

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juice of the Day Farina Waffles Turkey Sausage Patty 2% Milk -- Alternates -- Corn Flakes	Juice of the Day Oatmeal Fried Egg Toast 2% Milk -- Alternates -- Crispy Rice	Juice of the Day Banana Half Malt-O-Meal Hard Boiled Egg Toast 2% Milk -- Alternates -- Bran Flakes	Juice of the Day Farina Egg & Sausage Sandwich 2% Milk -- Alternates -- Oat Rings	Juice of the Day Oatmeal Poached Egg Toast 2% Milk -- Alternates -- Corn Flakes	Juice of the Day Malt-O-Meal Sausage Link French Toast 2% Milk -- Alternates -- Oat Rings	Juice of the Day Banana Half Oatmeal Scrambled Egg Doughnut 2% Milk -- Alternates -- Bran Flakes
SweetTangy Pork Cutlet Parslied Potatoes Broccoli Apple Crisp Wheat Bread -- Alternates --	Spaghetti & Meat Sauce Parmesan Cheese grated Tossed Salad/Dressing Soft Fruit Cup Garlic Bread -- Alternates --	Ham & Beans Tomato Slices Chilled Apricots Cornbread -- Alternates --	Herb Baked Chicken Mashed Potatoes Seasoned Carrots Chilled Sweet Cherries Bread -- Alternates --	Cheesy Tuna Casserole Seasoned Green Peas Hot Spiced Apples Bread -- Alternates --	Beef Tips in Gravy Risque Potato Parslied Cauliflower Peach Crisp Dinner Roll -- Alternates --	OrangeGlazed PorkRoast Orange Glaze Parslied Noodles Calico Corn Chilled Fruit Salad Bread -- Alternates --
Egg Salad Sandwich Potato Chips Confetti Cole Slaw OrangesInWhipTopping 2% Milk -- Alternates --	B L T Sandwich Cottage Cheese/Lettuce Mayonnaise Pea & Cheese Salad Fresh Fruit of the Day 2% Milk -- Alternates --	Vegetable Soup Turkey Cheese Sandwich Macaroni Salad Cucumber Dill Salad Ice Cream 2% Milk -- Alternates --	Sloppy Joe on Bun Pickle Slices Potato Chips Beet & Onion Salad Butterscotch Square 2% Milk -- Alternates --	Cream of Celery Soup Turkey Salad Plate Dill Potato Salad Sugar Cookies Bread 2% Milk -- Alternates --	Fish Fillet on Bun Tartar Sauce Broccoli Slaw Fresh Cantaloupe 2% Milk -- Alternates --	Saltine Crackers Chicken Noodle Soup Beef Deli Sandwich Potato Chips Chilled Pineapple 2% Milk -- Alternates --
Lemonade Vanilla Wafers -- --	Orange Drink Fig Bar -- --	Grape Drink Cheese Crackers -- --	Fruit Punch Graham Crackers -- --	Lemonade Animal Crackers -- --	Grape Drink Cinnamon Cracker Treat -- --	Orange Drink Vanilla Wafers -- --

NOTE: NAS/4gm NA diet: Use Regulat diet. No salt packet. May use salt sub or Mrs. Dash. High Fiber diet: serve whole wheat bread; serve 2oz. Fiber supplement at breakfast.

NCS Spring/Summer 2009 - Week 1, Mon Service for Week of:



