



FACILITY OR  
INSTITUTION NAME: \_\_\_\_\_

STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
MASTER MENU FY 2023-2024  
THERAPEUTIC DIETS  
WEEK 4 Monday

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

Effective : 10/9/23

  
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 1 ea margarine 2 sl french toast (E) 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk	1 ½ c bran flakes cereal 1 ea margarine 2 sl french toast (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 c bran flakes cereal 1 ea margarine 1 ea bread 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 c bran flakes cereal 1 ea margarine 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 ½ c canned 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 c mac and cheese casserole (E) 1 c dried beans ½ c mixed vegetables 1 ea bakery biscuit (1/48 cut)  1 c fortified tea 1 c dried beans (AE) ½ c pasta	1 c mac and cheese casserole (E) 1 ½ c dried beans ½ c mixed vegetables 1 ea bakery biscuit (1/48 cut)  1 c fortified tea 1 c dried beans (AE) ½ c pasta	1 c mac and cheese casserole (E) ½ c dried beans ½ c mixed vegetables 1 ea bread  1 c fortified tea 1 c dried beans (AE) ½ c pasta	1 c mac and cheese casserole (E) 1 c dried beans ½ c mixed vegetables 1 ea bread  1 c fortified tea 1 c dried beans (AE) ½ c pasta	1 c dried beans ½ c mixed vegetables ½ c canned fruit ½ oz LS margarine (#60 disher) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea charbroiled patty (E) ¾ c garlic mashed potatoes ½ c shredded lettuce 3 ea pickle chips 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 charbroiled patty (E) 2 c garlic mashed potatoes ½ c shredded lettuce 3 ea pickle chips 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 charbroiled patty (E) ½ c garlic mashed potatoes ½ c shredded lettuce 3 ea pickle chips 1 ea bread ½ c canned fruit ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 ea charbroiled patty (E) ¾ c garlic mashed potatoes ½ c shredded lettuce 3 ea pickle chips 2 ea bread ½ c canned fruit ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher)	1 c dried beans 2 c oven browned potatoes 1 c shredded lettuce 3 sl pickle chips ½ c canned fruit ½ oz LS 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


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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	1 c bran flakes cereal	¼ c scrambled eggs (E)	1 c bran flakes cereal	¼ c scrambled eggs (E) 1 ½ c bran flakes cereal
2 sl french toast (E)	2 sl french toast (E)	2 sl french toast (E)	2 sl french toast (E)	3 ea bread
¼ c canned fruit	¼ c canned fruit	¼ c Citrus Sunrise	¼ c canned fruit	¼ 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 LS 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 c mac and cheese casserole (E)	1 c mac and cheese casserole (E)	¼ c ground chicken (E) ¼ c pasta	¼ c ground chicken (E) ¼ c pasta	¼ c ground chicken (E) 1 c pasta
1 c dried beans	1 c dried beans	¼ c mixed vegetables	¼ c mixed vegetables	¼ c mixed vegetables
¼ c mixed vegetables	¼ c mixed vegetables	1 ea bread	2 ea bread	2 ea bread
1 ea bakery biscuits (1/48 cut)	1 ea bakery biscuits (1/48 cut)	1 oz margarine (#30 disher)	¼ c canned fruit	1 c fortified tea
1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	¼ c scrambled eggs (AE)
1 c dried beans (AE)	1 c dried beans (AE)	¼ c scrambled eggs (AE)	¼ c dried beans (AE)	¼ c pasta
¼ c pasta	¼ c pasta		¼ c pasta	
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea charbroiled patty (E)	1 ea charbroiled patty (E) (Chopped)	¼ c pulled poultry thigh (E)	1 ea charbroiled patty (E)	1 ea charbroiled patty (E)
¼ c garlic mashed potatoes	¼ c garlic mashed potatoes	¼ c garlic mashed potatoes	¼ c garlic mashed potatoes	¼ c garlic mashed potatoes
1 oz shredded lettuce			¼ c shredded lettuce	¼ c shredded lettuce
3 ea pickle chips	3 ea pickle chips	3 ea pickle chips	3 ea pickle chips	3 ea pickle chips
2 ea bread	2 ea bread	2 ea bread	2 ea bread	3 ea bread
1 ea cookie	1 ea cookie	1 ea cookie	1 ea cookie	1 ea cookie
¼ oz mustard	¼ oz mustard	¼ oz mustard	¼ oz mustard	¼ oz mustard
¼ oz ketchup	¼ oz ketchup	¼ oz ketchup	¼ oz ketchup	¼ oz ketchup
1 c dried beans (AE)	1 c fortified beverage	1 oz margarine (#30 disher)	1 oz LS margarine (#30 disher)	1 oz LS margarine (#30 disher)
3 oz peanut butter (AE) (#12 disher)	3 oz peanut butter (AE) (#12 disher)	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage
		3 oz cheese* (AE)	¼ c scrambled eggs (AE)	¼ c scrambled eggs (AE)

