


FACILITY OR
INSTITUTION NAME: _____


**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023 - 2024
THERAPEUTIC DIETS
WEEK 3 Monday**

MONTH OF _____
OPERATION: _____

Effective: 10/9/2023



FL Department of Corrections Approval
Roosevelt Petithomme, Bureau Chief



Jennifer Murphy, R.D., L.D./ N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal w/ brown sugar 1 ea margarine 2 ea pancakes (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk	1 ½ c oatmeal w/ brown sugar 1 ea margarine 2 ea pancakes (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk	2 ea breakfast sausage patty (E) 1 ½ c oatmeal w/ brown sugar 1 ea bread 1 ea margarine 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute	2 ea breakfast sausage patty (E) 1 ½ c oatmeal w/ brown sugar 2 ea bread 1 ea margarine 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea sugar substitute	3 oz LS peanut butter 2 c buttery oatmeal 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk
No Alternate Entrée	No Alternate Entrée	2 oz cheese* (AE)	2 oz cheese* (AE)	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 ea pepper chicken patty (E) ¾ c pasta ½ c mixed vegetables 2 ea bread ½ oz mustard ½ oz ketchup 1 c fortified tea	2 ea pepper chicken patty (E) 1 ½ c pasta ½ c mixed vegetables 2 ea bread ½ oz mustard ½ oz ketchup 1 c fortified tea	1 ea pepper chicken patty (E) 1 c pasta ½ c mixed vegetables 1 ea bread ½ oz mustard ½ oz ketchup 1 c fortified tea	1 ea pepper chicken patty (E) 2 c pasta ½ c mixed vegetables 1 c bread ½ c mustard ½ c ketchup 1 c fortified tea	1 c dried beans 2 c pasta 1 c peas & carrots ½ c canned fruit ½ oz margarine (#60 disher) 1 c fortified tea
1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz country gravy 1 c dried beans ¾ c garlic mashed potatoes ½ c cabbage 2 ea bread	6 ea meatballs (E) 2 oz country gravy 1 c dried beans 2 c garlic mashed potatoes ½ c cabbage 2 ea bread	6 ea meatballs (E) 2 oz country gravy ¾ c dried beans ½ c cabbage 1 ea bread	6 ea meatballs (E) 2 oz country gravy 1 c dried beans 1 c cabbage 1 ea bread	1 c dried beans 2 c oven browned potatoes 1 c cabbage ½ c canned fruit ½ oz margarine (#60 disher) 1 c fortified beverage
1 ea cake (1/48 cut) 1 c fortified beverage 1 c dried beans (AE)	1 ea cake (1/48 cut) 1 c fortified beverage 1 c dried beans (AE)	1 c fortified beverage ¾ c dried beans (AE)	1 c fortified beverage 1 c dried beans (AE)	
		H.S. Snack	H.S. Snack	
		2 T LS peanut butter (#30 disher) 2 ea bread	2 T LS peanut butter (#30 disher) 2 ea bread	

Therapeutic diets do not receive salt
Only Vegan diets receive salt on trays

Menu represents edible portion unless otherwise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE) does not receive gravy, mustard, ketchup

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

* Cheese as Menu Item

Menu calls for:	Sliced	← OR → substitute	Shredded
1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.

* standard ordered size is 1/2 oz. slices

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

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Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c oatmeal w/ brown sugar	1 c oatmeal w/ brown sugar	¼ c scrambled eggs (E) ½ c grits	1 c oatmeal w/ brown sugar	¼ c scrambled eggs (E) ½ c oatmeal w/ brown sugar
2 ea pancakes (E)	2 ea pancakes (E)	2 ea pancakes (E)	2 ea pancakes (E)	3 ea bread
1 ea fresh fruit	½ c canned fruit	½ c Citrus Sunrise	½ c canned fruit	½ c canned fruit
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
2 oz syrup	2 oz syrup	2 oz syrup	2 oz syrup	1 oz jelly (#30 disher)
2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk
1 ea margarine	1 ea margarine	1 oz margarine (#30 disher)	1 oz LS margarine (#30 disher)	1 oz LS margarine (#30 disher)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 ea pepper chicken patty (E)	1 ea pepper chicken patty (E) (chopped)	¼ c ground chicken (E)	1 ea pepper chicken patty (E)	1 ea pepper chicken patty (E)
¾ c pasta	¾ c pasta	½ c pasta	1 c pasta	1 c pasta
½ c mixed vegetables	½ c mixed vegetables	½ c mixed vegetables	1 c mixed vegetables	1 c mixed vegetables
2 ea bread	2 ea bread	2 ea bread	2 ea bread	2 ea bread
½ oz mustard	½ oz mustard	½ oz mustard	½ c canned fruit	½ c canned fruit
½ oz ketchup	½ oz ketchup	½ oz ketchup	½ oz mustard	½ oz mustard
		1 oz margarine (#30 disher)	½ oz ketchup	½ oz ketchup
1 c fortified tea	1 c fortified tea	1 c fortified tea	1 oz LS margarine (#30 disher)	1 c fortified tea
1 c dried beans (AE)	1 c dried beans (AE)	3 oz cheese* (AE)	1 c fortified tea	¼ c cheese* (AE)
			¼ c dried beans (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E)	6 ea meatballs (E)	¼ c pulled poultry thigh (E) OR deboned chicken leg quarter	3 ea meatballs (E)	¼ c pulled poultry thigh (E) OR
2 oz country gravy	2 oz country gravy	2 oz country gravy	2 oz country gravy	2 oz country gravy
1 c dried beans	1 c dried beans	½ c rice	1 c garlic mashed potatoes	½ c garlic mashed potatoes
¾ c garlic mashed potatoes	¾ c garlic mashed potatoes	½ c cabbage	½ c cabbage	½ c cabbage
½ c cabbage	½ c cabbage	2 ea bread	2 ea bread	3 ea bread
2 ea bread	2 ea bread	1 ea cake (1/48 cut)	1 ea cake (1/48 cut)	1 ea cake (1/48 cut)
1 ea cake (1/48 cut)	1 ea cake (1/48 cut)	1 oz margarine (#30 disher)	1 oz LS margarine (#30 disher)	1 oz LS margarine (#30 disher)
1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage
1 c dried beans (AE)	1 c dried beans (AE)	¼ c scrambled eggs (AE)	½ c dried beans (AE)	¼ c scrambled eggs (AE)

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Food Service Director

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1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.

