

Proposed 5/03
Implemented 6/03
Revised 9/05, 1/07

FRESNO COUNTY
Psychiatric Health Facility
Fresno, CA
2800 calories

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A Citrus Fruit (C) 1 @ B Oatmeal 1 C C H.C. Eggs 2 EA D Collage Fries 1/2 c E Pasta 1 SVG F WW Bread 1 sl G Jelly PKT 1 EA H Coffee 8 oz I Sugar Substitute 1 @ J 1% Milk/ Juice 1 C/4 oz	A Citrus Fruit (C) 1 @ B Dry Cereal 1 C C Scrambled Eggs 3 oz D T sausage 1 oz E Coliacake 1/4B F WW Bread 1 sl G Jelly PKT 1 EA H Coffee 8 oz I Sugar Substitute 1 @ J 1% Milk/ Juice 1 C/4 oz	A Citrus Fruit (C) 1 @ B Farina 1 C C Pancakes 2 EA D T Ham 1 oz E Syrup 1 1/2 oz F Coffee 8 oz G Sugar Substitute 1 @ H 1% Milk/ Juice 1 C/4 oz	A Citrus Fruit (C) 1 @ B Dry Cereal 1 C C T sausage 1 OZ D Scrambled Eggs 3 OZ E Coliacake 1/4B F WW Bread 1 sl G Jelly PKT 1 EA H Coffee 8 oz I Sugar Substitute 1 @ J 1% Milk/ Juice 1 C/4 oz	A Citrus Fruit (C) 1 @ B Oatmeal 1 C C HC Eggs 2 EA D Lyonnais Potatoes 1/2 c E Pasta 1 SVG F WW Bread 1 sl G Jelly PKT 1 EA H Coffee 8 oz I Sugar Substitute 1 @ J 1% Milk/ Juice 1 C/4 oz	A Citrus Fruit (C) 1 @ B Dry Cereal 1 C C Breakfast Meat Gravy 6 oz (1 oz) D Collage Fries 1/2 c E Biscuits 2 sl F Jelly PKT 1 EA G Coffee 8 oz H Sugar Substitute 1 @ I 1% Milk/ Juice 1 C/4 oz	A Citrus Fruit (C) 1 @ B Dry Cereal 1 C C Scrambled Eggs w/ Chorizo 3 oz D Lyonnais Potatoes 1/2 c E Tortillas 2@ F Jelly PKT 1 EA G Coffee 8 oz H Sugar Substitute 1 @ I 1% Milk/ Juice 1 C/4 oz
T Franks 2 @ Buns 2 @ L Catsup 1 EA U Mustard PKT 1 EA N Mayo-Type Dressing 1 EA C Collage Fries 1 C H Mixed Vegetables 1/2 c Fresh Fruit 1 @ Fruit Drink Carton 8 oz	BLT Sandwich: Bacon* 2 OZ Lettuce/Tomato 1 SL EA Bun 1 EA Mayo-Type Dressing 1 EA Baked Beans 1/2 c Carrots (A) 1/2 c Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Spaghetti and meat (4 oz) 12 oz Hot Carrots (A) 