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

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(E) Denotes Entree  
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(AE) does not receive gravy, mustard, ketchup

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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


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**STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
MASTER MENU FY 2023-2024  
THERAPEUTIC DIETS  
WEEK 4 Tuesday**

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

Effective : 10/9/23

  
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 bakery biscuits (1/48ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk 2 oz cheese* (AE)	2 ea breakfast sausage patty (E) 1 ½ c buttery oatmeal 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 oz cheese* (AE)	2 ea breakfast sausage patty (E) ½ c buttery oatmeal 1 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute 2 oz cheese* (AE)	2 ea breakfast sausage patty (E) 1 c buttery oatmeal 2 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 2 pk diet jelly 2 ea sugar substitute 2 oz cheese* (AE)	2 oz LS peanut butter (#16 disher) 2 c buttery oatmeal ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz LS margarine (#60 disher) 2 ea sugar pk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 ea buffalo chicken patty (E) ½ c creamy pasta ½ c shredded lettuce 2 ea tortillas 1 ea fudge brownie (1/48 cut) ½ oz mustard ½ oz mayo 1 c fortified tea 3 oz cheese* (AE)	1 ea buffalo chicken patty (E) 1 ½ c creamy pasta ½ c shredded lettuce 2 ea tortillas 1 ea fudge brownie (1/48 cut) ½ oz mustard ½ oz mayo 1 c fortified tea 3 oz cheese* (AE)	1 ea buffalo chicken patty (E) ½ c creamy pasta ½ c shredded lettuce 1 ea tortillas 1 ea fresh fruit ½ oz mustard ½ oz mayo 1 c fortified tea 3 oz cheese* (AE)	1 ea buffalo chicken patty (E) 1 c creamy pasta ½ c shredded lettuce 2 ea tortillas 1 ea fresh fruit ½ oz mustard ½ oz mayo 1 c fortified tea 3 oz cheese* (AE)	1 c dried beans 2 c pasta 1 c lettuce 1 ea fresh fruit ½ oz LS margarine (#60 disher) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea chicken leg quarter, cajun (E) ½ c rice 1 c dried beans ½ c carrots 1 ea sweet cornbread (1/48 cut) 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher) 2 ea bread	1 ea chicken leg quarter, cajun (E) 2 c rice 1 c dried beans ½ c carrots 1 ea sweet cornbread (1/48 cut) 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher) 2 ea bread	1 ea chicken leg quarter, cajun (skinless) ( E ) ½ c rice ½ c dried beans ½ c carrots 1 ea bread 1 c fortified beverage 2 T LS peanut butter (#30 disher) 2 ea bread	1 ea chicken leg quarter, cajun (skinless) ( E ) 1 c rice 1 c dried beans ½ c carrots 1 ea bread 1 c fortified beverage 3 oz peanut butter (AE) (#12 disher) 2 ea bread H.S. Snack 2 T LS peanut butter (#30 disher) 2 ea bread	1 c rice 2 c dried beans 1 c carrots ½ c canned fruit ½ oz LS margarine (#60 disher) 1 c fortified beverage

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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			