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**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023 - 2024
THERAPEUTIC DIETS
WEEK 3 Tuesday**

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FL Department of Corrections Approval
Roosevelt Petithomme, Bureau Chief



Jennifer Murphy, R.D., L.D./N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ea breakfast sausage patty (E) 1 c buttery oatmeal	2 ea breakfast sausage patty (E) 1 ½ c buttery oatmeal	2 ea breakfast sausage patty (E) 1 ½ c buttery oatmeal	1 ea breakfast sausage patty (E) 1 ½ c buttery oatmeal	3 oz LS peanut butter 1 ½ c buttery oatmeal ¾ c hashbrown potatoes
2 ea bakery biscuits (1/48ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk	2 ea bakery biscuits (1/48ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk	1 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute	2 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea sugar substitute	½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk
2 oz cheese* (AE)	2 oz cheese* (AE)	2 oz cheese* (AE)	2 oz cheese* (AE)	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
3 oz peanut butter & jelly (#12 disher) ¾ c potato salad ½ c carrot sticks 2 ea bread 1 ea cookie	3 oz peanut butter & jelly (#12 disher) 1 c potato salad ½ c carrot sticks 2 ea bread 1 ea cookie	2 oz peanut butter & jelly (#12 disher) 1 c potato salad 1 c carrot sticks 2 ea bread	2 oz peanut butter & jelly (#12 disher) 1 c potato salad 1 c carrot sticks 2 ea bread 1 ea fresh fruit	3 oz LS peanut butter 2 c oven brown potatoes 1 c carrot sticks 1 ea fresh fruit ½ oz margarine (#60 disher) 1 c fortified tea
1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea chicken leg quarter, herbed (E) ¾ c yellow rice 1 c dried beans ½ c greens 1 ea sweet cornbread (w/E) (1/48 cut)	1 ea chicken leg quarter, herbed (E) ¾ c yellow rice 1 c dried beans ½ c greens 1 ea sweet cornbread (w/E) (1/48 cut)	1 ea chicken leg quarter, herbed skinless (E) ½ c yellow rice ½ c dried beans ½ c greens 1 ea bread	1 ea chicken leg quarter, herbed skinless (E) ¾ c yellow rice ¾ c dried beans 1 c greens 1 ea bread	2 c plain rice 1 c dried beans 1 c greens ½ oz margarine (#60 disher) 1 c fortified beverage
1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	
3 oz peanut butter (AE) (#12 disher) 2 ea bread	3 oz peanut butter (AE) (#12 disher) 2 ea bread	3 oz peanut butter (AE) (#12 disher) 2 ea bread	3 oz peanut butter (AE) (#12 disher) 2 ea bread	
		H.S. Snack	H.S. Snack	
		2 T LS peanut butter (#30 disher) 2 ea bread	2 T LS peanut butter (#30 disher) 2 ea bread	

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3 oz	6 slices *	OR	3/4 c.

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Roosevelt Petithomme, Bureau Chief



Jennifer Murphy, R.D., L.D./ N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
2 ea breakfast sausage patty (E) 1 c buttery oatmeal	2 ea breakfast sausage patty (E) chopped 1 c buttery oatmeal	¼ c scrambled eggs (E) ½ c buttery oatmeal	2 oz scrambled eggs (E) 1 c buttery oatmeal	¼ c scrambled eggs (E) ½ c buttery oatmeal
2 ea bakery biscuits (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk	2 ea bakery biscuits (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk	2 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk 1 oz margarine (#30 disher)	2 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 oz jelly (#16 disher) 2 ea sugar pk 1 oz LS margarine (# 30 disher)	3 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1 oz jelly (#30 disher) 2 ea sugar pk 1 oz LS margarine (# 30 disher)
2 oz cheese* (AE)	2 oz cheese* (AE)	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
3 oz peanut butter & jelly (#12 disher) ¾ c potato salad ½ c carrot sticks 2 ea bread 1 ea cookie 1 c fortified tea No Alternate Entrée	3 oz peanut butter & jelly (#12 disher) ¾ c oven brown potatoes ½ c cooked carrots 2 ea bread 1 ea cookie 1 c fortified tea No Alternate Entrée	¾ c ground chicken (E) ½ c pasta ½ c cooked carrots 2 ea bread 1 ea cookie 1 oz margarine (#30 disher) 1 c fortified tea ¾ c scrambled eggs (AE)	2 oz peanut butter & jelly (#16 disher) (E) ¾ c potato salad ½ c carrot sticks 2 ea bread 1 ea fresh fruit 1 c fortified tea No Alternate Entrée	3 oz peanut butter & jelly (#12 disher) (E) ½ c potato salad ½ c carrot sticks 2 ea bread 1 ea fresh fruit 1 c fortified tea No Alternate Entrée
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea chicken leg quarter, herbed (E) ¾ c yellow rice 1 c dried beans ½ c greens 1 ea sweet cornbread (w/E) (1/48 cut) 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher) 2 ea bread	1 ea chicken leg quarter, herbed (E) chopped ¾ c yellow rice 1 c dried beans ½ c greens 1 ea sweet cornbread (w/E) (1/48 cut) 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher) 2 ea bread	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ½ c yellow rice ½ c greens 2 ea bread 1 oz margarine (#30 disher) 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher) 2 ea bread	2 oz pulled poultry thigh (E) OR deboned chicken leg quarter 1 c yellow rice ½ c greens 2 ea bread ½ c canned fruit 1 oz LS margarine (# 30 disher) 1 c fortified beverage 2 oz cheese* (AE)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ¾ c yellow rice ½ c greens 3 ea bread 1 oz LS margarine (# 30 disher) 1 c fortified beverage ¾ c scrambled eggs (AE)