1/2 c Bread 3 sl Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Boatgna Sliced Cheese 2 OZ Whole-wheat Bread 1 OZ Mayo-Type Dressing 4 SL 1 EA Oven Stuffed Potatoes 1 c Paas 1/2 c Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Chicken 1/4 3 oz Rice Pilaf 1 c Gravy 1 oz Carrot Coins (A) 1/2 c Bread 3 sl Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Sloppy Joes (2 oz) 4 oz Bun 1 @ Chicken Nuggets Macaroni & Cheese BBQ Sauce 3 oz 3/4 c 1 TBSP Hot Green Beans 1/2 c Bread 3 sl Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Hot Sliced W/D Turkey 3 OZ Creamed Potatoes 1 c Greens (A) 1/2 C
Taco Meat w/ BEANS (4 oz meat*) 12 oz Chicken Stir Fry: Chicken 3 OZ Oriental Vegetables 1/2 C Fried Rice 1 C Green Salad w/ carrots (A) 1/2 C Dressing 1 TBSP Tortillas 2@ Salsa 1 TBSP Plain Cake 1/54 1% Milk 8 oz	Chicken 3 OZ Oriental Vegetables 1/2 C Fried Rice 1 C Coleslaw 1/2 C WW Bread 3 SL Margarine 1/2 OZ Sandwich Cookies 2 @ 1% Milk 8 oz	Beef Patties with Hamburger Bun 3 OZ 1 EA Catsup PKT 1 EA BAKED BEANS 1 C Greens (A) 1/2 C Mustard PKT 1 EA Shed Lettuce/Onions 1/2 C Coleslaw w/ carrots (A) 1/2 C Tortillas 2 @ Applesauce 1/2 C Plain Cake 1/54 1% Milk 8 oz	Chili Con Carne/BEANS (4 OZ Meat*) 12 OZ Hamburger Bun 1 EA Catsup PKT 1 EA BAKED BEANS 1 C Rice 3/4 c Coleslaw w/ carrots (A) 1/2 C Tortillas 2 @ Applesauce 1/54 Plain Cake 1/54 1% Milk 8 oz	Smoked T. Sausage Hot Dog Bun 3 oz 1 @ Mustard 1 @ Creamed Potatoes 1 c Green Salad Dressing 1/2 c 1 TBSP Salsa 1 TBSP WW Bread 3 sl Margarine 1/2 oz Plain Cake 1/54 1% Milk 8 oz	ETHNIC HERITAGE DAY: Bean & Beef Burrito (2 OZ Meat) 5 OZ CHILI BEANS 1 C Spanish Rice 1/2 c Mixed Veg/Carrots (A) 1/2 C Shed Lettuce/Onions 1/2 C 1 TBSP Salsa 1 TBSP WW Bread 3 sl Margarine 1/2 oz Plain Cake 1/54 1% Milk 8 oz	Hot Sliced W/D Turkey 3 OZ Creamed Potatoes 1 c Greens (A) 1/2 C

