverage (8 oz)	Three Bean Soup(6oz) Garlic Bread (1) Vegetable Salad(1cup) Chicken Parmesan (4oz) OR Baked Cod (4oz) Pasta (1/2 cup) Broccoli and Cauliflower (1/2 cup) Carrot Cake (1 Slice) Beverage (8 oz)	Chicken Noodle Soup (6oz) Assorted Bread (1) Black Bean Salad (1/2 cup) BBQ Short Ribs (4oz) OR Hamburger(3oz)/Bun Lett/Tom/Onion(1cup) Baked Beans (½ cup) Baked Fries (1/2 cup) Rice Pudding (½ cup) Beverage (8 oz)
DINNER Italian Wedding Soup (6oz) Beet Salad (1/2 cup) Stuffed Peppers(3oz) Yellow Rice (1 cup) Peas/Carrots (½ cup) Jello (½ cup) Beverage (8 oz)	Pumpkin Coconut Soup (6oz) Caesar Salad (1 cup) Macaroni with Cheese (1 cup) with (3oz) Chicken Green Beans (½ cup) Mixed Fruit (½ cup) Beverage (8 oz)	Split Pea Soup (6oz) Caesar Salad (1 cup) Cheeseburger (3oz) On Bun (1) Lett/Tom/Onion(1cup) Baked Fries (1/2 cup) Bread Pudding (½ cup) Beverage (8 oz)	Creamy Mushroom Soup (6oz) Chicken Alfredo (3oz) Pasta (1/2 cup) Peas/Mushrooms½cup) Garlic Bread (1) Ice Cream (½ cup) And (2) Cookies Beverage (8 oz)	Seafood Bisque (6oz) Carrot Salad (½ cup) Blackened Tilapia (4oz) OR Blackened Chicken (4oz) Rice (1/2 cup) Roasted Corn and Broccoli (1/2 cup) Yellow Cake (1 Slice) Beverage (8 oz)	Chicken Vegetable Soup (6oz) Pasta Salad (1/2 cup) Roast Beef Sandwich (3oz) Potato Salad (½ cup) Vanilla Pudding (½ cup) Beverage (8 oz)	Navy Bean Soup (6oz) Caesar Salad (1 cup) Tuna Salad Platter (3oz) Lettuce /tomato(1cup) Crackers (6) 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: _____

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