

Sample Pandemic Menu- Convenience Items

Day 1- Breakfast Hot Cereal/Milk 100% Fruit Juice Donut or Danish (freezer) Hard Boiled Eggs	Day 2- Breakfast Hot or Cold Cereal/Milk Granola Bar 100% Juice Cheese Sticks	Day 3- Breakfast Hot or Cold Cereal/Milk 100% Juice Yogurt Hard Cooked Eggs
Day 1 Lunch Peanut Butter/Jelly Sandwich Oreo Cookies Canned Fruit/Juice Hot Vegetable Cheese Stick	Day 2- Lunch Ham & Cheese Sandwich Canned Fruit/Juice V-8/Tomato Juice Potato Chips or Corn Puffs Fig Newtons	Day 3- Lunch Turkey & Cheese Sandwich Hot Vegetable Canned Fruit/Juice Chips/Corn Puffs Lorna Doone Cookies
Day 1 Dinner Canned Beef Stew Cheese/pnb Crackers Canned Fruit/Juice Hot Vegetable Ice Cream	Day 2 Dinner Vegetarian Chili (bag) Crackers Hot Vegetable Canned Fruit/Juice	Day 3 Dinner Beef Hot Dog/Bun Canned Veg Baked Beans Hot Cooked Vegetable Canned Fruit/Juice Canned Pudding
Day 4- Breakfast Hot or Cold Cereal/Milk Breakfast Sandwich Egg patty (reach in freezer) Cheese Croissant (freezer) or Toast 100% Juice	Day 5- Breakfast Hot or Cold Cereal/Milk French Toast/Syrup 100% Juice Yogurt	Day 6- Breakfast Hot or Cold Cereal/Milk Scrambled Eggs Bagel w/cream cheese 100% Juice
Day 4- Lunch Tuna Salad Sandwich (pre-made in walk-in cooler) Hot Vegetable Canned Fruit/Juice Oreo Cookies	Day 5- Lunch Tomato Soup Soup (canned) Crackers Cottage Cheese Canned Fruit/Juice Tossed Salad/Asst. Dressing Lorna Doones	Day 6- Lunch Chicken Salad Sandwich (Pre-made in walk-in cooler) Canned Fruit/Juice Hot Vegetable Fig Newtons
Day 4- Dinner Swedish Meatballs Egg Noodles Hot Vegetable Canned Fruit/Juice Ice Cream	Day 5- Dinner BBQ Pork (canned) Bun or Bread Hot Vegetable Canned Fruit/Juice Canned Pudding	Day 6- Dinner Hamburger Bread or bun Chips or Corn Puffs Canned Fruit/Juice Hot Vegetable Sherbet

Day 7- Breakfast Hot/Cold Cereal with Milk 100% Fruit Juice Muffin (freezer) Hard Boiled Egg	Day 8- Breakfast Hot/Cold Cereal with Milk 100% Fruit Juice Scrambled Eggs Toast with Jam	Day 9-Breakfast Hot/Cold Cereal with Milk 100% Fruit Juice Breakfast Sandwich – egg, cheese & Ham on Croissant Yogurt
Day 7- Lunch Campbell’s Vegetable Soup Crackers Cheese Cubes/Sausage Canned Fruit/Juice Graham Crackers	Day 8- Lunch Egg Salad Sandwich Hot Vegetable Canned Fruit/Juice Chips/Corn Puffs Oreo Cookies	Day 9-Lunch Tuna Salad Sandwich Tossed Salad/Asst. Dressings Canned Fruit/Juice Hot Vegetable Vanilla Wafers
Day 7-Dinner Chicken & Dumplings (canned) Bread/Butter Hot Vegetable Canned Fruit/Juice Canned Pudding	Day 8-Dinner Steak Chili w/Crackers (canned) Sour cream/Cheese toppings Canned Fruit/Juice Hot Vegetable Ice Cream	Day 9-Dinner Sweet & Zesty Meatballs Egg Noodles Hot Vegetable Canned Fruit/Juice Sherbet
Day 10-Breakfast Hot/Cold Cereal with Milk 100% Fruit Juice Scrambled Eggs Canned Fried Potatoes Toast with Jelly	Day 11-Breakfast Hot/Cold Cereal with Milk 100% Fruit Juice French Toast with Syrup Cheese Sticks	Day 12- Breakfast Hot/Cold Cereal with Milk 100% Fruit Juice Bagel with Cream Cheese Hard Boiled Egg
Day 10- Lunch Cream of Mushroom Soup Crackers Cheese Cubes/Sausage Canned Fruit/Juice Fig Newtons	Day 11- Lunch Chicken Salad Sandwich Chips/Cheese Puffs Canned Fruit/Juice Raw Vegetables Lorna Doones	Day 12- Lunch Turkey & Cheese Sandwich Chips/Cheese Puffs Tossed Salad w/Asst Dressings Canned Fruit/Juice Graham Crackers/PNB
Day 10- Dinner Canned Taco Meat Soft Tortillas or Tortilla Chips Lettuce, Cheese, tomato Seasoned Black Beans (Bag) Canned Fruit/Juice Canned Pudding	Day 11-Dinner Beef Hot Dog/Bun Vegetarian Baked Beans Canned Fruit/Juice Ice Cream	Day 12- Dinner Canned Beef Ravioli Bread/Butter or Margarine Hot Vegetable Canned Fruit/Juice Sherbet

Day 13- Breakfast Hot/Cold Cereal with Milk 100% Fruit Juice Danish or Donut Scrambled Eggs	Day 14- Breakfast Hot/Cold Cereal with Milk 100% Fruit Juice Breakfast Sandwich – egg, cheese, meat on Croissant or toast	
Day 13- