

Emergency/Disaster Plan for Food and Dining Services

7 Day Emergency Meal Plan: Assumes Cooking Ability



Emergency/Disaster Plan for Food and Dining Services

Menu Notes for 7 Day Emergency Meal Plan: Assumes Cooking Ability

During a disaster, foods that appear on the emergency menus may not be available in every situation. The menus provided are meant as guides, and will need to be adjusted during emergencies. In some situations, the recommended nutritional guidelines of the USDA (ChooseMyPlate) or other recognized menu guides **may not be met**. It is particularly difficult to meet fruits recommendations (2 cups per day) and vegetable recommendations (2½ cups per day) without having fresh fruits and vegetables available, especially for individuals who cannot consume large volumes of food at one sitting. With the ability to cook, especially with a safe water supply, options for good nutrition and menu variety are increased. Each facility should make substitutions as needed to maximize food intake for patients/residents and to use perishable stock on hand before spoilage.

Below are some ways to make use of refrigerated or frozen foods. Be sure temperatures are **at or below 41°F** prior to serving.

- Thaw pre-cooked meat such as ham; slice into portions using a sharp knife and serve.
- Use prepared refrigerated sandwich spreads (chicken salad, tuna salad, egg salad) for the first meal or two after losing utilities.
- Use cold leftovers such as coleslaw, gelatin salad, and tossed salad at first meal or two after losing utilities.
- Use frozen desserts (ice cream sherbet, frozen pies, etc.) at first meal after losing utilities.
- Use fresh milk at first meal after losing utilities (assuming the temperature is at or below 41°F).
- Use supply of fresh and/or frozen oral nutritional supplements (commercial shakes, etc.) as soon as possible after losing utilities.
- Combine fresh and frozen fruit to make a fruit salad; dress with yogurt or whipped cream.
- Use fresh vegetables (cucumbers, tomatoes, lettuce, etc.) at the first meal or two after losing utilities if a safe water source is available to wash vegetables before serving.
- If a heat source and a safe source of water is available:
 - Cook frozen vegetables.
 - Cook refrigerated and/or frozen meats.
 - Use milk to make cream soups, especially if milk is close to its expiration date.
 - Bake frozen bread and/or rolls.
 - Make instant mashed potatoes, Use milk or canned broth to prepare potatoes if necessary.
 - Cook fresh vegetables that require refrigeration. Prepare hot cereals such as oatmeal.

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- Prepare hot beverages (coffee, tea, hot chocolate).
- Use cheese in casseroles or grilled cheese sandwiches.
- Use fresh and frozen egg supply; for breakfast meals and egg casseroles, and hard boil fresh eggs for later use (assure refrigeration is available for appropriate cool-down).

Emergency menus may not be adequate in nutrients for all residents/patients. Regular menus average approximately 1800 to 2000 calories, 75 to 85 grams protein daily. Utilize oral nutritional supplements when needed. Liberalize diets as appropriate:

- **Patients with diabetes:** Use low sugar products when indicated or preferred by an individual.
- **Patients on sodium-restricted diets:** Remove salt packets as indicated or preferred by an individual.
- **Mechanical soft diets:** Provide soft moist foods that can be chewed easily.
- **Pureed diets:** Provide pureed foods at the proper temperatures. (An emergency supply of canned pureed foods and a manual can opener should be kept on hand).

*Use fresh milk as soon as possible after losing power, or move milk to a freezer to maintain a temperature of 41°F or lower to keep milk safe. Use canned evaporated milk or reconstituted powdered dry milk once fresh milk supplies have been used or spoiled.

Note: Utilize safe water supplies for reconstituted canned evaporated or pasteurized non-fat powdered milk, juices, soups or beverages.

Follow the water purification procedure outlined on pages 70-72 if the water supply is unsafe for drinking.

Providing variety can also be challenging without utilities. Make menu substitutions on the following menus as needed to use perishables and increase variety based on stock available in-house.