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3 oz	6 slices *	OR	3/4 c.

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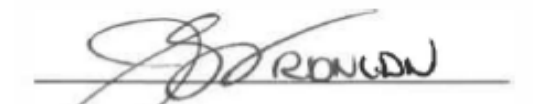
**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023 - 2024
THERAPEUTIC DIETS
WEEK 3 Wednesday**

MONTH OF _____
OPERATION: _____

Effective: 10/9/2023



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Roosevelt Petithomme, Bureau Chief


 Jennifer Murphy, R.D., L.D./ N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c buttery oatmeal w/ brown sugar 2 ea streusel coffee cake (E) (1/48 ea) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	1 ½ c buttery oatmeal w/ brown sugar 2 ea streusel coffee cake (E) (1/48 ea) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	½ c scrambled eggs (E) 1 c buttery oatmeal 1 ea bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute	½ c scrambled eggs (E) 1 ½ c buttery oatmeal 2 ea bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea sugar substitute	3 oz LS peanut butter (#12 disher) 2 c buttery oatmeal 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c western chili (E) ¾ c rice 1 c corn ½ c garden salad 1 ea southern cornbread (1/48 cut) ½ fl oz dressing 1 c fortified tea 1 c dried beans (AE)	1 c western chili (E) 1 ½ c rice 1 c corn ½ c garden salad 1 ea southern cornbread (1/48 cut) ½ fl oz dressing 1 c fortified tea 1 c dried beans (AE)	1 c western chili (E) ¾ c rice 1 c corn ½ c garden salad 1 ea bread ½ fl oz dressing 1 c fortified tea 1 c dried beans (AE)	1 ½ c western chili (E) 1 c rice 1 c corn ½ c garden salad 1 ea bread ½ c canned fruit ½ fl oz dressing 1 c fortified tea 1 c dried beans (AE)	1 c dried beans 2 c rice 1 c corn ½ c garden salad ½ oz margarine (#60 disher) ½ c canned fruit 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea 100% beef patty (E) 1 c dried beans ¾ c scalloped noodles ½ c coleslaw vinaigrette 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 ea 100% beef patty (E) 1 c dried beans 1 ½ c scalloped noodles ½ c coleslaw vinaigrette 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 ea 100% beef patty (E) ¾ c scalloped noodles ½ c coleslaw vinaigrette 1 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 ea 100% beef patty (E) ¾ c scalloped noodles ½ c coleslaw vinaigrette 1 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 c dried beans 2 c oven brown potatoes 1 c cabbage ½ c canned fruit ½ oz margarine (#60 disher) 1 c fortified beverage
		H.S. Snack	H.S. Snack	
		2 T LS peanut butter (#30 disher) 2 ea bread	2 T LS peanut butter (#30 disher) 2 ea bread	

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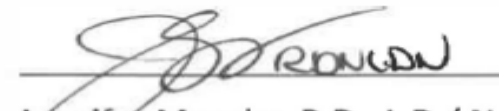
STATE OF FLORIDA
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THERAPEUTIC DIETS
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Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c buttery oatmeal w/ brown sugar 2 ea streusel coffee cake (E) (1/48 ea) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	1 c buttery oatmeal w/ brown sugar 2 ea streusel coffee cake (E) (1/48 ea) ½ c Citrus Sunrise *** 1 c coffee 1 c breakfast beverage 2 ea sugar pk	¾ c scrambled eggs (E) ½ c buttery oatmeal w/ brown sugar 2 ea streusel coffee cake (E) (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz margarine (#30 disher)	1 c buttery oatmeal w/ brown sugar 2 ea streusel coffee cake (E) (1/48 ea) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz LS margarine (#30 disher)	¾ c scrambled eggs (E) ½ c buttery oatmeal w/ brown sugar 3 ea bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 1 oz jelly (#30 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher)
No Alternate Entrée	No Alternate Entrée *** can give a banana in place of juice	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c western chili (E) ¾ c rice 1 c corn ½ c garden salad 2 ea bread ½ fl oz dressing 1 c fortified tea 1 c dried beans (AE)	1 c western chili (E) ¾ c rice 1 c corn 1 ea bread 1 c fortified tea 1 c dried beans (AE)	¾ c ground chicken (E) ½ c rice ½ c corn 2 ea bread 1 oz margarine (#30 disher) 1 c fortified tea 3 oz cheese* (AE)	2 oz ground chicken (E) ½ c rice ½ c corn ½ c garden salad 2 ea bread ½ c canned fruit ½ fl oz dressing 1 c fortified tea ½ c dried beans (AE)	½ c ground chicken (E) ¾ c rice ½ c corn ½ c garden salad 2 ea bread ½ fl oz dressing 1 c fortified tea ¾ oz scrambled eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea 100% beef patty (E) 1 c dried beans ¾ c scalloped noodles ½ c coleslaw vinaigrette 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 ea 100% beef patty (E) chopped 1 c dried beans ¾ c scalloped noodles ½ c cooked cabbage 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 ea 100% beef patty (E) ½ c pasta ½ c cooked cabbage 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 oz margarine (#30 disher) 1 c fortified beverage ¾ c scrambled eggs (AE)	3 oz pulled poultry thigh (E) OR deboned chicken leg quarter 1 c scalloped noodles ½ c coleslaw vinaigrette 2 ea bread 1 ea cookie 1 oz LS margarine (#30 disher) 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ¾ c scalloped noodles ½ c coleslaw vinaigrette 3 ea bread 1 ea cookie 1 oz LS margarine (#30 disher) 1 c fortified beverage ¾ c scrambled eggs (AE)

