|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Provider:** |  | | | | | | | | | | | |
| **MENUS APPROVED BY:** | **REGISTERED DIETICIAN – PROVIDER’S** | | | | **DATE** | | **REGISTERED DIETICIAN – PSA’S** | | | | **DATE** | |
|  |  | | | |  | |  | | | |  | |
| ***MENU PATTERN*** | ***MONTH & DAY (MONTH/DATE OVER APPROPRIATE DAY OF THE WEEK)*** | | | | | | | | | | | |
|  | |  | |  | | |  | |  | | |
| **MONDAY** | | **TUESDAY** | | **WEDNESDAY** | | | **THURSDAY** | | **FRIDAY** | | |
| **MEAT OR ALTERNATE**  (2oz cooked edible portion ) List portion size & food components of all extended entrees. (e.g. casseroles) | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | |
| **VEGETABLES**  (1--2 – half cup servings)  (1 cup raw leafy vegetables  = 1 serving) | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | |
| mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | |
| **FRUIT\***  (1 half cup serving) | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | |
| **BREAD /GRAIN\*\***  (1-2 servings )  ½ should be whole grain | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | |
| **DESSERT\***  (Optional) | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | | mg Vit. A ; mg Vit.C ; mg  Sodium | | mg Vit. A ; mg Vit.C ; mg  Sodium | | |
| **KEY NUTRIENTS**  Specify total mg of Vit A & Vit C (unless from single source) and mg of Sodium contained in the meal. | mg Vit.A | mg Vit.C | mg Vit.A | mg Vit. C | mg Vit.A | mg Vit. C | | mg  Vit.A | mg Vit. C | mg Vit.A | | mg Vit C |
| mg Sodium mg Sodium mg Sodium mg Sodium mg Sodium | | | | | | | | | | | |
| **FORTIFIED MILK**  (8 oz. serving )  Non-Fat, Low-Fat, or  Buttermilk |  | |  | |  | | |  | |  | | |
| **COMMENTS** [NOTE DAY IN BRACKETS] | | | | | | | | | | | | |

NOTE: This menu pattern is based on the caloric requirement for a 70+ year old female whose activity level is sedentary.

Vitamin A Source (\*) 3 times per week. (250μg). Vitamin C Source (+) Daily. (25 mg)

Use fruit as a dessert as often as possible, limit sweets – The fruit and grains you serve in dessert can count towards the fruit and/or grain requirement. *H/All/Nutrition Guidelines & Training/Meal Pattern*