The recipes on the following pages may or may not be useful depending on what you have on hand in the facility. Some food items in the sample menus may not be available. In case a facility is without electricity, food should be used in the following order:

1. Use perishable food and foods from the refrigerator.
2. Use food from the freezer.
3. Begin to use non-perishable foods and staples
4. Substitute fresh and frozen vegetables and fruits for canned in the 7-day menus to use perishable supply as quickly as possible.
5. If possible, use existing perishable stock to make home-made soups and stews rather than using canned products

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Sample Emergency Food and Water Supplies for 7 Days

Sample Menu Supply List (See separate list for pureed food items needed)			Number of People/ Amount Needed			
Menu Items	Portion Size	No. of Meals Per Day	50	100	150	Custom
Drinking water/per person/day	0.5 Gallon	N/A	175	350	525	
All purpose water/person/day	1 Gallon		350	700	1050	
*+Assorted juices, 6-8 oz. cans or aseptically packaged	6-8 oz	7 Meals	350	700	1050	
*+Assorted beverages, canned, bottled or aseptically packaged	6-8 oz portions	7 Meals	350	700	1050	
*Instant breakfast, cans/aseptic pk	8-10 oz	7 Meals	350	700	1050	
Bread, loaves (20 slices/loaf)	2 slices	14 Meals	30	60	90	
Crackers, pounds	4	7 Meals	10	19	28	
*Muffins, dozen	1	3 Meals	13	26	38	
*Doughnuts	1	2 Meals	9	17	25	
*Cereal bars	1	5 Meals/snacks	250	500	750	
Hard cooked eggs, dozens	1	4 Meals	8.3	17	25	
Cottage cheese, pounds	1/4 cup	3 Meals	15	30	45	
Hot cereal, bulk, pounds	6 oz	7 Meals	14	28	42	
*Dry cereal, individual boxes	1 oz	7 Meals	350	700	1050	
Chicken soup, 50 oz. can	6 oz (3/4 cup)	3 Meals	21	38	57	
Chili, canned, No. 10 can	6 oz (3/4 cup)	2 Meals	8	14	20	
Tomato soup, 50 oz. can	6 oz (3/4 cup)	2 Meals	21	38	57	
Deviled ham, No. 5 squat (4.25#)	2-3 oz.	5 Meals	7.5	15	22.5	
Cheese, pounds	2 oz	3 Meals	19	38	57	
Tuna, canned, No. 5 squat (4.25#)	3 oz	2 Meals	6	12	18	
Cheese puffs, pounds	1 oz	5 Meals	17	33	50	
Hull-less popcorn, pounds	1 oz	2 Meals	7	13	20	
Three bean salad, No. 10 can	3/4 cup	2 Meals	6	12	18	
Corn, No 10 can	3/4 cup	2 Meals	6	12	18	
Carrots, No 10 can	3/4 cup	1 meal	3	6	9	
Pickled beets, No. 10 can	3/4 cup	3 Meals	9	18	27	
Applesauce, No. 10 can	3/4 cup	2 Meals	6	12	18	
*Cookies, pounds	2 (1 oz)	2 Snacks	8	14	20	
*Canned fruit, No. 10 can	1/2 cup	14 Meals	42	84	126	
*Pudding, ready to eat, No. 10 can	1/2 cup	2 Snacks	6	12	18	
Peanut butter, 5# jar	2 Tbsp	4 Meals	4	7	10	
**Evaporated milk, canned, 12 oz.	8 oz reconstituted	7 Meals	117	234	350	
*Nutritional supplement, single svg	6-8 oz	7 Meals	350	700	1050	

A manual can opener must be available.

* Use low sugar items if indicated or preferred for patients with diabetes. **May substitute reconstituted powdered milk.

These products should be kept separately from others and dated and marked "FOR EMERGENCY USE ONLY". All food items should be dated. **Rotate emergency supplies at least every 6 months.**

Emergency/Disaster Plan for Food and Dining Services

Day 1 Emergency Meal Plan – Assumes Cooking Ability

	REGULAR/NAS	MECHANICAL SOFT	PUREE	CARBOHYDRATE CONTROLLED	CARBOHYDRATE CONTROLLED PUREE
	Fruit Juice 6 oz Hot Cereal 6 oz Egg & Cheese Bake 2x2” 8 oz Milk 8 oz Water 8 oz	Fruit Juice 6 oz Hot Cereal 6 oz Egg & Cheese Bake 2x2” 8 oz Milk 8 oz Water 8 oz	Fruit Juice 6 oz Hot Cereal 8 oz #8s Pu Egg & Cheese Bake 8 oz Milk 8 oz Water 8 oz	*Fruit Juice 6 oz *Hot Cereal 6 oz Egg & Cheese Bake 2x2” 8 oz Milk 8 oz Water 8 oz	*Fruit Juice 6 oz *Hot Cereal 8 oz Pu Egg & Cheese Bake 2x2” 8 oz Milk 8 oz Water 8 oz
L U N C H	Chili Con Carne 6 oz Crackers 4 Canned Fruit ¾ c Bread/Margarine 1/1 8 oz Milk 8 oz Water 8 oz	Chili Con Carne, Soft 6 oz Crackers 4 Canned Fruit ¾ c Bread/Margarine 1/1 8 oz Milk 8 oz Water 8 oz	Pureed Chili Con Carne, w/Bread 2-#8 Pureed Canned Fruit #8+16s Pureed Canned Veg #8s 8 oz Milk 8 oz Water 8 oz	Chili Con Carne 6 oz Crackers 4 SF Canned Fruit ¾ c Bread/Margarine 1/1 8 oz Milk 8 oz Water 8 oz	Pureed Chili Con Carne w/Bread 2-#8s SF Pu Canned Fruit #8+16s Pureed Canned Veg #8s 8 oz Milk 8 oz Water 8 oz
D I N N E R	Canned Veg Soup 6 oz Crackers 4 Egg Salad 3 oz Bread 2 sl Canned Fruit ¾ c Milk 8 oz Water 8 oz	Canned Veg Soup 6 oz Crackers 4 Egg Salad, Soft 3 oz Bread 2 sl Canned Fruit ¾ c Milk 8 oz Water 8 oz	Pu Canned Veg Soup 6 oz Pureed Egg Salad #6s Canned Fruit #8+16s Milk 8 oz Water 8 oz	Canned Veg Soup 6 oz Crackers 4 Egg Salad 3 oz Bread 2 sl SF Canned Fruit ¾ c Milk 8 oz Water 8 oz	Pu Canned Veg Soup 6 oz Egg Salad #6s SF Pu Canned Fruit #8+16s Milk 8 oz Water 8 oz
H S	Cookies 2 Fruit Juice 6 oz	Cookies 2 Fruit Juice 6 oz	Pudding 4 oz Fruit Juice 6 oz	*Cookies, plain 2 *Fruit Juice 6 oz	SF Pudding 4 oz *Fruit Juice 6 oz

SF = Sugar Free CCHO = Consistent Carbohydrate Pu = Pureed *Low in Simple Sugars Note: All liquids offered must be thickened to the ordered consistency
Note: Goal is a minimum of 2½ cups of vegetables and 2 cups fruit daily as per ChooseMyPlate guidelines if possible.

Emergency/Disaster Plan for Food and Dining Services

Day 2 Emergency Meal Plan - Assumes Cooking Ability

	REGULAR/NAS	MECHANICAL SOFT	PUREE	CARBOHYDRATE CONTROLLED	CARBOHYDRATE CONTROLLED PUREE
B R E A K F A S T	Assorted Juice Cold Cereal Banana Potato Egg Bake Bread w/margarine/jelly Milk Water	Assorted Juice Cold Cereal Banana Potato Egg Bake Bread w/margarine/jelly Milk Water	Assorted Juice Hot Cereal Pureed Banana Pu Potato Egg Bake Milk Water	* Assorted Juice * Cold Cereal Banana Potato Egg Bake Bread w/marg/SF jelly Milk Water	* Assorted Juice * Hot Cereal Pureed Banana Pu Potato Egg Bake Milk Water
L U N C H	Canned Cream Soup Chicken Salad Bread Canned Fruit Cookies Milk Water	Canned Cream Soup Chicken Salad, Soft Bread Canned Fruit Cookies, Soft, no nuts Milk Water	Pu Cream Soup Pu Chicken Salad w/Bread Pu Canned Fruit Pureed Cookies Milk Water	Canned Cream Soup Chicken Salad Bread SF Canned Fruit Lorna Doones Milk Water	Pureed Cream Soup Pu Chicken Salad w/Bread SF Pu Canned Fruit Pu Lorna Doones Milk Water
D I N N E R	Beef/Vegetable Stew Rolls/butter Canned Corn Canned Pudding Milk Water	Beef/Veg Stew, Soft Rolls/butter Soft Canned Corn Canned Pudding Milk Water	Pu Beef/Veg Stew w/Bread Pu Canned Corn Pudding Milk Water	Beef /Vegetable Stew Rolls/butter Canned Corn SF Pudding Milk Water	Pu Beef/Veg Stew w/Bread Pu Canned Corn SF Pudding Milk Water
H S	Cookies Fruit Juice	Cookies, soft, no nuts Fruit Juice	Milkshake Fruit Juice	Vanilla Wafers *Fruit Juice	SF Milkshake *Fruit Juice