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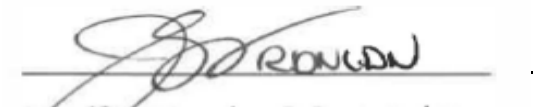
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Week 3 Thursday**

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BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
¾ c country meat gravy (E) 1 c buttery grits 2 ea bakery biscuits (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk 2 oz cheese* (AE)*	¾ c country meat gravy (E) 1 ½ c buttery grits 2 ea bakery biscuits (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk 2 oz cheese* (AE)	¾ c country meat gravy (E) 1 c buttery grits 1 ea bread 1 c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute 2 oz cheese* (AE)	¾ c country meat gravy (E) 1 ½ c buttery grits 2 ea bread 1 c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea sugar substitute 2 oz cheese* (AE)	3 oz LS peanut butter (#12 disher) 2 c buttery grits ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c shepherd stew (E) 1 c dried beans 1 c mashed potatoes 1 ea bakery biscuit (1/48 cut) 1 oz shredded cheese* 1 c fortified tea 1 c dried beans (AE) ½ c carrots (AE)	1 c shepherd stew (E) 1 c dried beans 1 ½ c mashed potatoes 2 ea bakery biscuit (1/48 cut) 1 oz cheese* (AE) 1 c fortified tea 1 c dried beans (AE) ½ c carrots (AE)	1 c shepherd stew (E) ½ c dried beans ¾ c mashed potatoes 1 ea bread 1 c fortified tea 1 c dried beans (AE) ½ c carrots (AE)	1 c shepherd stew (E) 1 c dried beans 1 c mashed potatoes 1 ea bread 1 c fortified tea 1 c dried beans (AE) ½ c carrots (AE)	1 c dried beans 2 c oven browned potatoes 1 c carrots ½ c canned fruit ½ oz margarine (#60 disher) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea country patty (E) ¾ c rice 1 c dried beans ½ c carrots ½ c garden salad 2 ea bread 2 oz country gravy ½ fl oz dressing 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 ea country patty (E) 1 ½ c rice 1 c dried beans ½ c carrots ½ c garden salad 2 ea bread 2 oz country gravy ½ fl oz dressing 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 ea country patty (E) ½ c rice ½ c dried beans ½ c carrots ½ c garden salad 1 ea bread 2 oz country gravy ½ fl oz dressing 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 ea country patty (E) ¾ c rice 1 c dried beans ½ c carrots ½ c garden salad 1 ea bread 2 oz country gravy ½ fl oz dressing 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	2 c rice 1 c dried beans 1 c carrots ½ oz margarine (#60 disher) ½ c canned fruit 1 c fortified beverage
		H.S. Snack	H.S. Snack	
		2 T LS peanut butter (#30 disher) 2 ea bread	2 T LS peanut butter (#30 disher) 2 ea bread	

Therapeutic diets do not receive salt
Only Vegan diets receive salt on trays

Menu represents edible portion unless otherwise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE) does not receive gravy, mustard, ketchup

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

Cheese as Menu Item			
Menu calls for:	Sliced	← OR, substitute →	Shredded
1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.
* standard ordered size is 1/2 oz. slices			

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

FACILITY OR
INSTITUTION NAME: _____


STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023 - 2024
THERAPEUTIC DIETS
Week 3 Thursday

MONTH OF _____
OPERATION: _____

Effective: 10/9/2023



FL Department of Corrections Approval
Roosevelt Petithomme, Bureau Chief


Jennifer Murphy, R.D., L.D./ N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
¼ c country meat gravy (E) 1 c buttery grits 2 ea bakery biscuits (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk	¼ c country meat gravy (E) 1 c buttery grits 2 ea bakery biscuits (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk	¼ c scrambled eggs (E) ½ c buttery grits 2 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk 1 oz margarine (#30 disher)	¼ c scrambled eggs (E) 1 c buttery grits 2 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 oz jelly (#16 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher)	¼ c scrambled eggs (E) 1 c buttery grits 3 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 1 oz jelly (#30 disher) 2 ea sugar pk 1 oz LS margarine (#30 disher)
2 oz cheese* (AE)	2 oz cheese* (AE)	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c shepherd stew (E) 1 c dried beans 1 c mashed potatoes 1 ea bakery biscuit (1/48 cut) 1 oz shredded cheese* 1 c fortified tea	1 c shepherd stew (E) 1 c dried beans 1 c mashed potatoes 1 ea bakery biscuit (1/48 cut) 1 oz shredded cheese* 1 c fortified tea	¾ c ground chicken (E) ½ c carrots ½ c pasta 2 ea bread 1 oz margarine (#30 disher) 1 oz shredded cheese* 1 c fortified tea	½ c shepherd stew (E) ¾ c mashed potatoes 2 ea bread ½ c canned fruit 1 oz LS margarine (#30 disher) 1 oz shredded cheese* 1 c fortified tea	½ c ground chicken (E) 1 c carrots ¾ c mashed potatoes 2 ea bread ½ c canned fruit 1 c fortified tea
1 c dried beans (AE) ½ c carrots (AE)	1 c dried beans (AE) ½ c carrots (AE)	3 oz cheese* (AE)	½ c dried beans (AE) ½ c carrots (AE)	¾ c scrambled eggs (E)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea country patty (E) 1 c dried beans ¾ c rice ½ c carrots ½ c garden salad 2 ea bread 2 oz country gravy ½ fl oz dressing 1 c fortified beverage	3 oz country patty (E) chopped 1 c dried beans ¾ c rice 1 c cooked carrots 2 ea bread 2 oz country gravy 1 c fortified beverage	¾ c pulled poultry thigh (E) ½ c rice ½ c cooked carrots 2 ea bread 2 oz country gravy 1 oz margarine (#30 disher) 1 c fortified beverage	1 ea country patty (E) ½ c rice ½ c cooked carrots 2 ea bread 2 oz country gravy 1 oz LS margarine (#30 disher) 1 c fortified beverage	1 ea country patty (E) ¾ c rice ½ c cooked carrots 3 ea bread 2 oz country gravy 1 oz LS margarine (#30 disher) 1 c fortified beverage
3 oz peanut butter (AE) (#12 disher)	3 oz peanut butter (AE) (#12 disher)	¾ c scrambled eggs (AE)	¾ c dried beans (AE)	¾ c scrambled eggs (E)

Therapeutic diets do not receive salt
Only Vegan diets receive salt on trays

Menu represents edible portion unless otherwise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE) does not receive gravy, mustard, ketchup

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

Cheese as Menu Item			
Menu calls for:	Sliced	← OR, substitute →	Shredded
1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.
* standard ordered size is 1/2 oz. slices			

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

FACILITY OR
INSTITUTION NAME: _____

**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023 - 2024
THERAPEUTIC DIETS
Week 3 Friday**

MONTH OF _____
OPERATION: _____

Effective: 10/9/2023



FL Department of Corrections Approval
Roosevelt Petithomme, Bureau Chief



Jennifer Murphy, R.D., L.D./ N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
½ c scrambled eggs (E) 1 c buttery oatmeal 2 ea tortillas 1 oz shredded cheese* ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk	½ c scrambled eggs (E) 2 c buttery oatmeal 2 ea tortillas 1 oz shredded cheese* ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk	½ c scrambled eggs (E) 1 c buttery oatmeal 2 ea tortillas ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar substitute	½ c scrambled eggs (E) 1 c buttery oatmeal 2 ea tortillas ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar substitute	½ oz LS peanut butter (#12 disher) 1 ½ c buttery oatmeal ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2 oz luncheon meat (E) 1 oz cheese (E)* ¾ c pasta salad ½ c shredded lettuce 2 ea bread 1 ea fudge brownie (1/48 cut) ½ oz mayonnaise ½ oz mustard 1 c fortified tea 3 oz cheese* (AE)	2 oz luncheon meat (E) 1 oz cheese (E)* ¾ c pasta salad ½ c shredded lettuce 2 ea bread 1 ea fudge brownie (1/48 cut) ½ oz mayonnaise ½ oz mustard 1 c fortified tea 3 oz cheese* (AE)	2 oz luncheon meat (E) 1 oz cheese (E)* 1 c pasta salad ½ c shredded lettuce 2 ea bread 1 ea fresh fruit ½ oz mayonnaise ½ oz mustard 1 c fortified tea 3 oz cheese* (AE)	2 oz luncheon meat (E) 1 oz cheese (E)* 1 ½ c pasta salad ½ c shredded lettuce 2 ea bread 1 ea fresh fruit ½ oz mayonnaise ½ oz mustard 1 c fortified tea 3 oz cheese* (AE)	1 c dried beans 2 c pasta 1 c shredded lettuce 1 ea fresh fruit ½ oz margarine (#60 disher) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea fish patty (E) ¾ c cheesy grits 1 c baked beans ½ c creamy coleslaw 2 ea bread ½ fl oz tartar sauce 1 c fortified beverage 1 c baked beans (AE)	1 ea fish patty (E) 2 c cheesy grits 1 ½ c baked beans ½ c creamy coleslaw 2 ea bread ½ fl oz tartar sauce 1 c fortified beverage 1 c baked beans (AE)	1 ea fish patty (E) ½ c dried beans ½ c creamy coleslaw 1 ea bread ½ fl oz tartar sauce 1 c fortified beverage ½ c dried beans	1 ea fish patty (E) 1 c dried beans ½ c creamy coleslaw 1 ea bread ½ fl oz tartar sauce 1 c fortified beverage ½ c dried beans	2 c plain grits 1 c dried beans 1 c cabbage ½ c canned fruit ½ oz margarine (#60 disher) 1 c fortified beverage
		H.S. Snack	H.S. Snack	
		2 T LS peanut butter (#30 disher) 2 ea bread	2 T LS peanut butter (#30 disher) 2 ea bread	

Therapeutic diets do not receive salt
Only Vegan diets receive salt on trays

Menu represents edible portion unless otherwise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE) does not receive gravy, mustard, ketchup

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

* Cheese as Menu Item

Menu calls for:	Sliced	OR, substitute	Shredded
1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.

