

g42b

STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
ADULT MASTER MENU
WEEK 1

FACILITY OR
INSTITUTION NAME: [REDACTED]

MONTH OF
OPERATION: [REDACTED]

December 4, 2016

[REDACTED]

[REDACTED]

Department of Corrections Approval
Bureau Chief

MSPHD, LD/N
Public Health Nutrition Program Manager

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
3 oz eggs (E)		2 oz breakfast sausage pty (E)		¼ c breakfast meat gravy (E)	2 oz breakfast sausage pty (E)	
1 c grits	1 c oatmeal	1 c grits	1 c oatmeal	1 c grits	1 c grits	1 c oatmeal
¼ c Lyonnais potatoes		¼ c hash brown potatoes		¼ c Lyonnais potatoes	¼ c hash brown potatoes	
2 ea biscuits or bread	2 ea pancakes (E)	2 ea biscuits or bread	2 ea coffee cake (E)	2 ea biscuits	2 ea biscuits or bread	2 ea coffee cake (E)
1 ea fresh fruit	4 oz fruit juice	4 oz fruit juice	1 ea fresh fruit	4 oz fruit juice	4 oz fruit juice	1 ea fresh fruit
1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee
1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage
¼ oz jelly (# 60 disher)	2 oz syrup	¼ oz jelly (# 60 disher)		¼ oz jelly (# 60 disher)	¼ oz jelly (# 60 disher)	
2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk
¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)
No Alternate Entrée	No Alternate Entrée	2 oz cheese (AE)	No Alternate Entrée	2 oz cheese (AE)	2 oz cheddar (AE)	No Alternate Entrée
LUNCH						
¼ c torte meat (E)	4 oz zesty patty (E)	4 oz peanut butter & jelly (E) (#10 scoop)	¼ c sloppy joe (E)	1 c yakisoba (E)	1 c cheesy meat casserole (E)	¼ c southern BBQ (E)
¼ c rice	¼ c rice	¼ c dried beans	¼ c rice pilaf	¼ c dried beans	¼ c greens	¼ c pasta salad
¼ c dried beans	¼ c stewed tomatoes	¼ c marinated veg. medley	¼ c dried beans	¼ c dried beans	¼ c marinated veg. medley	¼ c dried beans
¼ c marinated veg. medley	¼ c carrot slaw		¼ c squash	¼ c coleslaw		¼ c carrots
2 ea bread	2 ea bread	2 ea bread	2 ea bread	2 ea bread or	2 ea bread or	2 ea bread
	1 ea cake w/icing	¼ c muffin	1 ea pancake	1 ea pan biscuit	1 ea pan biscuit	
1 oz shredded cheese (#16)	1 ea ketchup (pk or tsp)			1 ea muffin	¼ c muffin	
1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea
1 c dried beans(AE)	1 c dried beans(AE)	No Alternate Entrée	1 c dried beans(AE)	1 c dried beans(AE)	1 c dried beans(AE)	1 c dried beans(AE)
DINNER						
2 oz turkey ham (E)	2 ea poultry hot dogs (E)	1 ea oven fried chicken leg ¼ (E)	4 oz country patty (E)	1 ea beef patty (E)	3 oz smoked turkey sausage (E)	2 ea hot dogs (E) w/
¼ c cheesy grits	¼ c oven browned potatoes	¼ c rice	¼ c rice	¼ c mashed potatoes	¼ c oven browned potatoes	2 oz chili
¼ c vegetable blend	¼ c baked beans	¼ c carrots	¼ c vegetable blend	¼ c cabbage	¼ c vegetable blend	¼ c rice
¼ c marinated veg. medley	¼ c coleslaw		¼ c carrot coins	¼ c marinated veg. medley	¼ c coleslaw	¼ c mixed vegetables
2 ea bread or	2 ea bread	2 ea bread	2 ea bread	2 ea bread	2 ea bread	¼ c marinated veg. medley
2 ea pan biscuit		¼ c bread pudding	1 ea cake w/icing	¼ c pudding	¼ c canned fruit	2 ea bread
	1 ea brownie			1 ea mustard (pk or tsp)	2 ea mustard (pk or tsp)	
	2 ea mustard (pk or tsp)			1 ea ketchup (pk or tsp)		
1 ea ketchup (pk or tsp)						
¼ oz margarine (# 100 disher)			¼ oz margarine (# 100 disher)			
fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage
dried beans (AE)	1 c dried beans (AE)	4 oz peanut butter (# 10 disher) (AE)	1 c dried beans (AE)	4 oz peanut butter (# 10 disher) (AE)	1 c dried beans (AE)	1 c dried beans (AE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
3 oz eggs (E)		2 oz breakfast sausage pty (E)		¼ c breakfast meat gravy (E)	2 oz breakfast sausage pty (E)	
1 c grits	1 c oatmeal	1 c grits	1 c oatmeal	1 c grits	1 c grits	1 c oatmeal
¼ c Lyonnaise potatoes		¼ c hash brown potatoes		¼ c Lyonnaise potatoes	¼ c hash brown potatoes	
2 ea biscuits or bread	2 ea pancakes (E)	2 ea biscuits or bread	2 ea coffee cake (E)	2 ea biscuits	2 ea biscuits or bread	2 ea coffee cake (E)
1 ea fresh fruit	4 oz fruit juice	4 oz fruit juice	1 ea fresh fruit	4 oz fruit juice	4 oz fruit juice	1 ea fresh fruit
1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee
1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage
¼ oz jelly (# 60 disher)	2 oz syrup	¼ oz jelly (# 60 disher)		¼ oz jelly (# 60 disher)	¼ oz jelly (# 60 disher)	
2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk
¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)	¼ oz margarine (# 60 disher)
No Alternate Entrée	No Alternate Entrée	2 ea slices (AE)	No Alternate Entrée	2 ea slices (AE)	2 ea slices (AE)	No Alternate Entrée
LUNCH						
1 c cabbage roll casserole (E)	¼ c southern BBQ (E)	1 c chili mac (E)	4 oz zesty patty (E)	1 c yak-dobu (E)	2 ea country meatloaf (E)	¼ c sloppy joe (E)
¼ c dried beans	¼ c rice pilaf	¼ c dried beans	¼ c oven brown potatoes	¼ c mixed vegetables	¼ c garlic & herb pasta	¼ c rice
¼ c marinated veg. medley	¼ c squash	¼ c marinated veg. medley	¼ c carrot slaw	¼ c coleslaw	¼ c dried beans	¼ c carrots
1 ea cornbread	¼ c cole slaw	1 ea cornbread	2 ea bread	2 ea bread or 1 ea pan biscuit	¼ c coleslaw	¼ c squash
	2 ea bread			1 ea pan biscuit	2 ea bread	2 ea bread
	1 ea cookie	1 ea cake w/ icing	1 ea cookie	¼ c pudding	1 ea cookie	
			2 ea ketchup (pk or tsp)		¼ c coleslaw (pk or tsp)	
1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified beverage	1 c fortified tea
1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)
¼ c rice (AE)		¼ c pasta (AE)		¼ c pasta (AE)		
DINNER						
4 oz Salisbury patty (E)	1 c country meat gravy (E)	1 ea oven fried chicken leg & (E)	1 ea tamaie pizza (E)	1 ea beef patty (E)	4 oz southern patty (E)	¼ c Italian meat sauce (E)
¼ c mashed potatoes	¼ c rice	¼ c rotini	¼ c rice	¼ c rice	¼ c rice	¼ c rotini
¼ c broccoli	¼ c cabbage	¼ c dried beans	¼ c dried beans	¼ c dried beans	¼ c greens	¼ c corn
¼ c coleslaw	¼ c marinated veg. medley	¼ c carrots	¼ c marinated veg. medley	¼ c carrot coins	¼ c marinated veg. medley	¼ c marinated veg. medley
2 ea bread or 1 ea pan biscuit	2 ea bread or 1 ea pan biscuit	2 ea bread	2 ea bread	2 ea bread	2 ea bread	1 ea garlic biscuit
		¼ c pudding	¼ c bread pudding	¼ c pudding		
¼ oz margarine (# 100 disher)				1 ea mustard (pk or tsp)		
1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 ea ketchup (pk or tsp)	1 c fortified beverage	1 c fortified beverage
1 c dried beans (AE)	1 c dried beans (AE)	4 oz peanut butter (# 10 disher) (AE)	1 c dried beans (AE)	1 c fortified beverage	1 c dried beans (AE)	1 c dried beans (AE)
				4 oz peanut butter (# 10 disher) (AE)		