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Day 3 Emergency Meal Plan - Assumes Cooking Ability

	REGULAR/NAS	MECHANICAL SOFT	PUREE	CARBOHYDRATE CONTROLLED	CARBOHYDRATE CONTROLLED PUREE
B R E A K F A S T	Assorted Juice 6 oz Hot Cereal 6 oz Muffin/marg/jelly 1/1/1 Milk 8 oz Water 8 oz	Assorted Juice 6 oz Hot Cereal 6 oz Muffin/marg/jelly 1/1/1 Milk 8 oz Water 8 oz	Assorted Juice 6 oz Hot Cereal 8 oz Pu Muffin/marg/jelly #12s Milk 8 oz Water 8 oz	*Assorted Juice 6 oz *Hot Cereal 6 oz *Muffin/marg/ SF jelly 1/1/1 Milk 8 oz Water 8 oz	*Assorted Juice 6 oz *Hot Cereal 8 oz *Pu Muf/marg/SF jelly #12s Milk 8 oz Water 8 oz
L U N C H	Canned Veg Soup 6 oz Peanut Butter/Jelly 2T/1T Sandwich (Bread) 2 sl Potato Chips 1 oz Canned Fruit ¼ c Milk 8 oz Water 8 oz	Canned Veg Soup 6 oz Pu Peanut Butter/Jelly #8s Sandwich 1 oz Cheese Puffs ¼ c Canned Fruit 8 oz Milk 8 oz Water 8 oz	Pureed Veg Soup 6 oz Pu Peanut Butter/Jelly #8s None #8+16s Pu Canned Fruit 8 oz Milk 8 oz Water 8 oz	Canned Veg Soup 6 oz Peanut Butter/SF Jelly 2/1T Sandwich 2 sl Potato Chips 1 oz SF Canned Fruit ¼ c Milk 8 oz Water 8 oz	Pureed Veg Soup 6 oz Pu Peanut Butter & SF Jelly Sandwich #8s None #8+16s SF Pu Canned Fruit 8 oz Milk 8 oz Water 8 oz
D I N N E R	Macaroni and Cheese 1 c Stewed Tomatoes 1 c Canned Carrots ¼ c Bread/margarine 1/1 Cookies 2 Milk 8 oz Water 8 oz	Macaroni and Cheese 1 c Stewed Tomatoes 1 c Soft Canned Carrots ¼ c Bread/margarine 1/1 Cookies (soft, no nuts) 2 Milk 8 oz Water 8 oz	Pu Mac and Cheese #6 s Pu Stewed Tomatoes #8+16s Pu Canned Carrots #8+16s W/Bread/margarine #16s Pureed Cookies 8 oz Milk 8 oz Water 8 oz	Macaroni and Cheese 1 c Stewed Tomatoes 1 c Canned Carrots ¼ c Bread/margarine 1/1 SF Cookies 2 Milk 8 oz Water 8 oz	Pu Mac and Cheese #6s Pu Stewed Tomatoes #8+16s Pu Canned Carrots #8+16s W/Bread/margarine #8+16s SF Pureed Cookies #16s Milk 8 oz Water 8 oz
H S	Pudding ½ c Fruit Juice 6 oz	Pudding ½ c Fruit Juice 6 oz	Pudding ½ c Fruit Juice 6 oz	SF Pudding ½ c *Fruit Juice 6 oz	SF Pudding ½ c *Fruit Juice 6 oz

