2-Week Labor Lean Menu

Week '	1
--------	---

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast							
Choice of Canned Fruit	Choice of Canned Fruit	Choice of Canned Fruit	Choice of Canned Fruit	Choice of Canned Fruit	Choice of Canned Fruit	Choice of Canned Fruit	
Fried Egg	Pancakes	Breakfast Burrito	Waffle	Hard Boiled Egg	Biscuits and Sausage Gravy	Western Omelet	
Hash Brown Patty	Butter Cup	Hash Brown Patty	Butter Cup	Hash Brown Patty	Choice of Milk	Hash Brown Patty	
Choice of Toast	Pancake Syrup	Choice of Milk	Pancake Syrup	Choice of Toast	Choice of Coffee/Tea	Choice of Toast	
Butter Cup	Sausage Links	Choice of Coffee/Tea	Bacon	Butter Cup	Choice of Juice	Butter Cup	
Assorted Jelly	Choice of Milk	Choice of Juice	Choice of Milk	Assorted Jelly		Assorted Jelly	
Choice of Milk	Choice of Coffee/Tea		Choice of Coffee/Tea	Choice of Milk		Choice of Milk	
Choice of Coffee/Tea	Choice of Juice		Choice of Juice	Choice of Coffee/Tea		Choice of Coffee/Tea	
Choice of Juice				Choice of Juice		Choice of Juice	
Lunch							
Pork Riblet Sandwich	Creamed Chipped Beef	Crab Cakes	Sloppy Joe	Cheese Ravioli with Marinara	Fish Sandwich	Beef Stew	
Potato Salad	White Toast	Tartar Sauce	Crinkle Cut French Fries	Seasoned Zucchini	Waffle Fries	Biscuit	
Vinegar Cole Slaw	Mixed Vegetable Blend	Rice Pilaf	Steamed Corn	Chocolate Pudding	Creamy Cole Slaw	Butter Cup	
Sugar Cookie	Vanilla Pudding	Steamed Asparagus	Oatmeal Raisin Cookie	Choice of Milk	Chocolate Chip Cookie	Garden Salad	
Choice of Milk	Choice of Milk	Apple Cobbler	Choice of Milk	Choice of Coffee/Tea	Choice of Milk	Choice of Dressing	
Choice of Coffee/Tea	Choice of Coffee/Tea	Choice of Milk	Choice of Coffee/Tea		Choice of Coffee/Tea	Lemon Bars	
		Choice of Coffee/Tea				Choice of Milk	
						Choice of Coffee/Tea	
Dinner							
Cheese Enchilada	Broccoli & Cheese Stuffed	Turkey Sandwich	Macaroni & Cheese	Chicken Tenders	Salisbury Steak	Orange Chicken	
Black Beans	Chicken	Broccoli Cheese Soup	Monte Carlo Vegetables	Tater Tots	Mashed Potatoes	White Rice	
Fire Roasted Corn	Mashed Potatoes	Garden Salad	Sherbet	California Vegetable Blend	Steamed Carrots	Asian Vegetable Blend	
Rice Krispie Bar	Steamed Baby Carrots	Choice of Dressing	Choice of Milk	Iced Carrot Cake	Sliced Pears	Pineapple Chunks	
Choice of Milk	Chocolate Cream Pie	Ice Cream	Choice of Coffee/Tea	Choice of Milk	Choice of Milk	Choice of Milk	
Choice of Coffee/Tea	Choice of Milk	Choice of Milk		Choice of Coffee/Tea	Choice of Coffee/Tea	Choice of Coffee/Tea	
	Choice of Coffee/Tea	Choice of Coffee/Tea					

2-Week Labor Lean Menu

Week	2
------	---

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Choice of Canned Fruit	Choice of Canned Fruit	Choice of Canned Fruit	Choice of Canned Fruit	Choice of Canned Fruit	Choice of Canned Fruit	Choice of Canned Frui
Fried Egg	Pancakes	Breakfast Burrito	Waffle	Hard Boiled Egg	Biscuits and Sausage Gravy	Western Omelet
Hash Brown Patty	Butter Cup	Hash Brown Patty	Butter Cup	Hash Brown Patty	Choice of Milk	Hash Brown Patty
Choice of Toast	Pancake Syrup	Choice of Milk	Pancake Syrup	Choice of Toast	Choice of Coffee/Tea	Choice of Toast
Butter Cup	Sausage Links	Choice of Coffee/Tea	Bacon	Butter Cup	Choice of Juice	Butter Cup
Assorted Jelly	Choice of Milk	Choice of Juice	Choice of Milk	Assorted Jelly		Assorted Jelly
Choice of Milk	Choice of Coffee/Tea		Choice of Coffee/Tea	Choice of Milk		Choice of Milk
Choice of Coffee/Tea	Choice of Juice		Choice of Juice	Choice of Coffee/Tea		Choice of Coffee/Tea
Choice of Juice				Choice of Juice		Choice of Juice
Lunch						
Chicken Cordon Bleu	Tortilla Crusted Tilapia	Meatloaf	Hot Dog on Bun	Chicken Pot Pie	Beer Battered Fish	Cheeseburger
Parslied Noodles	Rice Pilaf	Mashed Potatoes	Potato Chips	Steamed Asparagus	Crinkle Cut French Fries	Waffle Fries
Capri Vegetable Blend	Seasoned Broccoli	Brown Gravy	Three Bean Salad	Peach Cobbler	Vinegar Cole Slaw	Corn on the Cob
Choice of Dessert Bar	Gelatin Cup	Seasoned Green Beans	Chocolate Chip Cookie	Choice of Milk	Raspberry Sherbet	Butter Cup
Choice of Milk	Choice of Milk	Sugar Cookie	Choice of Milk	Choice of Coffee/Tea	Choice of Milk	Chocolate Pudding
Choice of Coffee/Tea	Choice of Coffee/Tea	Choice of Milk	Choice of Coffee/Tea		Choice of Coffee/Tea	Choice of Milk
		Choice of Coffee/Tea				Choice of Coffee/Tea
Dinner						
Grilled Cheese	Meat Lasagna	Ham & Cheese Sandwich	Pork Cutlet	Stuffed Green Pepper	Chicken and Dumplings	Choice of Pizza
Tomato Soup	Seasoned Broccoli	Potato Chips	Parslied Noodles	White Rice	Zucchini & Summer Squash	BBQ Chicken Wings
Garden Salad	Garlic Bread	Celery & Carrot Sticks	Monte Carlo Vegetables	Garden Salad	Banana Cream Pie	Garden Salad
Choice of Dressing	Gelatin Cup	Buttermilk Ranch Dressing	Oatmeal Raisin Cookie	Choice of Dressing	Choice of Milk	Choice of Dressing
Sherbet	Choice of Milk	Rice Krispie Bar	Choice of Milk	Cupcake	Choice of Coffee/Tea	Ice Cream
Choice of Milk	Choice of Coffee/Tea	Choice of Milk	Choice of Coffee/Tea	Choice of Milk		Choice of Milk
Choice of Coffee/Tea		Choice of Coffee/Tea		Choice of Coffee/Tea		Choice of Coffee/Tea
		1	1	1	1	