Regular / Regular	Regular / Mech Soft	Regular / Puree	Hi Pro/Hi Cal / Regular	Restr. Chol/Fat / Regular	R C S/LCS / Regular	1500 KCal / Regular
1. 6 Fl Oz Juice of the Day 2. 1/2 Cup Farina 3. 2 Each Waffles 4. 2 Oz Turkey Sausage Patty 5. 2 Tsp Soft Margarine 6. 1 Each Syrup 7. 8 Fl Oz 2% Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Corn Flakes	1. 6 Fl Oz Juice of the Day 2. 1/2 Cup Farina 3. 2 Each Waffles 4. 2 Oz Gr.Turkey Sausage P 5. 2 Tsp Soft Margarine 6. 1 Each Syrup 7. 8 Fl Oz 2% Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Corn Flakes	1. 6 Fl Oz Juice of the Day 2. 1/2 Cup Farina 3. 1 #16 S P.Waffles 4. 2 #16 S P.Turkey Sausage Pa 5. 2 Tsp Soft Margarine 6. 1 Each Syrup 7. 8 Fl Oz 2% Milk 8. 6 Fl Oz Beverage of Choice S. 1 # 6 S P.Cereal DryOf the D	1. 6 Fl Oz Juice of the Day 2. 3/4 Cup Fortified Farina 3. 2 Each Waffles 4. 3 Oz Turkey Sausage Patty 5. 2 Tsp Soft Margarine 6. 1 Each Syrup 7. 8 Fl Oz Whole Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Corn Flakes	1. 6 Fl Oz Juice of the Day 2. 1/2 Cup Farina 3. 2 Each Waffles 4. 2 Oz Turkey Sausage Patty 5. 2 Tsp Soft Margarine 6. 1 Each Syrup 7. 8 Fl Oz Skim Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Corn Flakes	1. 6 Fl Oz Juice of the Day 2. 1/2 Cup Farina 3. 1 Each Waffles 4. 2 Oz Turkey Sausage Patty 5. 2 Tsp Soft Margarine 6. 1 Each RC Syrup 7. 8 Fl Oz 2% Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Corn Flakes	1. 6 Fl Oz Juice of the Day 2. 1/2 Cup Farina 3. 1 Each Waffles 4. 1 Oz Turkey Sausage Patty 5. 2 Tsp Soft Margarine 6. 1 Each RC Syrup 7. 8 Fl Oz Skim Milk 8. 6 Fl Oz Beverage of Choice S. 3/4 Cup Corn Flakes
1. 4 Oz SweetTangy Pork Cutl 2. 1/2 Cup Parslied Potatoes 3. 1/2 Cup Broccoli 4. 1/2 Cup Apple Crisp 5. 1 Slice Wheat Bread 6. 1 Tsp Soft Margarine 7. 6 Fl Oz Beverage of Choice	1. 1 # 8 S Gr.SwTangy Pork Cutl 2. 1/2 Cup Parslied Potatoes 3. 1/2 Cup Broccoli 4. 1/2 Cup Apple Crisp 5. 1 Slice Wheat Bread 6. 1 Tsp Soft Margarine 7. 6 Fl Oz Beverage of Choice	1. 1 # 8 S P.SwtTangy Pork Cutl 2. 1 #10 S P.Parslied Potatoes 3. 1 #10 S P.Seasoned Broccoli 4. 1 #10 S P.Apple Crisp 5. 1 #12 S P.Wheat Bread 6. 1 Tsp Soft Margarine 7. 6 Fl Oz Beverage of Choice	1. 4 Oz SweetTangy Pork Cutl 2. 1/2 Cup ParmesanPotatoesPlu 3. 1/2 Cup Broccoli 4. 1/2 Cup Apple Crisp 5. 1 Slice Wheat Bread 6. 1 Tsp Soft Margarine 7. 6 Fl Oz Beverage of Choice	1. 4 Oz SweetTangy Pork Cutl 2. 1/2 Cup Parslied Potatoes 3. 1/2 Cup Broccoli 4. 1/2 Cup RC Apple Crisp 5. 1 Slice Wheat Bread 6. 1 Tsp Soft Margarine 7. 6 Fl Oz Beverage of Choice	1. 4 Oz SweetTangy Pork Cutl 2. 1/2 Cup Parslied Potatoes 3. 1/2 Cup Broccoli 4. 1/2 Cup RC Apple Crisp 5. 1 Slice Wheat Bread 6. 1 Tsp Soft Margarine 7. 6 Fl Oz Beverage of Choice	1. 3 Oz SweetTangy Pork Cutl 2. 1/2 Cup Parslied Potatoes 3. 1/2 Cup Broccoli 4. 1/3 Cup RC Apple Crisp 5. 1/2 Slic Wheat Bread 6. 1 Tsp Soft Margarine 7. 6 Fl Oz Beverage of Choice
1. 1 Each Egg Salad Sandwich 2. 1 Oz Potato Chips 3. 1/2 Cup Confetti Cole Slaw 4. 1/2 Cup OrangesInWhipToppi 5. 8 Fl Oz 2% Milk 6. 6 Fl Oz Beverage of Choice	1. 1 Each Egg Salad Sandwich 2. 1/2 Cup SeasonedSpiralPasta 3. 1/2 Cup Cabbage & Carrots 4. 1/2 Cup OrangesInWhipToppi 5. 8 Fl Oz 2% Milk 6. 6 Fl Oz Beverage of Choice	1. 3 #12 S P.Egg Salad Sandwic 2. 1 #10 S P.Seasoned Pasta 3. 1 #10 S P.Cabbage & Carrots 4. 1 #10 S P.OrangesInWhipTop 5. 8 Fl Oz 2% Milk 6. 6 Fl Oz Beverage of Choice	1. 1 Each Egg Salad Sandwich 2. 1 Oz Potato Chips 3. 1/2 Cup Confetti Cole Slaw 4. 1/2 Cup OrangesInWhipToppi 5. 8 Fl Oz Whole Milk 6. 6 Fl Oz Beverage of Choice	1. 1 Each Egg Sub Sandwich 2. 1 Oz LF Potato Chips 3. 1/2 Cup Confetti Cole Slaw 4. 1/2 Cup OrangesInWhipToppi 5. 8 Fl Oz Skim Milk 6. 6 Fl Oz Beverage of Choice	1. 1 Each Egg Salad Sandwich 2. 1 Oz Potato Chips 3. 1/2 Cup Confetti Cole Slaw 4. 1/2 Cup OrangesInWhipToppi 5. 8 Fl Oz 2% Milk 6. 6 Fl Oz Beverage of Choice	1. 1/2 Eac Egg Salad Sandwich 2. 1/2 Cup SeasonedSpiralPasta 3. 1/2 Cup Confetti Cole Slaw 4. 1/2 Cup OrangesInWhipToppi 5. 8 Fl Oz Skim Milk 6. 6 Fl Oz Beverage of Choice
1. 8 Fl Oz Lemonade 2. 7 Each Vanilla Wafers	1. 8 Fl Oz Lemonade 2. 7 Each Vanilla Wafers	1. 8 Fl Oz Lemonade 2. 1 #10 S P.Vanilla Wafers	1. 8 Fl Oz Lemonade 2. 7 Each Vanilla Wafers	1. 8 Fl Oz Lemonade 2. 7 Each Vanilla Wafers	1. 8 Fl Oz RC Lemonade 2. 7 Each Vanilla Wafers	1. 8 Fl Oz RC Lemonade 2. 7 Each Vanilla Wafers

NOTE: NAS/4gm NA diet: Use Regular diet. No salt packet. May use salt sub or Mrs. Dash. High Fiber diet: Serve whole wheat bread; add 2oz. Fiber supplement at breakfast.

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.