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WEEK 4 Tuesday**

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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) ¼ c grits	¼ c scrambled eggs (E) 1 c buttery oatmeal	¼ c scrambled eggs (E) ¼ c buttery oatmeal
2 ea bakery biscuits (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly 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
1 ea buffalo chicken patty (E)  ¾ c creamy pasta ½ c shredded lettuce 2 ea tortillas 1 ea fudge brownie (1/48 cut)  ½ oz mustard ½ oz mayo 1 c fortified tea 3 oz cheese* (AE)	1 ea buffalo chicken patty (E) (Chopped)  ¾ c pasta ½ c corn 2 ea tortillas 1 ea fudge brownie (1/48 cut)  ½ oz mayonnaise ½ oz mustard 1 c fortified tea 3 oz cheese* (AE)	½ c ground chicken (E)  ½ c pasta ½ c corn 2 ea tortillas 1 ea fudge brownie (1/48 cut) 1 oz margarine ½ oz mayonnaise ½ oz mustard 1 c fortified tea ¼ c scrambled eggs (AE)	1 ea buffalo chicken patty (E)  ¾ c creamy pasta ½ c lettuce 2 ea tortillas 1 ea fresh fruit  ½ oz mayonnaise ½ oz mustard 1 c fortified tea 3 oz peanut butter(#12disher)(AE)	½ c ground chicken (E)  ¾ c creamy pasta ½ c lettuce 2 ea tortillas 1 ea fresh fruit  ½ oz mayonnaise ½ oz mustard 1 c fortified tea ¼ c scrambled eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea chicken leg quarter, cajun (E)  1 c dried beans ¾ c rice ½ c carrots 1 ea sweet cornbread (1/48 cut)  1 c fortified beverage 3 oz peanut butter (AE) (#12 disher) 2 ea bread	½ c pulled poultry thigh (E) (Chopped) OR deboned chicken leg quarter 1 c dried beans ¾ c rice ½ c carrots 1 ea sweet cornbread (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 rice ½ c carrots 2 ea bread  1 oz margarine (#30 disher) 1 c fortified beverage 3 oz cheese* (AE)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ½ c canned fruit 1 c rice ½ c carrots 2 ea bread 2 oz jelly (#16 disher) 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 ½ c canned fruit 1 c rice ½ c carrots 3 ea bread  1 oz LS margarine (#30 disher) 1 c fortified beverage 6 oz scrambled eggs (AE)

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Only Vegan diets receive salt on trays

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\_\_\_\_\_  
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


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**STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
MASTER MENU FY 2023-2024  
THERAPEUTIC DIETS  
WEEK 4 Wednesday**

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

Effective : 10/9/23

  
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 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	2 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 ½ c buttery oatmeal 1 ea bread 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar substitute 1 pk diet jelly	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 ea sugar substitute 2 pk diet jelly	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 yakisoba (E) 1 c dried beans ½ c coleslaw vinaigrette 2 ea bread 1 ea cake (1/48 cut) 1 c fortified tea	1 ½ c yakisoba (E) 1 c dried beans ½ c coleslaw vinaigrette 2 ea bread 1 ea cake (1/48 cut) 1 c fortified tea	1 c yakisoba (E) ½ c dried beans ½ c coleslaw vinaigrette 1 ea bread ½ c canned fruit 1 c fortified tea	1 ½ c yakisoba (E) 1 c dried beans ½ c coleslaw vinaigrette 1 ea bread ½ c canned fruit 1 c fortified tea	2 c pasta 1 c dried beans 1 c coleslaw vinaigrette ½ oz LS margarine (#60 disher) ½ c canned fruit 1 c fortified tea
1 c dried beans (AE) ½ c pasta (AE)	1 c dried beans (AE) ½ c pasta (AE)	½ c dried beans (AE) ½ c pasta (AE)	1 c dried beans (AE) ½ c pasta (AE)	
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz Italian red sauce ¼ c pasta ½ c mixed vegetables ½ c garden salad ½ oz dressing 1 ea bakery biscuit (1/48 cut) 1 c fortified beverage	6 ea meatballs (E) 2 oz Italian red sauce 1 ½ c pasta ½ c mixed vegetables ½ c garden salad ½ oz dressing 2 ea bakery biscuit (1/48 cut) 1 c fortified beverage	6 ea meatballs (E) 2 oz Italian red sauce ½ c pasta ½ c mixed vegetables ½ c garden salad ½ oz dressing 1 ea bread 1 c fortified beverage	6 ea meatballs (E) 2 oz Italian red sauce 1 c pasta 1 c mixed vegetables ½ c garden salad ½ oz dressing 1 ea bread 1 c fortified beverage	1 c dried beans 2 c pasta 1 c mixed vegetables  ½ c canned fruit ½ oz LS margarine (#60 disher) 1 c fortified beverage
1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)
		<b>H.S. Snack</b> 2 T LS peanut butter (#30 disher ) 2 ea bread	<b>H.S. Snack</b> 2 T LS peanut butter (#30 disher ) 2 ea bread	