Cycle Day: 1

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Fried Egg	1 egg		#8 scoop
		X	Pur Scrm Eggs
Hash Brown Patty	1 patty	1/2 cup	1/2 cup
		Msh Pots	Msh Pots
Choice of Toast	1 slice	1sl, btr/sft/no crst	Slice
			Pur Bread
Butter Cup	Each		
		X	Х
Assorted Jelly	Ea.		
		X	Х
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х
Choice of Juice	6 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 1

Lunch

	Regular	Easy to Chew	Pureed/ND1
Pork Riblet Sandwich	1 sandwich	#8scp, sft bun	#8scp, pur brd
		EC Pork Riblet S	Pureed Pork Rib
Potato Salad	1/2 cup		#8 scoop
		Х	Pur Pot Sld
Vinegar Cole Slaw	1/3 cup	1/2 cup	#16 scoop
		Brsd Cabge	Pur Braised Cbg
Sugar Cookie	1 cookie	1ea, sft	#16 scoop
			Pur Sugar Ckie
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		Х	Х

Dinner

	Regular	Easy to Chew	Pureed/ND1
Cheese Enchilada	2ea+4z sce		2-#6scps
		X	Pur Chse Enchld
Black Beans	1/2 cup		#8 scoop
		X	Pur Blk Bns
Fire Roasted Corn	1/2 cup		#8 scoop
		Crmd Corn	Pur Crmd Crn
Rice Krispie Bar	3x3" bar	1ea, sft	#16 scoop
		Sugar Cookie	Pur Sugar Ckie
Choice of Milk	8 fl oz		
		X	X
Choice of Coffee/Tea	8 fl oz		
		X	X

Dietary I	Manager
-----------	---------

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 2

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Pancakes	2 each	2ea, bttrd/syrp	#8 scoop
			Pur Pancakes
Butter Cup	Each		
		X	X
Pancake Syrup	Each		
		X	X
Sausage Links	2 links	#16 scoop	#16 scoop
		MM Ssge Lnks	Pur Ssge Lnks
Choice of Milk	8 fl oz		
		Х	Х
Choice of Coffee/Tea	8 fl oz		
		Х	Х
Choice of Juice	6 fl oz		
		X	Х

Lunch

	Regular	Easy to Chew	Pureed/ND1
Creamed Chipped Beef	1/2 cup		#8 scoop
		X	Pur Crm Chip Be
White Toast	1 slice	1sli, sft/bttrd	Slice
			Pur Bread
Mixed Vegetable Blend	1/2 cup		#12 scoop
		X	Pur Carrots
Vanilla Pudding	1/2 cup		
		X	X
Choice of Milk	8 fl oz		
		X	X
Choice of Coffee/Tea	8 fl oz		
		X	X

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

2-Week Labor Lean Menu

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

2-Week Labor Lean Menu

Cycle Day: 2

Dinner

	Regular	Easy to Chew	Pureed/ND1
Broccoli & Cheese Stuffed	1 each	#6 scoop	#6 scoop
Chic		MM Brcli/Chse C	Pur Brcli/Chse C
Mashed Potatoes	1/2 cup 1		1/2c, pur
		X	
Steamed Baby Carrots	1/2 cup		#12 scoop
		X	Pur Baby Crts
Chocolate Cream Pie	1 slice	1sli, no crust	#8 scoop
			Pur Choc Crm Pi
Choice of Milk	8 fl oz		
		X	X
Choice of Coffee/Tea	8 fl oz		
		X	X

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens. *Shamrock cannot guarantee that end-user menu edits will meet individual diet manual policies. Menus must be approved and signed by the end-users' Registered Dietitian.