* standard ordered size is 1/2 oz. slices

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

FACILITY OR
INSTITUTION NAME: _____

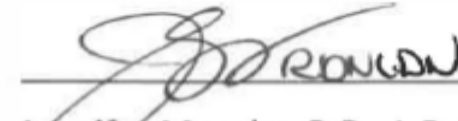
**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023 - 2024
THERAPEUTIC DIETS
Week 3 Friday**

MONTH OF _____
OPERATION: _____

Effective: 10/9/2023



FL Department of Corrections Approval
Roosevelt Petithomme, Bureau Chief



Jennifer Murphy, R.D., L.D./N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
½ c scrambled eggs (E) 1 c buttery oatmeal 2 ea tortillas 1 oz shredded cheese* ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk	½ c scrambled eggs (E) 1 c buttery oatmeal 2 ea tortillas 1 oz shredded cheese* ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk	¾ c scrambled eggs (E) ½ c grits 2 ea tortillas 1 oz shredded cheese* ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz jelly (#60 disher) 1 oz margarine (#30 disher)	¼ c scrambled eggs (E) 1 c buttery oatmeal 2 ea tortillas ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk 2 oz jelly (#16 disher) 1 oz LS margarine (# 30 disher)	¾ c scrambled eggs (E) ½ c buttery oatmeal 2 ea tortillas ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz jelly (#30 disher) 1 oz LS margarine (#30 disher)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2 oz luncheon meat (E) 1 oz cheese (E)* ¾ c pasta salad ½ c shredded lettuce 2 ea bread 1 ea fudge brownie (1/48 cut) ½ oz mayonnaise ½ oz mustard 1 c fortified tea 3 oz cheese* (AE)	2 oz luncheon meat (E) chopped 1 oz cheese (E)* ¾ c pasta ½ c squash 2 ea bread 1 ea fudge brownie (1/48 cut) ½ oz mayonnaise ½ oz mustard 1 c fortified tea 3 oz cheese* (AE)	4 oz luncheon meat (E) 1 oz cheese (E)* ½ c pasta ½ c squash 2 ea bread ½ c canned fruit ½ oz mayonnaise ½ oz mustard 1 oz margarine (#30 disher) 1 c fortified tea 3 oz cheese* (AE)	2 oz luncheon meat (E) 1 oz cheese (E)* ¾ c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit ½ oz mayonnaise ½ oz mustard 1 c fortified tea 3 oz cheese* (AE)	½ c ground chicken (E) ¾ c pasta salad ½ c lettuce 2 ea bread 1 ea fresh fruit ½ oz mayonnaise ½ oz mustard 1 c fortified tea ¾ c scrambled eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea fish patty (E) ¾ c cheesy grits 1 c baked beans ½ c creamy coleslaw 2 ea bread ½ fl oz tartar sauce 1 c fortified beverage 1 c baked beans (AE)	1 ea fish patty (E) chopped ¾ c cheesy grits 1 c baked beans ½ c cooked cabbage 2 ea bread ½ fl oz tartar sauce 1 c fortified beverage 1 c baked beans (AE)	1 ea fish patty (E) ½ c cheesy grits ½ c cooked cabbage 2 ea bread ½ fl oz tartar sauce 1 oz margarine (#30 disher) 1 c fortified beverage ¾ c scrambled eggs (AE)	1 ea fish patty (E) 1 c cheesy grits ½ c creamy coleslaw 2 ea bread ½ fl oz tartar sauce 1 oz LS margarine (# 30 disher) 1 c fortified beverage ¾ c dried beans (AE)	1 ea fish patty (E) 1 c cheesy grits ½ c creamy coleslaw 3 ea bread ½ fl oz tartar sauce 1 oz LS margarine (# 30 disher) 1 c fortified beverage ¾ c scrambled eggs (AE)

Therapeutic diets do not receive salt
Only Vegan diets receive salt on trays

Menu represents edible portion unless otherwise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE) does not receive gravy, mustard, ketchup

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

*

Cheese as Menu Item			
Menu calls for:	Sliced	OR, substitute	Shredded
1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.
* standard ordered size is 1/2 oz. slices			

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

FACILITY OR
INSTITUTION NAME: _____

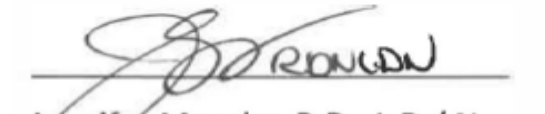
**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023 - 2024
THERAPEUTIC DIETS
Week 3 Saturday**

MONTH OF _____
OPERATION: _____

Effective: 10/9/2023



FL Department of Corrections Approval
Roosevelt Petithomme, Bureau Chief



Jennifer Murphy, R.D., L.D./ N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c bran flakes cereal 2 ea blueberry muffin squares (E) (1/48 ea) ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	2 c bran flakes cereal 2 ea blueberry muffin squares (E) (1/48 ea) ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	1/3 c scrambled eggs (E) 1 ½ c bran flakes cereal 1 ea bread ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar substitute 1 pk diet jelly	1/3 c scrambled eggs (E) 1 ½ c bran flakes cereal 2 ea bread ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar substitute 2 pk diet jelly	3 oz LS peanut butter (#12 disher) 2 c buttery oatmeal ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 ea chicken sausage patty (E) ¾ c rice 1 c dried beans ½ c mixed vegetables 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified tea 1 c dried beans (AE)	1 ea chicken sausage patty (E) 2 c rice 1 c dried beans ½ c mixed vegetables 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified tea 1 c dried beans (AE)	1 ea chicken sausage patty (E) 1 c rice 1 c mixed vegetables 1 ea bread ½ c canned fruit ½ oz mustard ½ oz ketchup 1 c fortified tea 1 c dried beans (AE)	1 ea chicken sausage patty (E) 1 ½ c rice 1 c mixed vegetables 1 ea bread ½ c canned fruit ½ oz mustard ½ oz ketchup 1 c fortified tea 1 c dried beans (AE)	1 c dried beans 2 c rice 1 c mixed vegetables ½ c canned fruit ½ oz margarine (#60 disher) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea meatloaf patty (E) ¾ c garlic mashed potatoes ¾ c pasta salad ½ c carrots 2 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c dried beans (AE)	1 ea meatloaf patty (E) 1 ½ c garlic mashed potatoes 1 ½ c pasta salad ½ c carrots 2 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c dried beans (AE)	1 ea meatloaf patty (E) ½ c garlic mashed potatoes ½ c dried beans ½ c carrots 1 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c dried beans (AE)	1 ea meatloaf patty (E) ½ c garlic mashed potatoes ½ c dried beans 1 c carrots 1 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c dried beans (AE)	2 c oven brown potatoes 1 c dried beans 1 c carrots ½ c canned fruit ½ oz margarine (#60 disher) 1 c fortified beverage
		H.S. Snack	H.S. Snack	
		2 T LS peanut butter (#30 disher) 2 ea bread	2 T LS peanut butter (#30 disher) 2 ea bread	