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Food Service Director

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

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Public Health Nutrition Consultant

Regular BREAKFAST	Mech/Dental BREAKFAST	Low Fiber BREAKFAST	Pre Dialysis BREAKFAST	Dialysis 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	¼ c scrambled eggs (E) ½ c buttery oatmeal w/ brown sugar 2 ea bread 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)	¼ 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 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
	** can give banana in place of fruit drink			
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 c yakisoba (E) 1 c baked beans ½ c coleslaw vinaigrette 2 ea bread 1 ea cake (1/48 cut)  1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	1 c yakisoba (E) 1 c baked beans ½ c cooked cabbage 2 ea bread 1 ea cake (1/48 cut)  1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	¼ c ground chicken (E) ½ c rice ½ c cooked cabbage 2 ea bread 1 ea cake (1/48 cut)  1 oz margarine (#30 disher) 1 c fortified tea 3 oz cheese* (AE)	¼ c yakisoba (E)  ½ c cooked cabbage 2 ea bread 1 ea cake (1/48 cut)  1 c fortified tea ½ c dried beans (AE) ½ c pasta (AE)	¼ c ground chicken (E) 1 c rice ½ c cooked cabbage 2 ea bread 1 ea cake (1/48 cut)  1 c fortified tea ¼ c scrambled eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
6 ea meatballs (E) 2 oz Italian red sauce ¼ c pasta ½ c mixed vegetables ¼ c garden salad 1 ea bakery biscuits (1/48 cut) ½ oz dressing  1 c fortified beverage 1 c dried beans (AE)	6 ea meatballs (E) 2 oz Italian red sauce ¼ c pasta 1 c mixed vegetables  1 ea bakery biscuits (1/48 cut)  1 c fortified beverage 1 c dried beans (AE)	¼ c pulled poultry thigh (E) OR deboned chicken leg quarter ½ c pasta ½ c mixed vegetables  2 ea bread  1 oz margarine (#30 disher) 1 c fortified beverage ¼ c scrambled eggs (AE)	3 ea meatballs (E) 2 oz Italian red sauce 1 c pasta ½ c mixed vegetables  2 ea bread 2 oz jelly (#16 disher) 1 oz LS margarine (#30 disher) 1 c fortified beverage 2 oz cheese* (AE)	6 ea meatballs (E) 2 oz Italian red sauce 1 c pasta ½ c mixed vegetables  3 ea bread  1 oz LS margarine (#30 disher) 1 c fortified beverage ¼ c scrambled eggs (AE)

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Food Service Director

Cheese as Menu Item			
Menu calls for:	Sliced	OR, substitute	Shredded
1 oz	2 slices *	OR	1/4 c.
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3 oz	6 slices *	OR	3/4 c.
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THERAPEUTIC DIETS  
WEEK 4 Thursday**

MONTH OF \_\_\_\_\_  
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Public Health Nutrition Consultant

Regular	3000 calorie	2200 Calorie	2600 calorie	Vegan
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 2 oz cheese* (AE)	¼ 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)	¼ c country meat gravy (E) 1 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 2 oz cheese* (AE)	¼ c country meat gravy (E) 1 ½ 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 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
½ c sloppy joe (E) 1 c baked beans ¾ c rice ½ c corn 2 ea bread  1 c fortified tea 1 c baked beans (AE)	½ c sloppy joe (E) 1 c baked beans 1 c rice ½ c corn 2 ea bread  1 c fortified tea 1 c baked beans (AE)	½ c sloppy joe (E) ½ c dried beans ½ c rice ½ c corn 1 ea bread  1 c fortified tea 1 c baked beans (AE)	½ c sloppy joe (E) 1 c dried beans ½ c rice 1 c corn 1 ea bread  1 c fortified tea 1 c baked beans (AE)	1 c baked beans 2 c rice 1 c corn ½ c canned fruit ½ oz LS margarine (#60 disher) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea fish patty (E) ¾ c cheesy grits 1 c dried beans ½ c greens 2 ea bread  ½ fl oz tartar sauce 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) 1 ½ c cheesy grits 1 c dried beans ½ c greens 2 ea bread  ½ fl oz tartar sauce 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) ½ c dried beans ½ c greens 1 ea bread  ½ fl oz tartar sauce 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) 1 c dried beans ½ c greens 1 ea bread  ½ fl oz tartar sauce 1 c fortified beverage 1 c dried beans (AE)	2 c grits 1 c dried beans 1 c cabbage  ½ c canned fruit ½ oz LS 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 4 Thursday**