2-Week Labor Lean Menu

Cycle Day: 3

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Breakfast Burrito	1 burrito	1/2c, 1sl	#6 scoop
		Scrm Egg w/Tst	Pur Brkfst Burritc
Hash Brown Patty	1 patty	1/2 cup	1/2 cup
		Msh Pots	Msh Pots
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		Х	Х
Choice of Juice	6 fl oz		
		Х	Х

Lunch

	Regular	Easy to Chew	Pureed/ND1
Crab Cakes	2 each	2ea, sft	#6 scoop
			Pur Crab Cakes
Tartar Sauce	Ea. (12gm)		
		X	Х
Rice Pilaf	1/2 cup		#8 scoop
		X	Pur Rice Pilaf
Steamed Asparagus	1/2 cup		#12 scoop
		X	Pur Asparagus
Apple Cobbler	1 piece	1pc, no top crst	#8 scoop
			Pur Apl Cblr
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

2-Week Labor Lean Menu

Cycle Day: 3

Dinner

	Regular	Easy to Chew	Pureed/ND1
Turkey Sandwich	2zmt, 2brd	#10scp, sft brd	#10scp, pur brd
		EC Trky Sndwch	Pur Trk Snd
Broccoli Cheese Soup	1 cup		8 oz ladle
		X	Pur Brccli Chse {
Garden Salad	1 cup	1/2 cup	#10 Scoop
		Zucchini	Pur Zucchini
Choice of Dressing	Ea.		
		No	No
Ice Cream	Each		
		X	Magic Cup
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary	Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 4

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Waffle	2 each	2ea, bttrd/syrp	#8 scoop
			Pur Waffle
Butter Cup	Each		
		X	Х
Pancake Syrup	Each		
		X	Х
Bacon	2 slices	#16 scoop	#16 scoop
		MM Cdn Bacon	Pur Cdn Bacon
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х
Choice of Juice	6 fl oz		
		X	X

Lunch

	Regular	Easy to Chew	Pureed/ND1
Sloppy Joe	#8scpmt, bun	#8scpmt, sft bun #8scp, pur	
			Pur Slpy Joe
Crinkle Cut French Fries	1/2 cup	1/2c, sft	
			Msh Pots
Steamed Corn	1/2 cup		#8 scoop
		Crmd Corn	Pur Crmd Crn
Oatmeal Raisin Cookie	1 cookie	1ea, sft	#16 scoop
		Sugar Cookie	Pur Sugar Ckie
Choice of Milk	8 fl oz		
		Х	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

2-Week Labor Lean Menu

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

2-Week Labor Lean Menu

Cycle Day: 4

Dinner

	Regular	Easy to Chew	Pureed/ND1
Macaroni & Cheese	1 cup		2- #8 scoops
		X	Pur Mac & Chse
Monte Carlo Vegetables	1/2 cup		#8 scoop
		Х	Pur Monte Carlo
Sherbet	Each		
		X	Magic Cup
Choice of Milk	8 fl oz		
		X	X
Choice of Coffee/Tea	8 fl oz		
		Х	X

Dietary Manager	
-----------------	--

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 5

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Hard Boiled Egg	1 each		#12 scoop
		Х	Pur Hrd Bld Egg
Hash Brown Patty	1 patty	1/2 cup	1/2 cup
		Msh Pots	Msh Pots
Choice of Toast	1 slice	1sl, btr/sft/no crst	Slice
			Pur Bread
Butter Cup	Each		
		X	Х
Assorted Jelly	Ea.		
		Х	Х
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х
Choice of Juice	6 fl oz		
		X	Х

Lunch

	Regular	Easy to Chew	Pureed/ND1
Cheese Ravioli with	1 cup		2-#8scps
Marinara		X	Pur Rav w/Mar
Seasoned Zucchini	1/2 cup		#10 scoop
		X	Pur Zucchini
Chocolate Pudding	1/2 cup		
		X	Х
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		Х	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 5

Dinner

	Regular	Easy to Chew	Pureed/ND1
Chicken Tenders	2 tenders	#6 scoop	#6 scoop
		MM Chix Tndr	Pur Chix Tndr
Tater Tots	8 each	1/2 cup	1/2 cup
		Msh Pots	Msh Pots
California Vegetable Blend	1/2 cup		#8 scoop
		X	Pur Cal Veg
Iced Carrot Cake	1 piece	1ea, sft	#10 scoop
		Sugar Cookie	Pur Crrt Cke
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

2-Week Labor Lean Menu

Cycle Day: 6

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		Х	Pur Soft Fruit
Biscuits and Sausage	2 bsc + 4z grvy		2 pur bsct, #8scr
Gravy		Х	Pur Bsc/ Sge Gr
Choice of Milk	8 fl oz		
		Х	X
Choice of Coffee/Tea	8 fl oz		
		Х	X
Choice of Juice	6 fl oz		
		Х	Х

Lunch

	Regular	Easy to Chew	Pureed/ND1
Fish Sandwich	1 sandwich	#6scp, sft bun EC Fish Sndwch	#6scp, pur brd
Waffle Fries	1/2 cup	1/2c, sft	
			Msh Pots
Creamy Cole Slaw	1/3 cup	1/2 cup	#10 scoop
		Brsd Cabge	Pur Crmy Slaw
Chocolate Chip Cookie	1 cookie	1ea, sft	#16 scoop
			Pur Chc Chip Ck
Choice of Milk	8 fl oz		
		Х	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

2-Week Labor Lean Menu

Cycle Day: 6

Dinner

	Regular	Easy to Chew	Pureed/ND1
Salisbury Steak	1 stk w/sce	#8 scoop	#8 scoop
		MM Slsbry Stk	Pur Slsbry Steak
Mashed Potatoes	1/2 cup		1/2c, pur
		Х	
Steamed Carrots	1/2 cup		#12 scoop
		X	Pur Carrots
Sliced Pears	1/2 cup		#12 scoop
		X	Pur Sliced Pear
Choice of Milk	8 fl oz		
		Х	X
Choice of Coffee/Tea	8 fl oz		
		X	X

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens. *Shamrock cannot guarantee that end-user menu edits will meet individual diet manual policies. Menus must be approved and signed by the end-users' Registered Dietitian.