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Day 4 Emergency Meal Plan - Assumes Cooking Ability

	REGULAR/NAS	MECHANICAL SOFT	PUREE	CARBOHYDRATE CONTROLLED	CARBOHYDRATE CONTROLLED PUREE
B R E A K F A S T	Assorted Juice Cold Cereal Toast/Margarine/Jelly Canned Fruit Milk Water	Assorted Juice Cold Cereal Toast/Margarine/Jelly Canned Fruit Milk Water	Assorted Juice Hot Cereal Pu Bread/Marg/Jelly Pu Canned Fruit Milk Water	*Assorted Juice *Cold Cereal Toast/Marg/SF Jelly SF Canned Fruit Milk Water	*Assorted Juice *Hot Cereal Pu Bread/Marg/SF Jelly SF Pu Canned Fruit Milk Water
L U N C H	Canned Vegetable Soup Crackers Tuna Salad Bread Fruit Cocktail Milk Water	Canned Veg Soup Crackers Tuna Salad, Soft Bread Fruit Cocktail Milk Water	Pu Canned Veg Pureed Tuna Salad w/Bread Pu Fruit Cocktail Milk Water	Canned Veg Soup Crackers Tuna Salad Bread SF Fruit Cocktail Milk Water	Pu Canned Veg Soup Pureed Tuna Salad w/Bread SF Pu Fruit Cocktail Milk Water
D I N N E R	Turkey Broccoli Casserole Canned Three Bean Salad Roll/margarine Milk Water	Turkey Broccoli Casserole Canned Three Bean Salad Roll/margarine Milk Water	Pureed Broccoli Casserole Pu Three Bean Salad Pu Roll/margarine Milk Water	Turkey Broccoli Casserole Canned Three Bean Salad Roll/margarine Milk Water	Pureed Turkey Broccoli Casserole Pureed Three Bean Salad Pureed Roll/margarine Milk Water
H S	Instant Breakfast	Instant Breakfast	Instant Breakfast	SF Instant Breakfast	SF Instant Breakfast

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Note: Goal is a minimum of 2½ cups of vegetables and 2 cups fruit daily as per ChooseMyPlate guidelines if possible.

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Day 5 Emergency Meal Plan - Assumes Cooking Ability

	REGULAR/NAS	MECHANICAL SOFT	PUREE	CARBOHYDRATE CONTROLLED	CARBOHYDRATE CONTROLLED PUREE
B R E A K F A S T	Assorted Juice	Assorted Juice	Assorted Juice	*Assorted Juice	*Assorted Juice
	6 oz	6 oz	6 oz	6 oz	6 oz
	Hot Cereal	Hot Cereal	Hot Cereal	*Hot Cereal	*Hot Cereal
	6 oz	6 oz	8 oz	6 oz	8 oz
	Coffeecake w/margarine	Coffeecake w/margarine	Pu Coffeecake w/marg	Toast w/margarine/SF j	Pu Coffeecake w/marg
	1/1	1/1	#12	1/1	#12
	Milk	Milk	Milk	Milk	Milk
	8 oz	8 oz	8 oz	8 oz	8 oz
	Water	Water	Water	Water	Water
	8 oz	8 oz	8 oz	8 oz	8 oz
L U N C H	Canned Cream Soup	Canned Cream Soup	Pu Cnd Crm Soup	Canned Cream Soup	Pu Cnd Cream Soup
	6 oz	6 oz	6 oz	6 oz	6 oz
	Turkey & Cheese (Sandwich) Bread	Turkey & Cheese (Sandwich) Bread	Pureed Turkey & Cheese w/Bread	Turkey & Cheese (Sandwich) Bread	Pureed Turkey & Cheese w/Bread
	3 oz	3 oz	#6s	3 oz	#6s
	2 sl	2 sl		2 sl	
	3/4 c	3/4 c	#8+16s	SF Canned Fruit	SF Pu Canned Fruit
	Canned Fruit	Canned Fruit	Pu Canned Fruit	Vanilla Wafers	Pu Vanilla Wafers
	2	2	#16	5	#16s
	Cookies (soft)	Cookies (soft)	Pureed Cookies	Milk	Milk
	8 oz	8 oz	8 oz	8 oz	8 oz
Milk	Milk	Milk	Water	Water	
8 oz	8 oz	8 oz	8 oz	8 oz	
D I N N E R	Chicken Noodle Casserole	Chicken Noodle Casserole, Soft	Pu Chicken Noodle Casserole	Chicken Noodle Casserole	Pureed Chicken Noodle Casserole
	6 oz	6 oz	2-#8s	6 oz	2-#8s
	Canned Pickled Beets	Canned Pickled Beets	Pu Cnd Pkld Beets	Canned Pickled Beets	Pu Cnd Pkld Beets
	3/4 c	3/4 c	#8+16s	3/4c	#8+16
	Roll/margarine	Roll/margarine	Pu Roll/margarine	Roll/margarine	Pu Roll/margarine
	1/1	1/1	#16s	1/1	#16s
	1/2 c	1/2 c	1/2 c	SF Pudding	SF Pudding
	Pudding	Pudding	Juice	*Juice	*Juice
	6 oz	6 oz	6 oz	6 oz	6 oz
	Juice	Juice	Milk	Milk	Milk
8 oz	8 oz	8 oz	8 oz	8 oz	
H S	Nutr Supplement	Nutr Supplement	Nutr Supplement	SF Nutr Supplement	SF Nutr Supplement
	6-8 oz	6-8oz	6-8 oz	6-8 oz	6-8 oz

