

**Group Homes F/W 09-10 - Week 1** Service for Week of:

Regular diet / Regular texture



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juice of Choice Farina Fried Egg English Muffin 2% Milk -- Alternates -- Dry Cereal of Choice Toast	Juice of Choice Dry Cereal of Choice Scrambled Egg Toast 2% Milk -- Alternates --	Juice of Choice Oatmeal Pancakes Turkey Sausage Patty 2% Milk -- Alternates -- Dry Cereal of Choice Toast	Juice of Choice Banana Half Dry Cereal of Choice Poached Egg Toast 2% Milk -- Alternates --	Juice of Choice Malt-O-Meal Bran Muffin Canadian Bacon 2% Milk -- Alternates -- Dry Cereal of Choice Toast	Juice of Choice Dry Cereal of Choice Cheese Omelet Toast 2% Milk -- Alternates --	Juice of Choice Banana Half Farina Waffles Sausage Link 2% Milk -- Alternates -- Dry Cereal of Choice
Turkey&Swiss Sandwich Baked Potato Chips Fresh Whole Apple Sandwich Condiments -- Alternates --	Beef&CheeseDeliSandwic Carrot & Celery Sticks Chilled Fruit Cocktail Snickerdoodle Cookies Sandwich Condiments -- Alternates --	TunaSaladOnCroissant Cucumber Dill Salad Fresh Whole Orange -- Alternates --	Ham/TurkeyDeliSandwich Macaroni Salad Chilled Pears Sandwich Condiments -- Alternates --	Egg Salad Sandwich Three Bean Salad Chilled Apricots Gingersnap Cookies -- Alternates --	Tortilla Soup Saltine Crackers Beef Soft Taco Spanish Rice Mexican Corn Mandarin Oranges -- Alternates --	Oven Fried Chicken Au Gratin Potatoes Seasoned Asparagus Marbled Brownies Dinner Roll Soft Margarine -- Alternates --
Egg Drop Soup Saltine Crackers Sweet & Sour Pork Fluffy Rice Stir Fry Vegetables Oranges & Pineapple Breadstick 2% Milk -- Alternates --	Chicken Tenders BBQ Sauce Baked Beans Escalloped Corn Red Pear Gelatin Bread 2% Milk -- Alternates --	SalisburySteak & Gravy Brown Gravy Mashed Potatoes Brussels Sprouts Orange Sherbet Bread 2% Milk -- Alternates --	Corn Chowder Saltine Crackers Lemon Pepper Fish Creamy Cole Slaw Peas & Carrots Oatmeal Cookies Bread 2% Milk -- Alternates --	Chicken a la King Buttermilk Biscuit Broccoli Spears Frosted Orange Cake 2% Milk -- Alternates --	SweetTangy Pork Cutlet BakedSweetPotato Half Green and Gold Beans Scalloped Apples Dinner Roll 2% Milk -- Alternates --	Beef Stew Mixed Green Salad Dressing for Salad Cranberry Peaches Biscuit 2% Milk -- Alternates --
Lemonade Vanilla Wafers -- --	Orange Drink Fig Bar -- --	Grape Drink Cheese Crackers -- --	Fruit Punch Oreo Cookies -- --	Lemonade Animal Crackers -- --	Grape Drink Cinnamon Cracker Treat -- --	Orange Drink Fruit Cup -- --