Cycle Day: 7

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Western Omelet	1 omelet		#8 scoop
		X	Pur Wstrn Omlt
Hash Brown Patty	1 patty	1/2 cup	1/2 cup
		Msh Pots	Msh Pots
Choice of Toast	1 slice	1sl, btr/sft/no crst	Slice
			Pur Bread
Butter Cup	Each		
		X	Х
Assorted Jelly	Ea.		
		Х	Х
Choice of Milk	8 fl oz		
		Х	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х
Choice of Juice	6 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 7

Lunch

	Regular	Easy to Chew	Pureed/ND1
Beef Stew	1 cup		2-#8scps
		X	Pur Beef Stew
Biscuit	1 biscuit	1ea, sft/bttrd	2 each
			Pur Biscuit
Butter Cup	Each		
		X	Х
Garden Salad	1 cup	1/2 cup	#10 Scoop
		Zucchini	Pur Zucchini
Choice of Dressing	Ea.		
		No	No
Lemon Bars	2 x 2" square	1ea, sft	#12 scoop
			Pur Lemon Bars
Choice of Milk	8 fl oz		
		Х	X
Choice of Coffee/Tea	8 fl oz		
		X	X

Dinner

	Regular	Easy to Chew	Pureed/ND1
Orange Chicken	1/2 cup	#8 scoop	#8 scoop
		MM Ornge Chix	Pur Ornge Chix
White Rice	1/2 cup		#8 scoop
		X	Pur White Rice
Asian Vegetable Blend	1/2 cup		#8 scoop
		X	Pur Asian Veg
Pineapple Chunks	1/2 cup		#10 scoop
		Diced Peaches	Pur Peaches
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

2-Week Labor Lean Menu

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 8

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Fried Egg	1 egg		#8 scoop
		Х	Pur Scrm Eggs
Hash Brown Patty	1 patty	1/2 cup	1/2 cup
		Msh Pots	Msh Pots
Choice of Toast	1 slice	1sl, btr/sft/no crst	Slice
			Pur Bread
Butter Cup	Each		
		Х	Х
Assorted Jelly	Ea.		
		Х	Х
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х
Choice of Juice	6 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 8

Lunch

	Regular	Easy to Chew	Pureed/ND1
Chicken Cordon Bleu	1 each	#6 scoop	#6 scoop
		MM Chx Bleu	Pur Chx Bleu
Parslied Noodles	1/2 cup		#8 scoop
		X	Pur Prsly Ndle
Capri Vegetable Blend	1/2 cup		#10 scoop
		X	Pur Capri Vg Bld
Choice of Dessert Bar	1 each	Lemon Bar	1/2 cup
			Choc Pudding
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dinner

	Regular	Easy to Chew	Pureed/ND1
Grilled Cheese	1 sandwich	1ea, sft	1 portion
			Pur Grilled Chse
Tomato Soup	1 cup		8 oz ladle
		X	Pur Tomato Sp
Garden Salad	1 cup	1/2 cup	#10 Scoop
		Zucchini	Pur Zucchini
Choice of Dressing	Ea.		
		No	No
Sherbet	Each		
		X	Magic Cup
Choice of Milk	8 fl oz		
		X	x
Choice of Coffee/Tea	8 fl oz		
		X	X

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 9

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Pancakes	2 each	2ea, bttrd/syrp	#8 scoop
			Pur Pancakes
Butter Cup	Each		
		Х	Х
Pancake Syrup	Each		
		X	Х
Sausage Links	2 links	#16 scoop	#16 scoop
		MM Ssge Lnks	Pur Ssge Lnks
Choice of Milk	8 fl oz		
		Х	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х
Choice of Juice	6 fl oz		
		Х	Х

Lunch

	Regular	Easy to Chew	Pureed/ND1
Tortilla Crusted Tilapia	1 fillet	#6 scoop	#6 scoop
		MM Trlla Crst Til	Pur Trlla Crst Til:
Rice Pilaf	1/2 cup		#8 scoop
		Х	Pur Rice Pilaf
Seasoned Broccoli	1/2 cup		#12 scoop
		X	Pur Broccoli
3.5-4oz Gelatin Cup	Each		
		X	Х
Choice of Milk	8 fl oz		
		Х	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

2-Week Labor Lean Menu

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

2-Week Labor Lean Menu

Cycle Day: 9

Dinner

	Regular	Easy to Chew	Pureed/ND1
Meat Lasagna	1 piece		2-#8scps
		X	Pur Lasagna
Seasoned Broccoli	1/2 cup		#12 scoop
		X	Pur Broccoli
Garlic Bread	1 slice	1sli, sft/no crst	
			Pur Garlic Bread
3.5-4oz Gelatin Cup	Each		
		X	X
Choice of Milk	8 fl oz		
		X	X
Choice of Coffee/Tea	8 fl oz		
		X	X

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens. *Shamrock cannot guarantee that end-user menu edits will meet individual diet manual policies. Menus must be approved and signed by the end-users' Registered Dietitian.

