

Selective Menu FW 09 - Week 2

Service for Week of:

Regular diet / Regular texture



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juice of Choice Banana Half Cream of Rice Egg of Choice Turkey Sausage Patty Toast 2% Milk -- Alternates -- Dry Cereal of Choice Bacon	Juice of Choice Farina Egg of Choice Canadian Bacon Toast 2% Milk -- Alternates -- Dry Cereal of Choice Sausage Link	Juice of Choice Oatmeal Waffles Sausage Patty 2% Milk -- Alternates -- Dry Cereal of Choice Egg of Choice Canadian Bacon Toast	Juice of Choice Malt-O-Meal Egg of Choice Bacon Toast 2% Milk -- Alternates -- Dry Cereal of Choice Sausage Link	Juice of Choice Cream of Wheat Blueberry Pancakes Canadian Bacon Toast 2% Milk -- Alternates -- Dry Cereal of Choice Egg of Choice Turkey Sausage Patty	Juice of Choice Oatmeal Cheese Omelet Sausage Link Toast 2% Milk -- Alternates -- Dry Cereal of Choice Egg of Choice	Juice of Choice Cream of Rice Egg of Choice Turkey Bacon Apple Muffin 2% Milk -- Alternates -- Dry Cereal of Choice Toast
Meatloaf & Gravy Potatoes & Baby Carrots Lemon Creme Pie Dinner Roll -- Alternates -- Turkey Mandarin Broccoli Strawberries & Bananas Bread	Oven Fried Chicken Sour Cream Potatoes Broccoli Cherry Cobbler Cornbread -- Alternates -- Stuffed Cabbage Roll White & Wild Rice Seasoned Carrots Fresh Fruit Salad Bread	Honey Roast Pork Chop Baked Potato Peas & Carrots Cranberry Crunch Bar Dinner Roll -- Alternates -- Chicken Spaghetti Green Beans Almondine Cookies Bread	Salisbury Steak & Gravy Seasoned Corn Mixed Green Salad Carrot Cake Dinner Roll -- Alternates -- Sweet & Sour Pork Brown Rice Stir Fry Vegetables Chilled Apricots Garlic Breadstick	Beef Stew w/ Vegetable Scalloped Apples Biscuit -- Alternates -- Italian Chicken Breast Angel Hair Pasta Seasoned Spinach Lemon Bar Parmesan Breadstick	Grilled Ham Baked Sweet Potato Half Broccoli Casserole Banana Split Dessert Dinner Roll -- Alternates -- Swedish Meatballs Mashed Potatoes Garden Mix Vegetables Strawberry Bavarian Bread	Roast Turkey and Gravy Sage Bread Dressing Parslied Cauliflower Peach Crisp Dinner Roll -- Alternates -- Smothered Pork Parslied Noodles Glazed Carrots Fruity Tapioca Bread
Fish Fillet on Bun Tartar Sauce Oven Baked Fries Cabbage Apple Salad Peach Pinwheel 2% Milk -- Alternates -- Cream of Broccoli Soup Saltine Crackers Macaroni & Cheese Seasoned Green Beans Frosted Brownie Bread	BBQ Pork on Bun Steak Fries Romaine & Onion Salad/Dr Blushing Pears 2% Milk -- Alternates -- Vegetable Beef Soup Turkey Pasta Salad Under the Sea Dessert Bran Muffin	Hamburger on Bun Baked Beans Bananas & Pineapple 2% Milk -- Alternates -- Cream of Tomato Soup Ham & Swiss On Wheat Creamy Pasta Salad Pumpkin Cookies	Individual Pizza Square Broccoli Slaw Pudding Parfait Garlic Breadstick 2% Milk -- Alternates -- Vegetable Soup Turkey Wrap Carrot & Celery Sticks Fruit Cocktail Gelatin	Seafood Fettucini Alfredo Capri Mix Vegetables Chilled Peaches Garlic Bread 2% Milk -- Alternates -- Chicken Noodle Soup Saltine Crackers B LT/ Cheese Sandwich Potato Salad Cucumber Slices Choc Oatmeal Cookie	Grilled Chicken on Bun Paprika Potato Wedges Breaded Zucchini Pineapple Waldorf Salad 2% Milk -- Alternates -- Tomato Basil Soup Veggie Cheese Strata Hashbrown Patty Three Bean Salad Bananas & Cream Toast	Veal Cutlet Lyonnais Potatoes Cheesy Cauliflower Chilled Fruit Salad Bread 2% Milk -- Alternates -- Broccoli Cheese Soup Tuna Salad Sandwich Southwest Macaroni Salad Carrot & Celery Sticks Blushing Pears