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Day 6 Emergency Meal Plan – Assumes Cooking Ability

	REGULAR/NAS	MECHANICAL SOFT	PUREE	CARBOHYDRATE CONTROLLED	CARBOHYDRATE CONTROLLED PUREE
B R E A K F A S T	Assorted Juice 6 oz Cold Cereal 1 oz Donut 1 Milk 8 oz Water 8 oz	Assorted Juice 6 oz Cold Cereal (soft) 1 oz Donut (no nuts) 1 Milk 8 oz Water 8 oz	Assorted Juice 6 oz Hot Cereal 8 oz Pureed Donut #12s Milk 8 oz Water 8 oz	* Assorted Juice 6 oz SF Cold Cereal 1 oz * Plain Donut 1 Milk 4 oz Water 8 oz	* Assorted Juice 6 oz * Hot Cereal 8 oz * Pu Plain Donut #12s Milk 8 oz Water 8 oz
L U N C H	Canned Beef Veg Soup 6 oz Crackers 4 oz Ham & Cheese Sandwich 3 oz Bread 2 sl Canned Fruit ¾ c Milk 8 oz Water 8 oz	Canned Beef Veg Soup 6 oz Crackers 4 Ham & Cheese Sandwich 3 oz Bread 2 sl Fruit ¾ c Milk 8 oz Water 8 oz	Pu Beef Veg Soup 6 oz Pu Ham & Cheese w/Bread #6 s Pureed Fruit #8+16 Milk 8 oz Water 8 oz	Canned Beef Veg Soup 6 oz Crackers 4 Ham & Cheese Sandwich 3 oz Bread 2 sl SF Fruit ¾ c Milk 8 oz Water 8 oz	Pu Beef Veg Soup 6 oz Pu Ham & Cheese w/Bread #6s SF Pureed Fruit #8+16s Milk 8 oz Water 8 oz
D I N N E R	Hot Dog on Bun 1/1 Catsup/mustard 1/1 Baked Beans ¾ c Canned Corn ¾ c Canned Pudding ½ c Cookies 2 Milk 8 oz Water 8 oz	Ground Hot Dog on Bun 1/1 Catsup/mustard 1/1 Baked Beans ¾ c Soft Canned Corn ¾ c Canned Pudding ½ c Cookies (soft, no nuts) 2 Milk 8 oz Water 8 oz	Pu Hot Dog on Bun #8 s Catsup/mustard 1/1 Pu Baked Beans #8+16 Pu Corn ¾ c Canned Pudding ½ c Pureed Cookies #16 s Milk 8 oz Water 8 oz	Hot Dog on Bun 1/1 Catsup/mustard 1/1 Baked Beans ¾ c Canned Corn ¾ c SF Canned Pudding ½ c Vanilla Wafers 5 Milk 8 oz Water 8 oz	Pu Hot Dog on Bun #8s Catsup/mustard 1/1 Pu Baked Beans #8s Pu Canned Corn ¾ c SF Canned Pudding ½ c Pu Vanilla Wafers #16s Milk 8 oz Water 8 oz
H S	Cereal Bar 1 Juice 6 oz	Cereal Bar 1 Juice 6 oz	Pu PB & J Sandwich Juice 6 oz	* Cereal Bar 1 * Juice 6 oz	Pureed PB & SF Jelly * Juice 6 oz