All entire portions purchased fully cooked, within manufacturer's tolerance specifications, are weight measurements prior to reheating. Casseroles and entrees items made from scratch are based upon cooked weight measurement. Weights on cookies made from mix are prior to baking. Side dishes are volume measurements. All combination dishes are mechanically separated poultry unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Irradiation cheese with calcium is used.

**Contains 1 C beans per serving.

*CUSTOMIZED DIET SHEETS

EI 1643

Psychiatric Health Facility

FRESNO COUNTY

Proposed 5/03
Implemented 6/03
Revised 9/05

2800 calories

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Citrus Fruit (C) 1 @ Dry Cereal 1 C Breakfast Meal Gravy 6 oz (1 oz) Collage Fries 1/2 c Biscuits 2 EA WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Dry Cereal 1 C Scrambled Eggs w/cheese 3 oz Lyonnaise Potatoes 1/2 c Pasta 1 @ WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Oatmeal 1 C Pancakes 2 EA T sausage 1 OZ Scrambled Eggs w/Cheddar 3 oz Collage Fries 1/2 c Tortillas 2 @ WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Dry Cereal 1 C Scrambled Eggs w/Cheddar 3 oz Collage Fries 1/2 c Tortillas 2 @ WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Farina 1 C HC Eggs 2 EA T Ham 1 oz Pasta 1 SVG Biscuits 2 sl WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Dry Cereal 1 C Breakfast Meal Gravy 6 oz (1 oz) Collage Fries 1/2 c Biscuits 2 sl T sausage 1 @ WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Farina 1 C Omelet w/ peppers & onions 3 oz Collage Fries 1/4 @ T sausage 1 @ WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/Juice 1 C/4 oz
T. Ham 2 OZ Sliced Cheese on 1 OZ Whole-wheat Bread 4 SL Mustard 2 EA Collage Fries 1 C Carrots (A) 1/2 c Fresh Fruit 1 @ Fruit Drink Carton 8 oz	BBQ Chicken 1/4 3 oz Rice 1 c Mixed Vegetables 1/2 c Bread 3 sl Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Shrimp Joe 4 oz (2 oz) Bun 1 @ Macaroni & Cheese 3/4 c Peas 1/2 c Bread 3 sl Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Tuna Salad (2 oz Meat) Sliced Cheese on 1/2 oz Bun 1 @ Oven Stripped Potatoes 1 c Broccoli 1/2 c Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Spaghetti and meat 12 oz (4 oz) Whole-wheat Bread 4 SL Bun 1 EA Corn 1/2 c Macaroni & cheese 3/4 c Fresh Fruit 1 @ Fruit Drink Carton 8 oz	BBQ Meat (2 oz Meat) Bun 1 EA Corn 1/2 c Macaroni & cheese 3/4 c Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Hot Roast Beef 3 oz Seasoned Noodles 1 c Gravy 2 oz Carrots (A) 1/2 c Bread 3 sl Fresh Fruit 1 @ Fruit Drink Carton 8 oz
T Hot Dogs (3 OZ) Hot Dog Buns 2 EA Mustard PKT 2 EA RANCH BEANS 1 C Green Beans 1/2 C Toasted Salad Dressing 1 TBSP Sandwich Cookies 2 @ 1% Milk 8 oz	Chili ConCarne/BEANS (4 OZ Meat*) 12 OZ Broccoli 1/2 c Cakes/w/ carrots (A) 1/2 C WW Bread 3 SL Margarine 1/2 OZ Plain Cake 1/54 1% Milk 8 oz	Beef Fiddle 3 OZ Creamed Potatoes 1 c Mixed Vegetables (A) 1/2 C WW Bread 3 SL Margarine 1/2 OZ Plain Cake 1/54 1% Milk 8 oz	Mexican Rice, Tomato and 1/2 OZ Meat Cass.(4 OZ Meat) Diced Carrots (A) 1/2 C Lettuce/Onion 1/2 C Tortillas 2 @ Margarine 1/2 OZ Applesauce 1/2 c 1% Milk 8 oz	Teriyaki Chicken 3 OZ Fried Rice 1 c Pinto Beans 1 C Peas & Carrots (A) 1/2 C Carrot Salad (A) 1/2 C WW Bread 3 SL Margarine 1/2 OZ Sandwich Cookies 2 @ 1% Milk 8 oz	Gd Meat Chf Vonda (2 oz meat) Pinto Beans 1 C Peas & Carrots (A) 1/2 C Lettuce/Onions 1/2 C Tortillas 2 @ Margarine 1/54 Plain Cake 1/54 1% Milk 8 oz	ETHNIC HERITAGE DAY: Meat Chow Mein 12 oz (4 oz meat) Rice 3/4 c Green Beans 1/2 C WW Bread 3 SL Margarine 1/2 OZ Sandwich Cookies 2 @ 1% Milk 8 oz

All entire portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entrees items made from scratch are based upon cooked weight measurements. Weights on cookies made from mix are prior to baking. Side dishes are volume measurements. All combination dishes are mechanically separated poultry unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Initiation cheese with calcium is used.