Selective Menu FW 09 - Week 1, Wed Service for Week of:



Regular / Regular	Regular / Mech Soft	Retirement / Regular	Hi Pro/Hi Cal / Regular	Red. Chol/Fat / Regular	R C S/LCS / Regular	1500 KCal / Regular
1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Cream of Rice 3. 1/4 Cup Egg of Choice 4. 2 Oz Turkey Sausage Patty 5. 1 Slice Toast 6. 1 Tsp Soft Margarine 7. 1 Each Jelly 8. 8 Fl Oz 2% Milk 9. 6 Fl Oz Beverage of Choice S. 3/4 Cup Dry Cereal of Choice S. 1 Oz Canadian Bacon	1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Cream of Rice 3. 1/4 Cup Egg of Choice 4. 2 Oz Gr.Turkey Sausage P 5. 1 Slice Toast 6. 1 Tsp Soft Margarine 7. 1 Each Jelly 8. 8 Fl Oz 2% Milk 9. 6 Fl Oz Beverage of Choice S. 3/4 Cup Dry Cereal of Choice S. 1 Oz Gr. Canadian Bacon	1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Cream of Rice 3. 1/4 Cup Egg of Choice 4. 2 Oz Turkey Sausage Patty 5. 1 Slice Toast 6. 1 Tsp Soft Margarine 7. 1 Each Jelly 8. 8 Fl Oz 2% Milk 9. 6 Fl Oz Beverage of Choice S. 3/4 Cup Dry Cereal of Choice S. 1 Oz Canadian Bacon	1. 6 Fl Oz Juice of Choice 2. 3/4 Cup Fortified Crm of Rice 3. 1/2 Cup Egg of Choice 4. 3 Oz Turkey Sausage Patty 5. 2 Slice Toast 6. 2 Tsp Soft Margarine 7. 2 Each Jelly 8. 8 Fl Oz Strawberry Power Milk 9. 6 Fl Oz Beverage of Choice S. 3/4 Cup Dry Cereal of Choice S. 1 Oz Canadian Bacon	1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Cream of Rice 3. 1/4 Cup Egg of Choice 4. 2 Oz Turkey Sausage Patty 5. 1 Slice Toast 6. 1 Tsp Soft Margarine 7. 1 Each Jelly 8. 8 Fl Oz Skim Milk 9. 6 Fl Oz Beverage of Choice S. 3/4 Cup Dry Cereal of Choice S. 1 Oz Canadian Bacon	1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Cream of Rice 3. 1/4 Cup Egg of Choice 4. 2 Oz Turkey Sausage Patty 5. 1 Slice Toast 6. 1 Tsp Soft Margarine 7. 1 Each RC Jelly 8. 8 Fl Oz Skim Milk 9. 6 Fl Oz Beverage of Choice S. 3/4 Cup Unsweetened Cereal S. 1 Oz Canadian Bacon	1. 6 Fl Oz Juice of Choice 2. 1/2 Cup Cream of Rice 3. 1/4 Cup Egg of Choice 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 S. 1 Oz Canadian Bacon