2-Week Labor Lean Menu

Cycle Day: 10 Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Breakfast Burrito	1 burrito	1/2c, 1sl	#6 scoop
		Scrm Egg w/Tst	Pur Brkfst Burritc
Hash Brown Patty	1 patty	1/2 cup	1/2 cup
		Msh Pots	Msh Pots
Choice of Milk	8 fl oz		
		X	X
Choice of Coffee/Tea	8 fl oz		
		X	X
Choice of Juice	6 fl oz		
		X	X

Lunch

	Regular	Easy to Chew	Pureed/ND1
Meatloaf	3z slice		#8 scoop
		X	Pur Meatloaf
Mashed Potatoes	1/2 cup		1/2c, pur
		X	
Brown Gravy	2 fl oz		
		X	Х
Seasoned Green Beans	1/2 cup		#10 scoop
		X	Pur Green Beans
Sugar Cookie	1 cookie	1ea, sft	#16 scoop
			Pur Sugar Ckie
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 10

Dinner

	Regular	Easy to Chew	Pureed/ND1
Ham & Cheese Sandwich	2sl mt,1sl chs, 2t	#8scp, sft brd	#8scp, pur brd
		EC Ham/Chse S	Pur Ham/Chs Sn
Potato Chips	1 bag	1/2 cup	1/2 cup
		Msh Pots	Msh Pots
Celery & Carrot Sticks	2z sticks	1/2 cup	#12 scoop
		Carrots	Pur Carrots
1.5 oz Buttermilk Ranch	Ea.		
Dressi		No	No
Rice Krispie Bar	3x3" bar	1ea, sft	#16 scoop
		Sugar Cookie	Pur Sugar Ckie
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		Х	Х

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

2-Week Labor Lean Menu

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 11

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Waffle	2 each	2ea, bttrd/syrp	#8 scoop
			Pur Waffle
Butter Cup	Each		
		X	Х
Pancake Syrup	Each		
		X	Х
Bacon	2 slices	#16 scoop	#16 scoop
		MM Cdn Bacon	Pur Cdn Bacon
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	X
Choice of Juice	6 fl oz		
		X	X

Lunch

	Regular	Easy to Chew	Pureed/ND1
Hot Dog on Bun	1 each	#8scp,bun	#8scp, pur brd
		EC Hot Dog	Pur Hot Dog
Potato Chips	1 bag	1/2 cup	1/2 cup
		Mshd Potato	Msh Pots
Three Bean Salad	1/2 cup		#10 scoop
		X	Pur 3 Bean Sld
Chocolate Chip Cookie	1 cookie	1ea, sft	#16 scoop
			Pur Chc Chip Ck
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

2-Week Labor Lean Menu

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 11

Dinner

	Regular	Easy to Chew	Pureed/ND1	
Pork Cutlet	1 each	#6 scoop #6 scoop		
		MM Pork Cutlet	Pur Pork Cutlet	
Parslied Noodles	1/2 cup		#8 scoop	
		X	Pur Prsly Ndle	
Monte Carlo Vegetables	1/2 cup		#8 scoop	
		X	Pur Monte Carlo	
Oatmeal Raisin Cookie	1 cookie	1ea, sft	#16 scoop	
		Sugar Cookie	Pur Sugar Ckie	
Choice of Milk	8 fl oz			
		X	Х	
Choice of Coffee/Tea	8 fl oz			
		X	Х	

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

2-Week Labor Lean Menu

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 12

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Hard Boiled Egg	1 each		#12 scoop
		X	Pur Hrd Bld Egg
Hash Brown Patty	1 patty	1/2 cup	1/2 cup
		Msh Pots	Msh Pots
Choice of Toast	1 slice	1sl, btr/sft/no crst	Slice
			Pur Bread
Butter Cup	Each		
		X	Х
Assorted Jelly	Ea.		
		Х	Х
Choice of Milk	8 fl oz		
		Х	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х
Choice of Juice	6 fl oz		
		Х	Х

Lunch

	Regular	Easy to Chew	Pureed/ND1
Chicken Pot Pie	1 pie		2-#8scps
		Х	Pur Chx Pot Pie
Steamed Asparagus	1/2 cup		#12 scoop
		Х	Pur Asparagus
Peach Cobbler	1 piece	1pc, no top crust	#8 scoop
			Pur Pch Cbblr
Choice of Milk	8 fl oz		
		Х	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 12

Dinner

	Regular	Easy to Chew	Pureed/ND1	
Stuffed Green Pepper	1 pepper w/sce		2-#8scps	
		X	Pur Stffd Pprs	
White Rice	1/2 cup		#8 scoop	
		Х	Pur White Rice	
Garden Salad	1 cup	1/2 cup	#10 Scoop	
		Zucchini	Pur Zucchini	
Choice of Dressing	Ea.			
		No	No	
Cupcake	1 cupcake	1ea, sft	#10 scoop	
			Pur Cpcke	
Choice of Milk	8 fl oz			
		Х	Х	
Choice of Coffee/Tea	8 fl oz			
		Х	Х	

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

2-Week Labor Lean Menu

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

2-Week Labor Lean Menu

Cycle Day: 13

Breakfast

	Regular	Easy to Chew	Pureed/ND1	
Choice of Canned Fruit	1/2 cup		#10/#12scp	
		X	Pur Soft Fruit	
Biscuits and Sausage	2 bsc + 4z grvy		2 pur bsct, #8scp	
Gravy		X	Pur Bsc/ Sge Gr	
Choice of Milk	8 fl oz			
		X	X	
Choice of Coffee/Tea	8 fl oz			
		X	X	
Choice of Juice	6 fl oz			
		X	X	

Lunch

	Regular	Easy to Chew	Pureed/ND1	
Beer Battered Fish	2 fillets	#6 scoop	#6 scoop	
		MM Bttrd Fish	Pur Bttrd Fish	
Crinkle Cut French Fries	1/2 cup	1/2c, sft		
			Msh Pots	
Vinegar Cole Slaw	1/3 cup	1/2 cup	#16 scoop	
		Brsd Cabge	Pur Braised Cbg	
Raspberry Sherbet	1/2 Cup		Each	
		X	Magic Cup	
Choice of Milk	8 fl oz			
		X	X	
Choice of Coffee/Tea	8 fl oz			
		X	X	

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

2-Week Labor Lean Menu

Cycle Day: 13

Dinner

	Regular	Easy to Chew	Pureed/ND1	
Chicken and Dumplings	1 cup	1c, sft/tnder	2-#8scps	
			Pur Chix/Dmpling	
Zucchini & Summer	1/2 cup		#10 scoop	
Squash		Х	Pur Zchi/Smr Sq	
Banana Cream Pie	1 slice	1sli, no crust	#8 scoop	
			Pur Bnana Crm F	
Choice of Milk	8 fl oz			
		X	X	
Choice of Coffee/Tea	8 fl oz			
		X	X	

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 14

Breakfast

	Regular	Easy to Chew	Pureed/ND1
Choice of Canned Fruit	1/2 cup		#10/#12scp
		X	Pur Soft Fruit
Western Omelet	1 omelet		#8 scoop
		X	Pur Wstrn Omlt
Hash Brown Patty	1 patty	1/2 cup	1/2 cup
		Msh Pots	Msh Pots
Choice of Toast	1 slice	1sl, btr/sft/no crst	Slice
			Pur Bread
Butter Cup	Each		
		X	Х
Assorted Jelly	Ea.		
		X	Х
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	х
Choice of Juice	6 fl oz		
		X	Х

2-Week Labor Lean Menu

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.

Cycle Day: 14

Lunch

	Regular	Easy to Chew	Pureed/ND1
Cheeseburger	1 each	#6scp, sft bun	#6scp, pur brd
		EC Chsbrgr	Pur Chsbrgr
Waffle Fries	1/2 cup	1/2c, sft	
			Msh Pots
Corn on the Cob	1 cobette	1/2 cup	#8 scoop
		Crmd Corn	Pur Crmd Crn
Butter Cup	Each		
		X	Х
Chocolate Pudding	1/2 cup		
		X	Х
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dinner

	Regular	Easy to Chew	Pureed/ND1
Choice of Pizza	1 Each	1ea, sft, no crst	#8 scoop
			Pur Pizza
BBQ Chicken Wings	3 pieces	#8 scoop	#8 scoop
		MM BBQ Chix W	Pur BBQ Chix W
Garden Salad	1 cup	1/2 cup	#10 Scoop
		Zucchini	Pur Zucchini
Choice of Dressing	Ea.		
		No	No
Ice Cream	Each		
		X	Magic Cup
Choice of Milk	8 fl oz		
		X	Х
Choice of Coffee/Tea	8 fl oz		
		X	Х

Dietary Manager

Approval Date

Dietary Consultant

Approval Date

Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size	Scoop Size
#6 Scoop 2/3 cup 6 oz	#10 Scoop 3/8 cup 3-4 oz	#16 Scoop 1/4 cup 2-2 1/4 oz	2 oz Ladle/Spoodle 1/4 cup	4 oz Ladle/Spoodle 1/2 cup	8 oz Ladle/Spoodle 1 cup
#8 Scoop 1/2 cup 4-5 oz	#12 Scoop 1/3 cup 2 1/2-3 oz	#30 Scoop 2 Tbsp 1- 1/2 oz	3 oz Ladle/Spoodle 1/3 cup	6 oz Ladle/Spoodle 3/4 cup	

2-Week Labor Lean Menu

*It is not implied nor should be inferred that ingredients that are free from wheat, barley and rye do not contain gluten.

*It is not implied nor should be inferred that recipes that do not list an allergen are free from allergens. Ingredients which may contain allergens are listed as having such allergens.