**Contains 1 C hours per serving.

CUSTOMIZED DIET SHEETS

E1 3862

Psychiatric Health Facility

FRESNO COUNTY

Proposed 5/03
Implemented 6/03
Revised 9/05

2800 calories

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Citrus Fruit (C) 1 @ B Cinnamon 1 C R Hard Cooked Eggs 2 EA A T Ham 1 oz K Parsley 1 SVG F WW Bread 1 sl A Jelly PKT 1 EA S Coffee 8 oz T Sugar Substitute 1 @ 1% Milk/ Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Dry Cereal 1 C Breakfast Meat Gravy 6 oz (1 @) Cottage Fries 1/2 c Biscuits 2 @ WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/ Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Farina 1 C Cheese Omelet 3 oz Coffee/Cake 1/4B T. Sausage 1 OZ WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/ Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Dry Cereal 1 C Cheese Omelet 3 oz Scrambled Eggs w/ peppers 3 oz Lyonnaise Potatoes 1/2 c Tortillas 2 @ WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/ Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Dry Cereal 1 C Scrambled Eggs 3 oz T Sausage 1 oz Coffee/Cake 2 sl WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/ Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Farina 1 C H.C. Eggs 2 EA Cottage Fries 1/2 c Parsley 1 SVG WW Bread 1 sl Jelly PKT 1 EA Coffee 8 oz Sugar Substitute 1 @ 1% Milk/ Juice 1 C/4 oz	Citrus Fruit (C) 1 @ Cinnamon 1 C Walnuts 2 @ T. Sausage 1 OZ Syrup 1 1/2 oz Coffee 8 oz Sugar Substitute 1 @ 1% Milk/ Juice 1 C/4 oz
T Salsani and Staced Cheese on 2 OZ L Whole-wheat Bread 1 oz U Mustard PKT 4 SL N Lyonnaise Potatoes 2 EA C Carrot Cakes (A) 1 c H Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Spanish Rice & Meat 12 oz Pinto Beans 1 c Tossed Salad/Dressing 1/2 c Bread 3 sl Fresh Fruit 1 @ Fruit Drink Carton 8 oz	BBQ Beef (2 oz Meat) 3 OZ Bun 1 @ Oven Stuffed Potatoes 1 c Carrots (A) 1/2 c Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Ethnic Heritage Day: Hamburger 3 oz Bun 1 @ Mustard 1 @ Calsup 1 @ Pasta Salad 1/2 c Mixed Vegetables 1/2 c Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Chicken 1/4 3 oz Scaloped Potatoes 1 c Mustard 2 @ Baked Beans 1 c Carrots (A) 1/2 c Bread 3 sl Fresh Fruit 1 @ Fruit Drink Carton 8 oz	T. Frits 2 @ Burns 2 @ Mustard 2 @ Baked Beans 1 c Carrots (A) 1/2 c Bread 3 sl Fresh Fruit 1 @ Fruit Drink Carton 8 oz	Hot Turkey 3 oz Seasoned Rice 1 c Gravy 1 oz Carrots (A) 1/2 c Bread 3 sl Fresh Fruit 1 @ Fruit Drink Carton 8 oz
Slippy Joe Meat Mix (2 OZ Meat) 4 OZ Hamburger Bun 1 EA N BAKED BEANS 1 C N Corn 1/2 c E Carrot Salad (A) 1/2 C R Colelaww carrots (A) 1/2 C Plain Cake 1/54 1% Milk 8 oz	Salisbury Steak 3 OZ Creamed Potatoes 1 c Carrot Salad (A) 1/2 C WW Bread 3 SL Margarine 1/2 OZ Fruit Mix 1/2 C Plain Cake 1/54 1% Milk 8 oz	Chicken Stir Fry: Chicken 3 OZ Oriental Vegetables 1/2 C Fried Rice 1 C Greens (A) 1/2 C Garden Salad 1/2 C Dressing 1 TBSP WW Bread 3 SL Margarine 1/2 OZ Plain Cake 1/54 1% Milk 8 oz	Stuffed T. Sausage 3 OZ Hot Dog Bun 1 @ Mustard PKT 1 EA RANCH BEANS 1 C Broccoli 1/2 C Colelaww carrots (A) 1/2 C Sandwich Cookies 1/54 1% Milk 8 oz	Taco Meat & Bean Mix (4 OZ Meat*) 12 OZ Green (A) 1/2 C Lettuce/Onions 1/2 C Tortillas 2 @ Salsa 1 TBSP Plain Cake 1/54 1% Milk 8 oz	Meat Chow Mein (4 oz Meat) 12 OZ Rice 1 C Carrot Salad (A) 1/2 C WW Bread 3 EA Margarine 1/2 OZ Applesauce 1/2 c Plain Cake 1/54 1% Milk 8 oz	Italian Meat Sauce & Spaghetti (4 oz meat) 12 oz Mixed Vegetables/Corn 1/2 C Green Salad 1/2 C Dressing 1 TBSP WW Bread 3 SL Margarine 1/2 OZ Plain Cake 1/54 1% Milk 8 oz

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and entrees items made from scratch are based upon cooked weight measurements. Weights on cookies made from mix are prior to baking. Side dishes are volume measurements. All combination dishes are mechanically separated poultry unless otherwise indicated. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Initiation dishes with calcium is used.

**Contains 1 C juice per serving.

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E13861

FRESNO COUNTY

2800 calories

margarine unless indicated as LF (Lyon Fat). No pork is used unless item is stamped pork. Imitation cheese with calcium is used.

E1 3060