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

Effective : 10/9/23

  
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) ¼ 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
½ c sloppy joe (E) 1 c baked beans ¼ c rice ½ c corn 2 ea bread  1 c fortified tea 1 c baked beans (AE)	½ c sloppy joe (E) 1 c baked beans ¼ c rice ½ c corn 2 ea bread  1 c fortified tea 1 c baked beans (AE)	1 c sloppy joe (E)  ¼ c rice ½ c corn 2 ea bread 1 oz margarine (#30 disher)  1 c fortified tea 3 oz cheese* (AE)	½ c sloppy joe (E)  1 c rice 1 c corn 2 ea bread  1 c fortified tea 3 oz cheese* (AE)	½ c sloppy joe (E)  1 c rice ½ c corn 2 ea bread  1 c fortified tea ¼ c scrambled eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea fish patty (E)  ¾ c cheesy grits 1 c dried beans ½ c greens 2 ea bread  ½ fl oz tartar sauce 1 c fortified beverage 1 c dried beans (AE)	1 ea fish patty (E) (Chopped)  ¾ c cheesy grits 1 c dried beans ½ c greens 2 ea bread  ½ fl oz tartar sauce 1 c fortified beverage 1 c dried beans (AE)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ¾ c cheesy grits  ½ c greens 2 ea bread  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 greens 2 ea bread ½ c canned fruit 2 oz jelly ( # 16 disher) 1 oz LS margarine (#30 disher) ½ fl oz tartar sauce 1 c fortified beverage 3 oz peanut butter(#12disher)(AE)	1 ea fish patty (E)  1 c cheesy grits  ½ c greens 3 ea bread  1 oz LS margarine (#30 disher) ½ fl oz tartar sauce 1 c fortified beverage ¼ 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	←	→	Shredded
		OR,	OR,	
		substitute	substitute	
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 4 Friday**

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

Effective : 10/9/23



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
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
2 ea breakfast sausage patty (E) 1 c buttery grits  2 ea bran muffin squares (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk	2 ea breakfast sausage patty (E) 1 ½ c buttery grits 1 ea margarine 2 ea bran muffin squares (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 breakfast sausage patty (E) ¼ buttery grits  1 ea bread ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage 1 pk diet jelly 2 ea sugar substitute	2 ea breakfast sausage patty (E) 1 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	2 oz LS peanut butter (#16 disher) 1 ½ c buttery grits ¼ c oven brown potatoes  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)	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
1 ea zesty chicken patty (E) ¼ c pasta salad ½ c shredded lettuce 2 ea bread 1 ea cake (1/48 cut) ½ oz mustard ½ oz ketchup 1 c fortified tea 3 oz cheese* (AE)	1 ea zesty chicken patty (E) 1 ½ c pasta salad ½ c shredded lettuce 2 ea bread 1 ea cake (1/48 cut) ½ oz mustard ½ oz ketchup 1 c fortified tea 3 oz cheese* (AE)	1 ea zesty chicken patty (E) ¼ c pasta salad ½ c shredded lettuce 1 ea bread 1 ea fresh fruit ½ oz mustard ½ oz ketchup 1 c fortified tea 3 oz cheese* (AE)	1 ea zesty chicken patty (E) ¼ c pasta salad ½ c shredded lettuce 2 ea bread 1 ea fresh fruit ½ oz mustard ½ oz ketchup 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 LS margarine (#60 disher) 1 c fortified tea
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
1 ea meatloaf patty (E) 2 oz country gravy ½ c mashed potatoes 1 c chili beans ½ c green beans 1 ea sweet cornbread 1 ea fudge brownie (1/48 cut) 1 c fortified beverage 1 c chili beans (AE)	1 ea meatloaf patty (E) 2 oz country gravy ½ c mashed potatoes 1 c chili beans ½ c green beans 1 ea sweet cornbread 1 ea fudge brownie (1/48 cut) 1 c fortified beverage 1 c chili beans (AE)	1 ea meatloaf patty (E)  ½ c chili beans ½ c green beans 1 ea bread ½ c canned fruit 1 c fortified beverage 1 c chili beans (AE)	1 ea meatloaf patty (E)  ½ c mashed potatoes ½ c chili beans ½ c green beans 1 ea bread ½ c canned fruit 1 c fortified beverage 1 c chili beans (AE)	2 c oven brown potatoes 1 c dried beans  1 c green beans ½ c canned fruit ½ oz LS margarine (#60 disher) 1 c fortified beverage
		<b>H.S. Snack</b>	<b>H.S. Snack</b>	
		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 4 Friday