2-Week Labor Lean Menu

Shopping List	t	Date:		
		ON		
Description	Pack Size	HAND	PAR	ORDER
COFFEE, ARABICA 100% GRMT BLND BIB	2/.5/GL		6	
JUICE BASE, APPLE 100% BLND 4X1 BIB	1/3/GL		2	
JUICE BASE, CRANBRY SEL 12% 5X1 BIB	1/3/GL		2	
JUICE BASE, ORANGE 100% BLND 4X1 BIB	1/3/GL		2	
TEA BAG, HOT ASSORT	6/25/PK		18	
BUTTER, SOLID UNSLTD AA GLUTEN FREE	30/1/LB		1	
BUTTER, WHPD CUP SLTD 90CT AA GLUTEN FRE	720/5/GM		3	
CHEESE, AMER SLI 120CT	1/5/LB		6	
DRESSING, BLUE CHSE PC	60/1.5/OZ		3	
DRESSING, COLESLAW CRMY	4/1/GL		1	
EGG, CKD HARD PLD PREM SEL	1/20/LB		1	
EGG, LIQ SCRAMBLE MIX BRKFST BLND CRTN	15/2/LB		1	
GELATIN, STRAWBRY CUP	48/3.5/OZ		5	
MILK, 2% RF	6/1/GL		1	
MILK, 2% RF	70/8/OZ		20	
MILK, CHOC 1% LF	70/8/OZ		20	
MILK, SKIM FF .5PINT CRTN	70/8/OZ		20	
MILK, WHL	70/8/OZ		20	
SALAD, POTATO DICED W-EGG	3/8/LB		2	
SOUP BASE, BEEF LS NO MSG	6/1/LB		1	
BEAN, BLK UNSEASN FCY	6/10/CN		2	
BEAN, SALAD THREE FCY	6/10/CN		1	
BREAD MIX, PUREED	2/4.5/LB		1	
CHIP, POTATO	104/1/OZ		2	
CORN, CREAM STYL FCY	6/10/CN		1	
DRESSING, COLESLAW W-CELERY SEED	2/1/GL		1	
DRESSING, FRENCH CNTRY PC PKT 1.5Z	60/1.5/OZ		3	
DRESSING, ITAL GLDN PC 1.5Z	60/1.5/OZ		3	
DRESSING, RANCH BTRMLK PC	60/1.5/OZ		4	
GRAVY MIX, BROWN LS	8/12/OZ		1	
GRAVY MIX, CHICK FLVR LS	8/12/OZ		1	
GRAVY MIX, CNTRY NO MSG W-BLK PEPR	6/24/OZ		1	
GRAVY, CNTRY STYL SAUSAGE	6/10/CN		2	
JELLY, ASSORT #10 PC CUP 10GM	200/10/GM		5	
NOODLE, EGG WIDE BULK	2/5/LB		2	
OIL, SALAD CANOLA CLR LIQ ZTF	3/1/GL		1	
ORANGE, MANDARIN WHL SEG LS IMP	6/10/CN		4	
PEACH, DICED YLW CLING XLS CHO DMST	6/10/CN		4	
PEAR, DICED IN JCE DMST CHO	6/10/CN		5	
PEAR, SLI IN JCE CHO	6/10/CN		1	
PINEAPPLE, CHNK IN JCE STND IMP	6/10/CN		2	
POTATO, DEHYD MASHED GRANLTD	6/10/CN		1	
PUDDING, CHOC	6/10/CN		2	



2-Week Labor Lean Menu Shopping List

wering satisfaction	Shopping List		Date:		
			ON		
Description		Pack Size	HAND	PAR	ORDER
PUDDING, VANILLA		6/10/CN		1	
RICE, PARBOILED LONG GRAIN WHT		1/25/LB		1	
RICE, PILAF MIX		6/2.25/LB		2	
SALT, TABLE IODIZED		1/25/LB		1	
SAUCE, BBQ CATTLE CNTRY SMKY		4/1/GL		1	
SAUCE, ENCHILADA		4/135/OZ		1	
SAUCE, MARINARA FCY CA		6/10/CN		1	
SAUCE, SLOPPY JOE		4/10/CN		1	
SAUCE, TARTAR CRMY .438Z		200/.438/Z		1	
SEASONING, ITAL		1/6/OZ		1	
SNACK, RICE KRISPIES TREAT SHEET		5/2/LB		2	
SOUP BASE, CHICKEN LS NO MSG		6/1/LB		1	
SOUP BASE, VEG MIREPOIX SAUTE		6/1/LB		1	
SOUP, TOMATO		12/50/OZ		1	
SPICE, GARLIC PWDR		1/6/LB		1	
SPICE, PARSLEY FLAKE		1/2/OZ		2	
SPICE, PEPPER BLK REG GRND		1/5/LB		1	
STEW, BEEF DLX		6/10/CN		2	
SYRUP, MAPLE FLVR PC CUP 1.5Z		200/1.5/OZ		3	
THICKENER, INSTANT FOOD		1/25/LB		1	
ASPARAGUS, CUTS & TIPS IQF GRD A		6/2.5/LB		2	
BEAN, GRN WHL IQF GRD A		12/2/LB		1	
BISCUIT, BTRMLK 2.25Z FULLY BAKED UNSL	1	5/20/PK		6	
BREAD, TEXAS GARLIC TOAST SLI		120/1.4/OZ		1	
BREAD, WHEAT PULLMAN SLI 1/2"		10/32/OZ		3	
BREAD, WHITE PULLMAN SLI 1/2"		10/32/OZ		3	
BROCCOLI, FLORET IQF GRD A		12/2/LB		2	
BUN, HAMBURGER PLAIN 4" SLI		10/12/PK		4	
BUN, HOT DOG SLI 6"		12/12/PK		1	
BURRITO, BRKFST EGG SAUSG CHSE		90/3.75/OZ		3	
CAKE, SHEET CARROT ICED 12 X 16		4/96/OZ		1	
CARROT, BABY WHL IQF GRD A		1/30/LB		1	
CARROT, SLICED CC IQF GRD A		12/2/LB		2	
COBBLER, APPLE RTB		4/6/LB		2	
COBBLER, PEACH RTB		4/96/OZ		2	
CORN, COBBETTE 3" SPR SWT IQF GRD A		1/96/PK		2	
CORN, CUT FIRE RSTD IQF		1/20/LB		1	
CORN, CUT IQF GRD B		1/30/LB		1	
CUPCAKE, ORIG VRTYPK		8/4/PK		4	
DESSERT BAR, LOVIN' LEMON UNSLI		4/51/OZ		2	
DESSERT BAR, VARIETY PK		4/4/PK		2	
DESSERT, MAGIC CUP CHOC					
		48/4/OZ		1	
DESSERT, MAGIC CUP VANILLA		48/4/OZ		1	