1. 3 Oz Veal Parmesan 2. 1/2 Cup Angel Hair Pasta 3. 1/2 Cup Squash Medley 4. 1 2x3 Red Pear Gelatin 5. 1 Each Garlic Breadstick 6. 6 Fl Oz Beverage of Choice S. 3/4 Cup Chicken Chow Mein S. 1/2 Cup Fluffy Rice S. 1/2 Cup Blueberry Cobbler S. 1 Slice Bread S. 1 Tsp Soft Margarine	1. 3 Oz Gr.Veal Parmesan 2. 1/2 Cup Angel Hair Pasta 3. 1/2 Cup Squash Medley 4. 1/2 Cup Chilled Pear Halves 5. 1 Each Garlic Breadstick 6. 6 Fl Oz Beverage of Choice S. 3/4 Cup Gr.Chicken Chop Sue S. 1/2 Cup Fluffy Rice S. 1/2 Cup Blueberry Cobbler S. 1 Slice Bread S. 1 Tsp Soft Margarine	1. 3 Oz Veal Parmesan 2. 1/2 Cup Angel Hair Pasta 3. 1/2 Cup Squash Medley 4. 1 2x3 Red Pear Gelatin 5. 1 Each Garlic Breadstick 6. 6 Fl Oz Beverage of Choice S. 3/4 Cup Chicken Chow Mein S. 1/2 Cup Fluffy Rice S. 1/2 Cup Blueberry Cobbler S. 1 Slice Bread S. 1 Tsp Soft Margarine	1. 3 Oz Veal Parmesan 2. 1/2 Cup Angel Hair Pasta 3. 1/2 Cup Squash Medley 4. 1 2x3 Red Pear Gelatin 5. 1 Each Garlic Breadstick 6. 6 Fl Oz Beverage of Choice S. 3/4 Cup Chicken Chow Mein S. 1/2 Cup Fluffy Rice S. 1/2 Cup Blueberry Cobbler S. 1 Slice Bread S. 2 Tsp Soft Margarine	1. 3 Oz Veal Parmesan 2. 1/2 Cup Angel Hair Pasta 3. 1/2 Cup Squash Medley 4. 1 2x3 Red Pear Gelatin 5. 1 Each Garlic Breadstick 6. 6 Fl Oz Beverage of Choice S. 3/4 Cup Chicken Chow Mein S. 1/2 Cup Fluffy Rice S. 1/2 Cup Blueberry Cobbler S. 1 Slice Bread S. 1 Tsp Soft Margarine	1. 3 Oz Veal Parmesan 2. 1/2 Cup Angel Hair Pasta 3. 1/2 Cup Squash Medley 4. 1 2x3 RC Red Pear Gelatin 5. 1 Each Garlic Breadstick 6. 6 Fl Oz Beverage of Choice S. 3/4 Cup Chicken Chow Mein S. 1/2 Cup Fluffy Rice S. 1 Each Blueberry Muffin S. 1 Slice Bread S. 1 Tsp Soft Margarine	1. 2 Oz Veal Parmesan 2. 1/4 Cup Angel Hair Pasta 3. 1/2 Cup Squash Medley 4. 1 2x3 RC Red Pear Gelatin 5. 1/2 Eac Garlic Breadstick 6. 6 Fl Oz Beverage of Choice S. 3/4 Cup Chicken Chow Mein S. 1/3 Cup Fluffy Rice S. 1/2 Eac Blueberry Muffin S. 1/2 Slic Bread
1. 1 Each Cheeseburger Pocket 2. 1/2 Cup Oven Baked Fries 3. 1/2 Cup Dilled Carrots 4. 1/2 Cup Fruit Cup 5. 8 Fl Oz 2% Milk 6. 6 Fl Oz Beverage of Choice S. 6 Fl Oz Chicken Noodle Soup S. 1 Pkg Saltine Crackers S. 1 Each Shaved Ham Sandwic S. 1/2 Cup Macaroni Salad S. 1 Each Celery/Ranch Dressin S. 1 2x3" Applesauce Cake	1. 1 Each Cheeseburger Pocket 2. 1/2 Cup Oven Baked Fries 3. 1/2 Cup Dilled Carrots 4. 1/2 Cup Soft Fruit Cup 5. 8 Fl Oz 2% Milk 6. 