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

Effective : 10/9/23

  
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
2 ea breakfast sausage patty (E) 1 c buttery grits	1 ea breakfast sausage patty (E) (Chopped) 1 c buttery grits	¼ c scrambled eggs (E) ¼ c buttery grits	¼ c scrambled eggs (E) 1 c buttery grits	¼ c scrambled eggs (E) 1 c buttery grits
2 ea bran muffin squares (1/48 ea) ½ c Citrus Sunrise 1 c coffee 1 c breakfast beverage ½ oz jelly 2 ea sugar pk	2 ea bran muffin squares (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
1 ea zesty chicken patty (E) ¼ c pasta salad ¼ c shredded lettuce 2 ea bread 1 ea cake (1/48 cut) ½ oz mustard ½ oz ketchup 1 c fortified tea 3 oz cheese* (AE)	1 ea zesty chicken patty (E) (Chopped) ¼ c cooked pasta ¼ c squash 2 ea bread 1 ea cake (1/48 cut) ½ oz mustard ½ oz ketchup 1 c fortified tea 3 oz cheese* (AE)	¼ c ground chicken ( E ) ¼ c cooked pasta ¼ c squash 2 ea bread 1 ea cake (1/48 cut) 1 oz margarine (#30 disher) 1 c fortified tea ¼ c scrambled eggs (AE)	1 ea zesty chicken patty (E) ¼ c pasta salad ¼ c shredded lettuce 2 ea bread 1 ea cake (1/48 cut) 1 c fortified tea 3 oz cheese* (AE)	1 ea zesty chicken patty (E) 1 c pasta salad ¼ c shredded lettuce 2 ea bread 1 ea cake (1/48 cut) 1 c fortified tea ¼ c scrambled eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea meatloaf patty (E) 2 oz country gravy ¼ c mashed potatoes 1 c chili beans ¼ c green beans 1 ea fudge brownie (1/48 cut) 1 ea southern cornbread (1/48 cut) 1 c fortified beverage 1 c chili beans (AE)	1 ea meatloaf patty (E) (Chopped) 2 oz country gravy ¼ c mashed potatoes 1 c chili beans ¼ c green beans 1 ea fudge brownie (1/48 cut) 1 ea southern cornbread (1/48 cut) 1 c fortified beverage 1 c chili beans (AE)	¼ c pulled poultry thigh (E) OR deboned chicken leg quarter ¼ c rice 2 ea bread ¼ c green beans 1 ea fudge brownie (1/48 cut) 1 oz margarine (#30 disher) 1 c fortified beverage 3 oz cheese* (AE)	¼ c pulled poultry thigh (E) OR deboned chicken leg quarter ¼ c mashed potatoes 2 ea bread ¼ c green beans 2 oz jelly (#16 disher) 1 oz LS margarine (#30 disher) 1 c fortified beverage ¼ c chili beans (AE)	1 ea meatloaf patty (E) ¼ c mashed potatoes 3 ea bread ¼ c green beans 1 oz LS margarine (#30 disher) 1 c fortified beverage ¼ 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 4 Saturday**