2-Week Labor Lean Menu Shopping List

amrock Foods	Shopping List		Date:		
			ON		
Description	on	Pack Size	HAND	PAR	ORDER
DOUGH, COOKIE CHOC CHIP 1Z		256/1/OZ		2	
DOUGH, COOKIE OATMEAL RASN	1Z	256/1/OZ		2	
DOUGH, COOKIE SGR 1.5Z		170/1.5/OZ		3	
EGG, PTY FRIED NATRL SHP		144/1.7/OZ		2	
ENCHILADA, CHEESE		72/2.5/OZ		4	
ENTREE, CHICKEN DUMPLING SAU	CE	4/96/OZ		3	
ENTREE, CHICKEN MANDARIN ORM	IG JR CN FC	1/43.5/LB		1	
ENTREE, CHIPPED BEEF CREAMED		4/76/OZ		2	
ENTREE, MAC & CHSE CASSEROLE		4/76/OZ		4	
ENTREE, MEATLOAF ROTISSERIE ST	YLE RAW	12/32/OZ		1	
ENTREE, PEPPER GRN STFD		4/83/OZ		3	
ENTREE, SALISBURY STK		4/69/OZ		3	
FRIES, 1/2" CC FCY GRD A		6/5/LB		1	
FRIES, LATTICE GLDN		6/4.5/LB		1	
HASHBROWN, PTY 2.25Z		6/5/LB		4	
ICE CREAM CUP, CHOC		24/3/OZ		4	
ICE CREAM CUP, STRAWBRY		24/3/OZ		4	
ICE CREAM CUP, VANILLA		24/3/OZ		4	
LASAGNA, MEAT W-MOZZ & RICO	ΓΤΑ	4/96/OZ		3	
OMELET, WESTERN 6" FOLD		72/3.5/OZ		4	
PANCAKE, BTRMLK 4" TRDTNL		144/1.36/Z		4	
PIE, BANANA CRM GRMT 10" THW	'SRV	4/45/OZ		3	
PIE, CHOC CREAM THWSRV 10"		6/27/OZ		3	
PIZZA, CHSE RND 5"		54/5.5/OZ		2	
PIZZA, PEPPERONI RND 5"		54/6.25/OZ		2	
POT PIE, CHICK W-VEG FC		12/10/OZ		10	
POTATO, TATER BARRELS		6/5/LB		1	
RAVIOLI, CHSE SQ MED		2/5/LB		4	
SHERBET, LIME CUP		48/4/OZ		2	
SHERBET, ORANGE CUP		24/4/OZ		3	
SHERBET, RASPBERRY CUP		24/4/OZ		4	
SOUP, BROCCOLI CHSE RTE		4/4/LB		5	
SQUASH, YLW CORKNECK SLI IQF G	GRD A	12/3/LB		1	
SQUASH, ZUCCHINI SLI CC IQF GRD	A	12/3/LB		3	
VEGETABLE BLEND, CALIFORNIA BI	JLK IQF	1/30/LB		1	
VEGETABLE BLEND, CAPRI BULK IQ	F	1/30/LB		1	
VEGETABLE BLEND, MIXED 4 WAY	IQF GRD B	1/30/LB		1	
VEGETABLE BLEND, MONTE CARLC) IQF	6/4/LB		2	
VEGETABLE BLEND, ORIENTAL BUL	K IQF	1/30/LB		2	
WAFFLE, HMSTYL 4" BULK		144/1.23/Z		4	
BACON, CANADIAN STYL SLI 3" DIA	M	5/2/LB		1	



2-Week Labor Lean Menu Shopping List

amrock Foods	Shopping List		Date:		
Description		Pack Size	ON HAND	PAR	ORDER
BACON, CKD HKRY SMKD 300 SLI		1/300/PK		1	
BEEF, GRND BULK 81/19 CHUB		12/5/LBAV		1	
BEEF, GRND PTY 4X1 80/20 RND		48/4/OZ		3	
FRANKS, ALL BEEF 6" 6X1 ROLLER GRILL		2/5/LB		2	
HAM, SMKD WA SLI .66Z		4/2.5/LB		2	
PORK, CHOPETT BRD FC		40/4/OZ		3	
PORK, PTY BNLS CKD TASTY RIB BBQ		52/3.1/OZ		3	
SAUSAGE, LINK CKD .8Z SKNLS		1/10/LB		3	
CHICKEN, BRST CORDON BLEU BRD		36/4/OZ		4	
CHICKEN, BRST STFD BROC CHSE		36/4/OZ		4	
CHICKEN, TNDRLOIN BRD FRTR SAVORY		2/5/LB		4	
CHICKEN, WING 1&2 BBQ FLVR CKD		4/2.5/LB		4	
TURKEY, O-RSTD SLI .66Z		4/2.5/LB		2	
CABBAGE, GRN SHRD FINE 1/16"		4/5/LB		1	
CABBAGE, SHRED COLESLAW		4/5/LB		3	
CARROT, STICK 4X7/16" STACK PK		2/5/LB		1	
CELERY, STICK 4"X.25"X1.25"		4/5/LB		1	
CUCUMBER, 24CT		1/24/PK		2	
LETTUCE, ICEBERG PRE-MIX SALAD		4/5/LB		2	
ONION, RED DICED 1/4"		2/5/LB		1	
TOMATO, CHERRY HOT HOUSE		1/12/PK		2	
CRAB CAKE, BRD CRUNCHY 3Z		1/10/LB		5	
POLLOCK, BRD ALASKAN 4Z		1/10/LB		3	
POLLOCK, BTRD BEER FLT 2Z		1/10/LB		5	
TILAPIA, FLT CRSTD TORTILLA 5-6Z		1/10/LB		5	