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Day 7 Emergency Meal Plan - Assumes Cooking Ability

	REGULAR/NAS	MECHANICAL SOFT	PUREE	CARBOHYDRATE CONTROLLED	CARBOHYDRATE CONTROLLED PUREE
B R E A K F A S T	Assorted Juice 6 oz Cold Cereal 6 oz Banana ½ Yogurt ½ c Toast/Margarine 1/1 Milk 8 oz Water 8 oz	Assorted Juice 6 oz Cold Cereal (soft) 6 oz Banana ½ Yogurt ½ c Toast/Margarine 1/1 Milk 8 oz Water 8 oz	Assorted Juice 6 oz Hot Cereal 8 oz Pureed Banana #12s Smooth Yogurt 1 c Pureed Bread #8s Milk 8 oz Water 8 oz	*Assorted Juice 6 oz *Cold Cereal 6 oz Banana ½ SF Yogurt ½ c Toast/Margarine 1/1 Milk 8 oz Water 8 oz	*Assorted Juice 6 oz *Hot Cereal 8 oz Pureed Banana #12s Smooth SF Yogurt 1 c Pureed Bread #8s Milk 8 oz Water 8 oz
L U N C H	Canned Cream Soup 6 oz Crackers 4 Peanut Butter/Jelly Sandwich (Bread) 2T/1 2 sl Canned Fruit ¾ c Milk 8 oz Water 8 oz	Canned Cream Soup 6 oz Crackers 4 Pu Peanut Butter/Jelly Sandwich (Bread) #8s Canned Fruit ¾ c Milk 8 oz Water 8 oz	Pureed Cream Soup 6 oz Pu Peanut Butter & Jelly Sandwich #8s Pu Canned Fruit #8+16s Milk 8 oz Water 8 oz	Canned Cream Soup 6 oz Crackers 4 Peanut Butter/SF Jelly Sandwich (Bread) 2T/1 2 sl SF Canned Fruit ¾ c Milk 8 oz Water 8 oz	Pu Cream Soup 6 oz Pu Peanut Butter & Jelly Sandwich #8s SF Pu Canned #8+16s Milk 8 oz Water 8 oz
D I N N E R	Canned Ravioli 1 c Green Beans ¾ c Roll/margarine 1/1 Pu Pudding ½ c Milk 8 oz Fruit Juice 6 oz	Canned Ravioli 1 c Green Beans ¾ c Roll/margarine 1/1 Pu Pudding ½ c Milk 8 oz Fruit Juice 6 oz	Pu Canned Ravioli 2-#8 Pu Green Beans # 8+16s Pu Roll/margarine #16s Pu Pudding ½ c Milk 8 oz *SF Fruit Juice 6 oz	Canned Ravioli 1 c Green Beans ¾ c Roll/margarine 1/1 SF Pudding ½ c Milk 8 oz Fruit Juice 6 oz	Pu Canned Ravioli 2-#8 Pu Green Beans # 8+16s Pu Roll/margarine #16s SF Prep Pudding ½ c Milk 8 oz *Fruit Juice 6 oz
H S	Nutr Supplement 6-8 oz	Nutr Supplement 6-8 oz	Nutr Supplement 6-8 oz	SF Nutr Supplement 6-8 oz	SF Nutr Supplement 6-8 oz

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Note: Goal is a minimum of 2½ cups of vegetables and 2 cups fruit daily as per ChooseMyPlate guidelines if possible.