

DAY 1	Regular Diet	Gluten Free No Celinal Foods	Gluten Free with Celinal Foods
Breakfast			3
	Juice of Choice Cereal of Choice Fried Egg Toast margarine jelly Coffee or Tea Milk sugar salt pepper non Dairy creamer	Juice of Choice Cream of Rice Fried Egg Medium Fresh Fruit margarine Coffee or Tea Milk sugar salt pepper non Dairy creamer	Juice of Choice Cream of Rice or GF Cold Cereal Fried Egg <b>GF Microwave Bread</b> margarine jelly Coffee or Tea Milk sugar salt pepper non Dairy creamer
calories	500	480	500
CHO	75	65	75
Protein	18	16	17
LUNCH			
	Oven Fried Chicken Rice Pilaf  Buttered Beets Dinner Roll Margarine Lemon Merinque pie  Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Sprig Parsley Garnish	Baked Chicken Breast <b>DRY: NO GRAVY</b> White Rice  Buttered Beets Fresh Fruit Margarine Pudding/jello whipped cream Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Sprig Parsley Garnish	Baked Chicken Breast <b>GF Gravy</b> White Rice <b>GF Soy Sauce</b> Buttered Beets <b>GF microwave corn bread</b> Margarine Pudding on <b>GF Biscuit</b>  Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Sprig Parsley Garnish
calories	900	600	825
CHO	114	74	85
Protein	37	34	37
Supper			
	Grilled Ham & Cheese on whole grain bread  Potato chips Carrot Salad Pear Slices Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer slice pickle Garnish	Chef Salad : no croutons Salad Dressing Fresh Fruit potato chips Carrot Salad Pear Slices Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer slice pickle Garnish	Grilled Ham & Cheese <b>Microwave GF bread</b>  potato chips Carrot Salad Pear Slices Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer slice pickle Garnish
calories	800	710	800
CHO	94	79	94
Protein	27	23	27
HS Snack			
	Fruit Drink Graham Crackers	Fruit drink Jello	Fruit Drink Jello
calories	171	150	150
CHO	39	35	35
Protein	1	1	1
DAY TOTAL			
calories	2371	1940	2275
CHO	322	253	289
Protein	83	74	82

DAY 2	Regular Diet	Gluten Free No Celinal Foods	Gluten Free with Celinal Foods
<b>Breakfast</b>			
	Juice of Choice Cereal of Choice Scrambled Egg Toast margarine jelly Coffee or Tea Milk sugar salt pepper non Dairy creamer	Juice of Choice Cream of Rice Scrambled egg Medium Fresh Fruit  Coffee or Tea Milk sugar salt pepper non Dairy creamer	Juice of Choice Cream of Rice or GF Cold Cereal scrambled egg <b>GF Microwave Bread</b> margarine jelly Coffee or Tea Milk sugar salt pepper non Dairy creamer
calories	500	440	500
CHO	75	70	75
Protein	18	16	17
<b>LUNCH</b>			
	Salisbury steak Gravy Red potatoes  Herbed Green Beans Dinner Roll Margarine Frosted Choc cake  Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Sprig Parsley Garnish	broiled 4 oz beef patty <b>DRY: NO GRAVY</b> Red potatoes  Herbed Green Beans Fresh Fruit Margarine Pudding/jello whipped cream Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Sprig Parsley Garnish	broiled 4 oz beef patty <b>GF Gravy</b> Red potatoes  Herbed Green Beans <b>GF microwave biscuit</b> Margarine <b>GF Microwave vanilla cake</b> <b>GF Frosting</b> Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Sprig Parsley Garnish
calories	825	700	800
CHO	92	74	90
Protein	30	34	37
<b>Supper</b>			
	Tuna Salad Sandwich Lettuce and Tomato on whole grain bread Chicken noodle soup Saltine crackers  Vanilla pudding Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer slice pickle Garnish	Tuna salad platter Lettuce and Tomato Fresh Fruit Tomato Juice potato chips  Vanilla pudding Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer slice pickle Garnish	Tuna Salad Sandwich Lettuce and Tomato <b>GF Microwave Bread</b> <b>GF Chicken broth</b> potato chips  Vanilla pudding Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer slice pickle Garnish
calories	650	580	625
CHO	86	70	80
Protein	37	33	35
<b>HS Snack</b>			
	Fruit Drink Ginger snaps	Fruit drink Ice Cream	Fruit Drink Ice Cream
calories	200	200	200
CHO	39	29	29
Protein	1	3	3
<b>DAY TOTAL</b>			
calories	2175	1920	2125
CHO	292	243	274
Protein	86	86	92

Day 3	Regular Diet	Gluten Free No Ceinal Foods	Gluten Free with Celinal Foods
Breakfast	Juice of Choice Cereal of Choice Sausage patty Pancakes margarine syrup Coffee or Tea Milk sugar salt pepper non Dairy creamer	Juice of Choice Cream of Rice sausages patty Medium Fresh Fruit  Coffee or Tea Milk sugar salt pepper non Dairy creamer	Juice of Choice Cream of Rice or GF Cold Cereal sausage patty GF Bread or waffle  jelly Coffee or Tea Milk sugar salt pepper non Dairy creamer
calories	720	450	560
CHO	121	64	74
Protein	18	15	17
LUNCH	Roast Turkey Poultry gravy Bread Stuffing brussel sprouts Bread Margarine Cookie  Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Sprig Parsley Garnish	Roast Turkey <b>DRY: NO GRAVY</b> buttered Mash Potatoes brussel sprouts Fresh Fruit Margarine Pudding/jello whipped cream Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Sprig Parsley Garnish	Roast Turkey <b>GF Gravy</b> Mash Potatoes brussel sprouts <b>GF Microwave corn bread</b> Margarine <b>GF Microwave vanilla cake</b> <b>GF Frosting</b> Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Sprig Parsley Garnish
calories	685	680	720
CHO	73	73	85
Protein	36	34	36
Supper	Beef Stroganoff sour cream gravy Buttered noodles spinach bread  Peach Slices Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer parsley garnish	Sautee Beef strips <b>DRY-NO GRAVY</b> Rice spinach potato chips  Peach Slices Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Parsley garnish	Sautee Beef Strips <b>GF gravy</b> <b>GF quick cook pasta</b> spinach <b>GF microwave bread</b>  Peach Slices Ice Tea Coffee or Tea Milk sugar salt pepper non Dairy creamer Parsley garnish
calories	804	610	700
CHO	75	70	75
Protein	37	35	37
HS Snack	Fruit Drink Asst Crackers	Fruit drink Ice Cream	Fruit Drink Ice Cream
calories	200	200	200
CHO	39	29	29
Protein	1	3	3
DAY TOTAL			
calories	2409	1940	2180
CHO	308	236	263
Protein	92	87	93