6 Fl Oz Beverage of Choice S. 6 Fl Oz Chicken Noodle Soup S. 1 Pkg Saltine Crackers S. 1 Each Gr.ShavedHamSandw S. 1/2 Cup Macaroni Salad S. 4 Fl Oz Tomato Juice S. 1 2x3" Applesauce Cake	1. 1 Each Cheeseburger Pocket 2. 1/2 Cup Oven Baked Fries 3. 1/2 Cup Dilled Carrots 4. 1/2 Cup Fruit Cup 5. 8 Fl Oz 2% Milk 6. 6 Fl Oz Beverage of Choice S. 6 Fl Oz Chicken Noodle Soup S. 1 Pkg Saltine Crackers S. 1 Each Shaved Ham Sandwic S. 1/2 Cup Macaroni Salad S. 1 Each Celery/Ranch Dressin S. 1 2x3" Applesauce Cake	1. 1 Each Cheeseburger Pocket 2. 1/2 Cup Oven Baked Fries 3. 1/2 Cup Dilled Carrots 4. 1/2 Cup Fruit Cup 5. 8 Fl Oz Strawberry Power Milk 6. 6 Fl Oz Beverage of Choice S. 6 Fl Oz Chicken Noodle Soup S. 1 Pkg Saltine Crackers S. 1 Each Shaved Ham Sandwic S. 1/2 Cup Macaroni Salad S. 1 Each Celery/Ranch Dressin S. 1 2x3" Applesauce Cake	1. 1 Each Cheeseburger Pocket 2. 1/2 Cup Oven Baked Fries 3. 1/2 Cup Dilled Carrots 4. 1/2 Cup Fruit Cup 5. 8 Fl Oz Skim Milk 6. 6 Fl Oz Beverage of Choice S. 6 Fl Oz Chicken Noodle Soup S. 1 Pkg Saltine Crackers S. 1 Each Shaved Ham Sandwic S. 1/2 Cup Macaroni Salad S. 1 Each Celery/Ranch Dressin S. 1 2x3" Applesauce Cake	1. 1 Each Cheeseburger Pocket 2. 1/2 Cup Oven Baked Fries 3. 1/2 Cup Dilled Carrots 4. 1/2 Cup Fruit Cup 5. 8 Fl Oz Skim Milk 6. 6 Fl Oz Beverage of Choice S. 6 Fl Oz Chicken Noodle Soup S. 1 Pkg Saltine Crackers S. 1 Each Shaved Ham Sandwic S. 1/2 Cup Macaroni Salad S. 1 Each Celery/Ranch Dressin S. 1 Slice RC Gelatin Cake	1. 1/2 Eac Cheeseburger Pocket 2. 1/4 Cup Oven Baked Fries 3. 1/2 Cup Dilled Carrots 4. 1/2 Cup Fruit Cup 5. 8 Fl Oz Skim Milk 6. 6 Fl Oz Beverage of Choice S. 1 Pkg Saltine Crackers S. 1/2 Eac Shaved Ham Sandwic S. 1/2 Cup Macaroni Salad S. 1 Each Celery/Ranch Dressin S. 1 Slice RC Gelatin Cake
1. 8 Fl Oz Grape Drink 2. 1 Oz Cheese Crackers	1. 8 Fl Oz Grape Drink 2. 1 Oz Cheese Crackers	1. 8 Fl Oz Grape Drink 2. 1 Oz Cheese Crackers	1. 8 Fl Oz Grape Drink 2. 1 Oz Cheese Crackers	1. 8 Fl Oz Grape Drink 2. 1 Oz Cheese Crackers	1. 8 Fl Oz RC Grape Drink 2. 1 Oz Cheese Crackers	1. 8 Fl Oz RC Grape Drink 2. 1 Oz Cheese Crackers

NOTE: SAMPLE

1275 DAVIS ROAD, SUITE 121 | ELGIN, IL 60123 | 847-888-8177 | 800-761-9200 | 888-521-1552 (fax)

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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.