Therapeutic diets do not receive salt
Only Vegan diets receive salt on trays

Menu represents edible portion unless otherwise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE) does not receive gravy, mustard, ketchup

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

Cheese as Menu Item			
Menu calls for:	Sliced	OR, substitute	Shredded
1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.
* standard ordered size is 1/2 oz. slices			

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

FACILITY OR
INSTITUTION NAME: _____

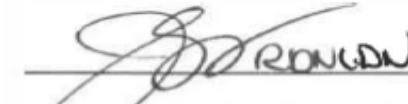
**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023 - 2024
THERAPEUTIC DIETS
WEEK 3 Saturday**

MONTH OF _____
OPERATION: _____

Effective: 10/9/2023



FL Department of Corrections Approval
Roosevelt Petithomme, Bureau Chief



Jennifer Murphy, R.D., L.D./ N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
1 c bran flakes cereal 2 ea blueberry muffin squares (E) (1/48ea) ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	1 c bran flakes cereal 2 ea blueberry muffin squares (E) (1/48ea) ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	¾ c scrambled eggs (E) ½ c buttery oatmeal 2 ea blueberry muffin squares (E) (1/48ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz margarine (#30 disher)	1 c bran flakes cereal 2 ea blueberry muffin squares (E) (1/48ea) ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz LS margarine (#30 disher)	¾ c scrambled eggs (E) ½ c bran flakes cereal 3 ea bread ½ c canned fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz LS margarine (#30 disher) 1 oz jelly (#30 disher)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 ea chicken sausage patty (E) ¾ c rice 1 c dried beans ½ c mixed vegetables 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified tea 1 c dried beans (AE)	1 ea chicken sausage patty (E) chopped ¾ c rice 1 c dried beans ½ c mixed vegetables 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified tea 1 c dried beans (AE)	¾ c ground chicken (E) ½ c rice ½ c mixed vegetables 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 oz margarine (#30 disher) 1 c fortified tea ¾ c scrambled eggs (AE)	1 ea chicken sausage patty (E) ½ c rice ½ c mixed vegetables 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified tea ¾ c dried beans (AE)	½ c ground chicken (E) ½ c rice ½ c mixed vegetables 2 ea bread 1 ea cookie ½ oz mustard ½ oz ketchup 1 c fortified tea ¾ c scrambled eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea meatloaf patty (E) ¾ c garlic mashed potatoes ¾ c pasta salad ½ c carrots 2 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c dried beans (AE)	1 ea meatloaf patty (E) chopped ¾ c garlic mashed potatoes ¾ c pasta salad ½ c cooked carrots 2 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c dried beans (AE)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ½ c garlic mashed potatoes ¾ c pasta 2 ea bread 1 oz margarine (#30 disher) ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz cheese* (AE)	1 ea meatloaf patty (E) ¾ c garlic mashed potatoes ½ c carrots 2 ea bread 1 oz LS margarine (#30 disher) ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz cheese* (AE)	1 ea meatloaf patty (E) ¾ c garlic mashed potatoes ½ c carrots 3 ea bread 1 oz LS margarine (#30 disher) ½ oz mustard ½ oz ketchup 1 c fortified beverage ¾ c scrambled eggs (AE)

Therapeutic diets do not receive salt
Only Vegan diets receive salt on trays

Menu represents edible portion unless otherwise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE) does not receive gravy, mustard, ketchup

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

* Cheese as Menu Item

Menu calls for:	Sliced	OR, substitute	Shredded
1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.

* standard ordered size is 1/2 oz. slices

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

FACILITY OR
INSTITUTION NAME: _____


**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023 - 2024
THERAPEUTIC DIETS
WEEK 3 Sunday**

MONTH OF _____
OPERATION: _____

Effective: 10/9/2023



FL Department of Corrections Approval
Roosevelt Petithomme, Bureau Chief



Jennifer Murphy, R.D., L.D./ N
Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
½ c scrambled eggs (E) 1 c buttery grits 2 ea bran muffin squares (E) (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk	½ c scrambled eggs (E) 1½ c buttery grits 2 ea bran muffin squares (E) (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk	½ c scrambled eggs (E) 1½ c buttery grits 1 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute	½ c scrambled eggs (E) 2 c buttery grits 2 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea sugar substitute	3 oz LS peanut butter (# 12 disher) 2 c buttery grits ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 ea sugar pk
No Alternate Entrée	No Alternate Entrée	No alternate entrée	No alternate entrée	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c chili mac (E) 1 c dried beans ½ c coleslaw vinaigrette 1 ea southern cornbread (1/48 cut) 1 c fortified tea 1 c beans (AE) ½ c pasta	1 c chili mac (E) 1 c dried beans ½ c coleslaw vinaigrette 1 ea southern cornbread (1/48 cut) 1 c fortified tea 1 c beans (AE) ½ c pasta	1 c chili mac (E) 1 c dried beans ½ c coleslaw vinaigrette 1 ea bread 1 c fortified tea 1 c beans (AE) ½ c pasta	1½ c chili mac (E) 1 c dried beans ½ c coleslaw vinaigrette 2 ea bread 1 c fortified tea 1 c beans (AE) ½ c pasta	2 c pasta 1 c dried beans 1 c cooked cabbage ½ c canned fruit ½ oz margarine (#60 disher) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
3 oz peanut butter and jelly (E) ¾ c pasta salad ½ c carrot sticks 2 ea bread 1 ea cookie	3 oz peanut butter and jelly (E) 2 c pasta salad ½ c carrot sticks 2 ea bread 1 ea cookie	2 oz peanut butter and jelly (E) ¾ c pasta salad ½ c carrots 2 ea bread 1 c fortified beverage	2 oz peanut butter and jelly (E) ¾ c pasta salad ½ c carrots 2 ea bread 1 ea fresh fruit 1 c fortified beverage	1 c dried beans 2 c pasta 1 c carrots 1 ea fresh fruit ½ oz margarine (#60 disher) 1 c fortified beverage
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	
		H.S. Snack	H.S. Snack	
		2 T LS peanut butter (#30disher) 2 ea bread	2 T LS peanut butter (#30disher) 2 ea bread	

Therapeutic diets do not receive salt
Only Vegan diets receive salt on trays

Menu represents edible portion unless otherwise noted
(E) Denotes Entree
(AE) Denotes Alternate Entree
(AE) does not receive gravy, mustard, ketchup

This is to certify that this menu is reviewed monthly and is served as written unless otherwise noted

Food Service Director

* Cheese as Menu Item

Menu calls for:	Sliced	OR, substitute	Shredded
1 oz	2 slices *	OR	1/4 c.
2 oz	4 slices *	OR	1/2 c.
3 oz	6 slices *	OR	3/4 c.

* standard ordered size is 1/2 oz. slices

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

FACILITY OR
INSTITUTION NAME: _____


**STATE OF FLORIDA
DEPARTMENT OF CORRECTIONS
MASTER MENU FY 2023 - 2024
THERAPEUTIC DIETS
WEEK 3 Sunday**

MONTH OF _____
OPERATION: _____

Effective: 10/9/2023



FL Department of Corrections Approval
Roosevelt Petithomme, Bureau Chief



Jennifer Murphy, R.D., L.D./ N
Public Health Nutrition Consultant

Regular	Mech/Dental	Low Fiber	Pre Dialysis	Dialysis
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
½ c scrambled eggs (E) 1 c buttery grits 2 ea bran muffin squares (E) (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk	½ c scrambled eggs (E) 1 c buttery grits 2 ea bran muffin squares (E) (1/48 ea) ½ c Citrus Sunrise** 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk ** may have banana if available	½ c scrambled eggs (E) 1 c buttery grits 2 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly (#60 disher) 2 ea sugar pk 1 oz margarine (# 30 disher)	½ c scrambled eggs (E) 1 c buttery grits 2 ea bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz jelly (#16 disher) 2 ea sugar pk 1 oz LS margarine (# 30 disher)	½ c scrambled eggs (E) 1 c buttery grits 3 ea bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 1 oz jelly (#30 disher) 2 ea sugar pk 1 oz LS margarine (# 30 disher)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c chili mac (E) 1 c dried beans ½ c coleslaw vinaigrette 1 ea southern cornbread (1/48 cut) 1 c fortified tea 1 c beans (AE) ½ c pasta	1 c chili mac (E) 1 c dried beans ½ c cooked cabbage 1 ea southern cornbread (1/48 cut) 1 c fortified tea 1 c beans (AE) ½ c pasta	¾ c ground chicken (E) ¾ c pasta ½ c cooked cabbage 2 ea bread 1 oz margarine (# 30 disher) 1 c fortified tea 3 oz cheese* (AE)	½ c chili mac (E) 1 c pasta ½ c coleslaw vinaigrette 2 ea bread 1 oz LS margarine (# 30 disher) 1 c fortified tea ¾ c dried beans (AE)	½ c chili mac (E) ¾ c pasta ½ c coleslaw vinaigrette 2 ea bread 1 c fortified tea 3 oz cheese* (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
3 oz peanut butter and jelly (E) ¾ c pasta salad ½ c carrot sticks 2 ea bread 1 ea cookie	3 oz peanut butter and jelly (E) ¾ c pasta ½ c cooked carrots 2 ea bread 1 ea cookie 1 c fortified beverage	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ½ c pasta ½ c cooked carrots 2 ea bread 1 ea cookie 1 c fortified beverage	2 oz peanut butter and jelly (E) 1 c pasta salad ½ c carrot sticks 2 ea bread 1 ea cookie 1 c fortified beverage	2 oz peanut butter and jelly (E) ¾ c pasta salad ½ c carrot sticks 2 ea bread 1 ea cookie 1 c fortified beverage
No Alternate Entrée	No Alternate Entrée	¾ c scrambled eggs (AE)	No Alternate Entrée	No Alternate Entrée

Therapeutic diets do not receive salt
Only Vegan diets receive salt on trays

Menu represents edible portion unless otherwise noted
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Food Service Director

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**MENU SUBJECT TO CHANGE DUE TO
PRODUCTION PROBLEMS, PRODUCT
AVAILABILITY, OR SECURITY ISSUES**