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

Effective : 10/9/23

  
\_\_\_\_\_  
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 buttery oatmeal w/ brown sugar 2 ea blueberry muffin square (E) (1/48 ea) ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	1 ½ c buttery oatmeal w/ brown sugar 2 ea blueberry muffin square (E) (1/48 ea) ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	½ c scrambled eggs (E) 1 ½ c buttery oatmeal 1 ea bread ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar substitute 1 pk diet jelly	½ c scrambled eggs (E) 1 ½ c buttery oatmeal 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 c western chili (E) ¾ c rice  ½ c carrots 1 ea southern cornbread (1/48 cut) 1 ea cookie  1 c fortified tea 1 c dried beans (AE)	1 c western chili (E) 1 c rice  ½ c carrots 1 ea southern cornbread (1/48 cut) 1 ea cookie  1 c fortified tea 1 c dried beans (AE)	1 ½ c western chili (E) 1 c rice  ½ c carrots 1 ea bread ½ c canned fruit  1 c fortified tea 1 c dried beans (AE)	1 ½ c western chili (E) 1 ½ c rice  ½ c carrots 1 ea bread ½ c canned fruit  1 c fortified tea 1 c dried beans (AE)	2 c rice 1 c dried beans ½ c carrots  ½ c canned fruit ½ oz LS margarine (#60 disher) 1 c fortified tea
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea chicken sausage patty (E) ¾ c rice 1 c ranch beans ½ c creamy coleslaw 2 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c ranch beans* (AE)	1 ea chicken sausage patty (E) 1 c rice 1 c ranch beans ½ c creamy coleslaw 2 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c ranch beans* (AE)	1 ea chicken sausage patty (E) ½ c rice  ½ c creamy coleslaw 1 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c ranch beans* (AE) <b>H.S. Snack</b>	1 ea chicken sausage patty (E) ¾ c rice  ½ c creamy coleslaw 1 ea bread ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c ranch beans* (AE) <b>H.S. Snack</b>	2 c rice 2 c ranch beans 1 c cabbage ½ c canned fruit ½ oz LS margarine (#60 disher)  1 c fortified beverage
		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 4 Saturday**

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

Effective : 10/9/23

  
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 buttery oatmeal w/ brown sugar 2 ea blueberry muffin square (E) (1/48 ea) ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk	1 c buttery oatmeal w/ brown sugar 2 ea blueberry muffin square (E) (1/48 ea) ½ c canned 1 c coffee 1 c breakfast beverage 2 ea sugar pk	¼ c scrambled eggs (E) ½ c buttery oatmeal w/ brown sugar 2 ea blueberry muffin square (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 blueberry muffin square (E) (1/48 ea) ½ c canned or frozen fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk 1 oz LS margarine (#30 disher)	¼ c scrambled eggs (E) ½ c buttery oatmeal w/ brown sugar 3 ea bread ½ c canned or frozen 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 c western chili (E) ¾ c rice ½ c carrots  1 ea southern cornbread (1/48 cut) 1 ea cookie  1 c fortified tea 1 c dried beans (AE)	1 c western chili (E) ¾ c rice ½ c carrots  1 ea southern cornbread (1/48 cut) 1 ea cookie  1 c fortified tea 1 c dried beans (AE)	¼ c ground chicken (E) ½ c rice ½ c carrots  2 ea bread 1 ea cookie 1 oz margarine (#30 disher) 1 c fortified tea ¼ c scrambled eggs (AE)	¼ c ground chicken (E) 1 c rice ½ c carrots  2 ea bread 1 ea cookie  1 c fortified tea ½ c dried beans (AE)	½ c ground chicken (E) 1 c rice ½ c carrots  2 ea bread 1 ea cookie  1 c fortified tea ¼ c scrambled eggs (AE)
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea chicken sausage patty (E)  ¾ c rice ½ c creamy coleslaw 1 c ranch beans 2 ea bread  ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c ranch beans* (AE)	1 ea chicken sausage patty (E) (Chopped)  ¾ c rice ½ c cooked cabbage 1 c ranch beans 2 ea bread  ½ oz mustard ½ oz ketchup 1 c fortified beverage 1 c ranch beans* (AE)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ½ c rice ½ c cooked cabbage  2 ea bread 1 oz margarine (#30 disher) ½ oz mustard ½ oz ketchup 1 c fortified beverage 3 oz cheese* (AE)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ½ c rice ½ c creamy coleslaw ½ c canned fruit 2 ea bread 1 oz LS margarine (#30 disher) 2 oz jelly (#16 disher) 1 c fortified beverage ½ c scrambled eggs (AE)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ½ c rice ½ c creamy coleslaw ½ c canned fruit 3 ea bread 1 oz LS margarine (#30 disher) 1 c fortified beverage ¼ 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 4 Sunday**