NOTE: SAMPLE

# Group Homes F/W 09-10 - Week 2, Thu Service for Week of:

Regular / Regular	Regular / Mech Soft	Hi Pro/Hi Cal / Regular	Red. Chol/Fat / Regular	R C S/LCS / Regular	1800 KCal / Regular
1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Malt-O-Meal 3. 1 Each Fried Egg 4. 1 Slice Toast 5. 1 Tsp Soft Margarine 6. 1 Each Jelly 7. 8 Fl Oz 2% Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Dry Cereal of Choice	1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Malt-O-Meal 3. 1 Each Fried Egg 4. 1 Slice Toast 5. 1 Tsp Soft Margarine 6. 1 Each Jelly 7. 8 Fl Oz 2% Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Dry Cereal of Choice	1. 6 Fl Oz Juice of Choice 2. 3/4 Cup Super Malt O Meal 3. 2 Each Fried Egg 4. 2 Slice Toast 5. 2 Tsp Soft Margarine 6. 2 Each Jelly 7. 8 Fl Oz Strawberry Power Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Dry Cereal of Choice	1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Malt-O-Meal 3. 1/4 Cup Scrambled Egg Sub 4. 1 Slice Toast 5. 1 Tsp Soft Margarine 6. 1 Each Jelly 7. 8 Fl Oz Skim Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Dry Cereal of Choice	1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Malt-O-Meal 3. 1 Each Fried Egg 4. 1 Slice Toast 5. 1 Tsp Soft Margarine 6. 1 Each RC Jelly 7. 8 Fl Oz Skim Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Unsweetened Cereal	1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Malt-O-Meal 3. 1 Each Fried Egg 4. 1 Slice Toast 5. 1 Tsp Soft Margarine 6. 1 Each RC Jelly 7. 8 Fl Oz Skim Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Unsweetened Cereal
1. 1 Each Beef Deli Sandwich 2. 1/2 Cup Potato Salad 3. 1/2 Cup Fresh Grapes 4. 1 Serv Sandwich Condiments 5. 8 Fl Oz Fruit Drink of Day	1. 1 Each Gr.Beef Deli Sandwic 2. 1/2 Cup Potato Salad 3. 1 Each Banana Half 4. 1 Serv Sandwich Condiments 5. 8 Fl Oz Fruit Drink of Day	1. 1 Each Beef Deli Sandwich 2. 1/2 Cup Potato Salad 3. 1/2 Cup Fresh Grapes 4. 1 Serv Sandwich Condiments 5. 8 Fl Oz Fruit Drink of Day	1. 1 Each Beef Deli Sandwich 2. 1/2 Cup Potato Salad 3. 1/2 Cup Fresh Grapes 4. 1 Serv Sandwich Condiments 5. 8 Fl Oz Fruit Drink of Day	1. 1 Each Beef Deli Sandwich 2. 1/2 Cup Potato Salad 3. 1/2 Cup Fresh Grapes 4. 1 Serv Sandwich Condiments 5. 8 Fl Oz RC Fruit Drink of Day	1. 1 Each Beef Deli Sandwich 2. 1/2 Cup Potato Salad 3. 1/2 Cup Fresh Grapes 4. 1 Serv Sandwich Condiments 5. 8 Fl Oz Fruit Drink of Day
1. 3 Oz BBQ Chicken 2. 1/2 Cup Honey Glazed Carrots 3. 1 Cup Tossed Salad/Dressin 4. 1 Each Angel Sundae Cake 5. 1 Slice Bread 6. 1 Tsp Soft Margarine 7. 8 Fl Oz 2% Milk 8. 6 Fl Oz Beverage of Choice	1. 3 Oz Gr.BBQ Chicken 2. 1 #10 S P.Honey Glazed Carro 3. 1/2 Cup Seasoned Green Bea 4. 1 Each Angel Sundae Cake 5. 1 Slice Bread 6. 1 Tsp Soft Margarine 7. 8 Fl Oz 2% Milk 8. 6 Fl Oz Beverage of Choice	1. 3 Oz BBQ Chicken 2. 1/2 Cup Honey Glazed Carrots 3. 1 Cup Tossed Salad/Dressin 4. 1 Each Angel Sundae Cake 5. 1 Slice Bread 6. 1 Tsp Soft Margarine 7. 8 Fl Oz Strawberry Power Milk 8. 6 Fl Oz Beverage of Choice	1. 3 Oz BBQ Chicken 2. 1/2 Cup Honey Glazed Carrots 3. 1 Cup Tossed Salad/Dressin 4. 1 Each Angel Sundae Cake 5. 1 Slice Bread 6. 1 Tsp Soft Margarine 7. 8 Fl Oz Skim Milk 8. 6 Fl Oz Beverage of Choice	1. 3 Oz BBQ Chicken 2. 1/2 Cup Parsley Carrots 3. 1 Cup Tossed Salad/Dressin 4. 1 Slice Angel Food Cake 5. 1 Slice Bread 6. 1 Tsp Soft Margarine 7. 8 Fl Oz Skim Milk 8. 6 Fl Oz Beverage of Choice	1. 3 Oz BBQ Chicken 2. 1/2 Cup Honey Glazed Carrots 3. 1 Cup Tossed Salad/Dressin 4. 1 Slice Angel Food Cake 5. 1 Slice Bread 6. 1 Tsp Soft Margarine 7. 8 Fl Oz Skim Milk 8. 6 Fl Oz Beverage of Choice
1. 8 Fl Oz Orange Drink 2. 1 Pack PNB Sandwich Crack	1. 8 Fl Oz Orange Drink 2. 1 Pack PNB Sandwich Crack	1. 8 Fl Oz Orange Drink 2. 1 Pack PNB Sandwich Crack	1. 8 Fl Oz Orange Drink 2. 1 Pack PNB Sandwich Crack	1. 8 Fl Oz RC Grape Drink 2. 1 Pack PNB Sandwich Crack	1. 8 Fl Oz RC Grape Drink 2. 1 Pack PNB Sandwich Crack

NOTE: SAMPLE

## Recipe - Custard Pumpkin Hmd ( Pumpkin Custard )

SIZE OF SERVING: 1/2 Cup

COOKING TIME:

TEMPERATURE:

METHOD: (None)

Ingredient	Servings			
	25	50	75	100
Egg, Liquid Frz	1 1/4 Cup	1 1/4 Pint	1 Qt	1 1/4 Qt
Sugar, Granulated Bulk	1 Cup	1 Pint	1 1/2 Pint	1 Qt
Salt, Iodized Rounds	1/4 Tsp	3/8 Tsp	5/8 Tsp	3/4 Tsp
Milk, 2% Lowfat Bulk	1 1/2 Cup	1 1/2 Pint	1 1/8 Qt	1 1/2 Qt
Extract, Vanilla	1 Tbsp	1 7/8 Tbsp	2 7/8 Tbsp	1/4 Cup
Cinnamon, Grd	1 1/8 Tbsp	2 1/3 Tbsp	3 1/2 Tbsp	1/4 Cup
Nutmeg, Grd	1 1/8 Tsp	2 1/3 Tsp	1 1/8 Tbsp	1 1/2 Tbsp
Ginger, Grd	1 1/8 Tsp	2 1/3 Tsp	1 1/8 Tbsp	1 1/2 Tbsp
Milk, 2% Lowfat Bulk	1 1/2 Qt	3/4 Gal	1 1/8 Gal	1 1/2 Gal
Pumpkin, Solid Cnd	1 1/2 Pint	1 1/2 Qt	5/8 Gal	3/4 Gal

1. WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Beat Eggs slightly. Maintain <40F.
2. Add Sugar, Spices, cold Milk (first amount) and Vanilla. Mix at low speed until blended. Maintain <40F.
3. Scald Milk (second amount) add Pumpkin, and add to Egg mixture and blend.
4. Pour into custard cups that have been arranged in baking pans.
5. Pour hot Water around cups.
6. Bake at 325F for 40-45 min or until a knife inserted in custard comes out clean. Serve warm >140F for cool at <40F.
7. CCP - Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
8. CCP - Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.
9. NOTES: Custard may be baked in a 12x20x2" pan. Set in pan of hot Water.