



# Meals for All Emergency Menu

	DAY 1	DAY 2	DAY 3	DAY 4
<b>Breakfast</b>	Apple Cereal, Fortified	Apple Cereal, Fortified	Apple Cereal, Fortified	Apple Cereal, Fortified
	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits
	Milk (NFDM)	Milk (NFDM)	Milk (NFDM)	Milk (NFDM)
<b>Mid-Meal</b>	Beef & Mushrooms with Noodles	Turkey & Potatoes with Cranberries	Southwestern Chicken & Rice	Curry Chicken with Rice
	Green Peas	Corn Niblets	Green Beans	Garden Mixed Vegetables
	Apples Diced	Peaches, Diced	Applesauce	Diced Peaches
	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits
	Milk (NFDM)	Milk (NFDM)	Milk (NFDM)	Milk (NFDM)
<b>Dinner</b>	Curry Chicken with Rice	Spaghetti with Mushrooms	Beef Stew with Potatoes & Gravy	Macaroni & Cheese
	Diced Carrots	Garden Mixed Vegetables	Broccoli Cuts	Green Peas
	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits
	Chocolate Pudding	Banana Pudding	Vanilla Pudding	Banana Pudding
	Beverage of choice	Beverage of choice	Beverage of choice	Beverage of choice
<b>Snack</b>	Peanut Butter & Crackers	Peanut Butter & Crackers	Peanut Butter & Crackers	Peanut Butter & Crackers
	DAY 5	DAY 6	DAY 7	VEGETARIAN
<b>Breakfast</b>	Apple Cereal, Fortified	Apple Cereal, Fortified	Apple Cereal, Fortified	Apple Cereal, Fortified
	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits
	Milk (NFDM)	Milk (NFDM)	Milk (NFDM)	Milk (NFDM)
<b>Mid-Meal</b>	Beef & Mushrooms with Noodles	Southwestern Chicken & Rice	Beef Stew with Potatoes & Gravy	Spaghetti with Mushrooms
	Carrots	Green Peas	Corn Niblets	Vegetable*
	Apples, Diced	Applesauce	Peaches, Diced	Fruit*
	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits
	Milk (NFDM)	Milk (NFDM)	Milk (NFDM)	Milk (NFDM)
<b>Dinner</b>	Turkey & Potatoes with Cranberries	Spaghetti with Mushrooms	Macaroni & Cheese	Macaroni & Cheese
	Broccoli Cuts	Green Beans	Garden Mixed Vegetables	Vegetable*
	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits	Cracker-Biscuits
	Chocolate Pudding	Vanilla Pudding	Banana Pudding	Pudding*
	Beverage of choice	Beverage of choice	Beverage of choice	Beverage of choice
<b>Snack</b>	Peanut Butter & Crackers	Peanut Butter & Crackers	Peanut Butter & Crackers	Peanut Butter & Crackers

Refer to Menu Serving Instructions and Nutritional Analysis for each menu day

Patient Menus meet the DRI when all items are served

Milk and snack are optional menu items for non-patient meals and menus will be lower in kilocalories and nutrients if not provided

Beverage of choice may be served with all meals if available