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

Effective : 10/9/23

  
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
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
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	½ c scrambled eggs (E) 2 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	½ c scrambled eggs (E) 1 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) 1 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	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
½ c taco meat (E) ¾ c rice 1 c dried beans ½ c shredded lettuce 1 oz shredded cheese* 2 ea tortillas 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 c taco meat (E) 1 ½ c rice 1 ½ c dried beans ½ c shredded lettuce 1 oz shredded cheese* 2 ea tortillas 1 ea cookie 1 c fortified tea 1 c dried beans (AE)	1 ½ c taco meat ( E ) ¾ c dried beans ½ c shredded lettuce 1 oz shredded cheese* 2 ea tortillas 1 c fortified tea 1 c dried beans (AE)	1 ½ c taco meat ( E ) 1 c dried beans ½ c shredded lettuce 1 oz shredded cheese* 2 ea tortillas 1 c fortified tea 1 c dried beans (AE)	2 c oven brown potatoes 1 c dried beans ½ c cabbage ½ c canned fruit ½ oz LS margarine (#60 disher) 1 c fortified tea
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
1 ea charbroiled patty (E) ¾ c pasta & cheese ½ c carrots 2 ea bread ½ oz mustard ½ oz mayo 1 c fortified beverage 3 oz cheese* (AE)	1 ea charbroiled patty (E) 1 ½ c pasta & cheese ½ c carrots 2 ea bread ½ oz mustard ½ oz mayo 1 c fortified beverage 3 oz cheese* (AE)	1 ea charbroiled patty (E) ½ c pasta & cheese ½ c carrots 2 ea bread ½ oz mustard ½ oz mayo 1 c fortified beverage 3 oz cheese* (AE)	1 ea charbroiled patty (E) ½ c pasta & cheese ½ c carrots 2 ea bread ½ oz mustard ½ oz mayo 1 c fortified beverage 3 oz cheese* (AE)	1 c dried beans 2 c pasta 1 c carrots ½ c canned fruit ½ oz LS margarine (#60 disher) 1 c fortified beverage
		<b>H.S. Snack</b>	<b>H.S. Snack</b>	
		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 4 Sunday**

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

Effective : 10/9/23

  
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 bread 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 bread 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	¾ 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)	¾ c scrambled eggs (E) 1 c buttery grits  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)	¾ c scrambled eggs (E) 1 c buttery grits  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)
No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée	No Alternate Entrée
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
½ c taco meat (E) ¾ c rice 1 c dried beans ½ c shredded lettuce 2 ea tortillas 1 oz cheese* 1 ea cookie  1 c fortified tea 1 c dried beans (AE)	½ c taco meat ( E ) ¾ c rice 1 c dried beans ½ c cabbage 2 ea tortillas 1 oz cheese* 1 ea cookie  1 c fortified tea 1 c dried beans (AE)	¾ c ground chicken ( E ) ½ c rice  ½ c cabbage 2 ea tortillas 1 oz cheese* 1 ea cookie  1 oz margarine (# 30 disher) 1 c fortified tea 1 c dried beans (AE)	¾ c taco meat ( E ) 1 c rice  ½ c shredded lettuce 2 ea tortillas 1 oz cheese* 1 ea cookie 2 oz jelly (#16 disher) 1 oz LS margarine (#30 disher) 1 c fortified tea ½ c dried beans (AE) ½ c rice	1½ c taco meat ( E ) ¾ c rice  ½ c shredded lettuce 2 ea tortillas 1 oz cheese* 1 ea cookie  1 oz LS margarine (#30 disher) 1 c fortified tea ¾ c scrambled eggs (AE) ½ c rice
DINNER	DINNER	DINNER	DINNER	DINNER
1 ea charbroiled patty (E)  ¾ c pasta & cheese ½ c carrots 2 ea bread  ½ oz mayonnaise ½ oz mustard 1 c fortified beverage 3 oz cheese* (AE)	2 oz charbroiled patty (E) (Chopped)  ¾ c pasta & cheese 1 c carrots 2 ea bread  ½ oz mayonnaise ½ oz mustard 1 c fortified beverage 3 oz cheese* (AE)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ½ c pasta ½ c carrots 2 ea bread  ½ oz mayonnaise ½ oz mustard 1 c fortified beverage ¾ c scrambled eggs (AE)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ¾ c pasta & cheese ½ c carrots 2 ea bread  ½ oz mayonnaise ½ oz mustard 1 c fortified beverage 3 oz cheese* (AE)	¾ c pulled poultry thigh (E) OR deboned chicken leg quarter ½ c pasta & cheese ½ c carrots 3 ea bread  ½ oz mayonnaise ½ oz mustard 1 c fortified beverage 3 oz cheese* (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**