

# One Day You May Rehabilitation Center Back-of-the-House Menu

Regular Diet			Soft Diet Modifications
Breakfast	Portion	Food Item	Food Item
Juice	8 fl. oz	Apple Juice	Apple Juice
Fruit	1 ½ cup	Mixed fruit bowl	Fresh Cut Honeydrew Slices
Hot Cereal	1/3 cup	Hot Quinoa Cereal	Wheat Chocolate Pudding
Cold Cereal	1/3 cup	Asst. Cold Cereal	Asst. Cold Cereal soaked in milk
Entrées	5 oz.	Spinach and Potato Frittata	Garlic Mashed Potatoes
	5 oz.	Huevos Ranchers	Scrambeled eggs and spinach
Sides	½ cup	Sliced Bacon	Turkey sausage patty
	1 each	Country Potatoes	Bread pudding
	1 each	Apple Muffin	Apple cinnamon scones
Bread	1 each	Asst. Bread	Asst. Bread
Lunch	Portion	Food Item	Food Item
Soup	5 fl. oz	French Onion Soup	Potato chowder with Broccoli and Cheese
Salad	4 oz.	Coleslaw	Cobb salad with ham, hard-boiled egg, lettuce, tomatoes, and grilled chicken
Entrées	1 burger	Grilled turkey burger	Hawaiian Pizza Mini Bites
	1 cup	Macaroni, Ham, and Cheese	White Rice and Mongolian Beef
Vegetables	¾ cup	Oven Roasted Broccoli Florets	Steamed Broccoli Florets
	¾ cup	Oven Roasted Carots	Oven Roasted Carrots
Starch	1 cup	French Fries	Baked Tender French Fries
	1 cup	Baked Ziti	Baked Ziti
Desserts	1 2 ½ in. cookie	Chocolate Chip Cookies	Soft Chocolate Chip Cookies
	½ cup	Chocolate Covered Strawberries	Sliced Strawberries with Chocolate Syrup
Bread	1 roll	Soft Sourdough Roll	Soft Sourdough Roll
Dinner	Portion	Food Item	Food Item
Soup	5 fl oz.	New England Clam Chowder	Roasted Butternut Squash and Shallot Soup
Salad	4 oz.	Traditional Chicken Caesar Salad w/ Caesar Dressing	Traditional Shredded Caesar Salad w/ Caesar Dressing
Entrées	4 oz.	White Rice and Monogolian Beef	Apricot Glazed Thinly Sliced Pork Tenderloin
	3 oz.	Baked Ziti	Savory Bean and Four-Cheese Quesadilla
Vegetables	4 oz.	Grilled Vegetable Skewers	Baked Herb Topped Tomato

			Slices		
		Arizona Baked Corn	Oven Roasted Butternut Squash		
Starch	1 cup	Garlic Mashed Potatoes	Garlic Mashed Potatoes		
	1 roll	Whole Wheat Corn Bread	Soft Jalepeno Corn Bread		
Desserts	1 6/8 <sup>th</sup> inch. slice	Fluffy Angel Food Cake	Chocolate Cream Pie		
	¾ cup	Strawberries with Whipped Cream	Fresh fruit mix		
Bread	1 roll	Sliced Garlic Bread	Soft French Bread with Garlic Spread		
Beverages					
Portion	Item	Portion	Item	Portion	Item
½ cup	Coffee	½ cup	Iced Tea	½ cup	Soft drink
½ cup	Tea	½ cup	Whole Milk		
½ cup	Water	½ cup	2% Milk		
Condiments/Accompaniments					
Portion	Item	Portion	Item	Portion	Item
½ cup	Cold Skim Milk	1/3 <sup>rd</sup> tbsp.	Margarine		
½ cup	Hot Skim Milk	1/3 <sup>rd</sup> tbsp	Honey		
½ cup	Cold 2% Milk	1 tsp.	Salt		
½ cup	Hot 2% Milk	1 tsp.	Pepper		
1/3 <sup>rd</sup> tbsp.	Butter				