

DATE: _____

CYCLE 3: 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/Cheese Omelet (1) Sausage (1oz) Rye Toast (1) Hash Browns (½ cup) Hot Cereal (1/2 cup) or Cold Cereal (¾ cup) Banana (1)/ Juice (4oz) Milk /Coffee/Tea (8oz)	Scrambled 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)	Egg/Cheese/Tomato Frittata (1) Sausage (1oz) Home Fries (½ cup) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea (8oz)	Egg (1) Bacon (1oz) Muffin (1) Fruit Cup (1/2 cup) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea (8oz)	Egg/Bacon/Cheese Stuffed Baguette (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) English Muffin (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) Croissant (1) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (¾cup) Juice (4oz) Milk /Coffee/Tea (8oz)
LUNCH Split Pea Soup (6oz) Assorted Bread (1) London Broil Steak (4oz) OR London Broil Marinated Chicken (4oz) Sautéed Kale (½ cup) Roasted (1/2 cup) Chef Choice of Sweets (1/2 cup) Beverage (8 oz)	Black Bean Soup (6oz) Assorted Bread (1) Baked Pork Chop (4oz) OR Pesto Grilled Chicken (4oz) Cilantro Rice (½ cup) Black Beans (1/2 cup) Bread Pudding (1/2 cup) Beverage (8 oz)	Onion Soup (6oz) Assorted Bread (1) Carrot Salad (½ cup) Chicken Patty (4oz) OR Sautéed Pork Chops (4oz) Jasmine Rice (½ cup) Roasted Pumpkin (½ cup) Peas & Corn (½ cup) Banana Cake (½ cup) Beverage (8 oz)	Oriental Soup (6oz) Assorted Bread (1) BBQ Chicken (4oz) OR BBQ Beef (4oz) Mac & Cheese (½cup) Roasted (1/2 cup) Baked Beans (1/2 cup) Berries and Cream (1/2 cup) Beverage (8 oz)	Tomato Basil Soup (6oz) Assorted Bread (1) Cilantro Creamy Spinach Salad (½cup) Grilled Salmon (4oz) OR Baked Chicken (4oz) (with Lemon Garlic Cream Sauce) Potato (½ cup) Veg Medley (½ cup) Chocolate covered Strawberry (1) Beverage (8 oz)	Broccoli Cream Soup (6oz) Turkey Sandwich (3oz) OR Ham Sandwich (3oz) Potato Salad (½ cup) Vegetables (½ cup) Peach Ricotta Cup (1/2 cup) Beverage (8 oz)	Mushroom Soup (6oz) Assorted Bread (1) Garden Mixed Salad (1/2 cup) Lemon Herb Swai (4oz) OR Lemon Herb Chicken (4oz) Roasted Potato (½ c) Sautéed Cabbage (1/2 cup) Chocolate Pudding (½ cup) Beverage (8 oz)
DINNER Potato Leek Soup (6oz) Tomato Basil Feta Cheese Caesar Salad (1 cup) with (3oz) Chicken Platter Crackers (6) Fruit Cup (½ cup) Beverage (8 oz)	White Bean Kale Soup (6oz) Chicken Carbonara (3oz) Penne Bacon and Green Peas (1/2 cup) Mixed Vegetable (1/2 cup) Garlic Bread (1) Yellow Cake (1 slice) Beverage (8 oz)	Cream of Chicken Soup (6oz) Garden Salad (1 cup) Braised Brisket (4oz) Roasted Potato (1 cup) Green Beans and Onions (1/2 cup) Ice Cream Beverage (8 oz)	Lentil Soup (6oz) Chicken/Turkey Cob Salad (1 cup) Tomato / Egg / Cheese Rolls (2) Fresh Fruit Cup (1/2 cup) Beverage (8 oz)	Salmon Bisque Soup (6oz) Lemon Pepper Chicken (4oz) OR Shrimp (4oz) Steam Garlic Potato (1 cup) Steamed Broccoli (1/2 cup) Cookie (1) Beverage (8 oz)	Vegetable Rice Soup (6oz) Chicken Teriyaki (3oz) Over White Rice (1/2 cup) Egg Roll (1) Cole Slaw (1/2 cup) Mixed Fruit Beverage (8 oz)	Vegetable and Pasta Soup (6oz) Sloppy Joe Sandwich (3oz) Cole Slaw (1/2 cup) Baked Fries (½ cup) Vanilla Pudding (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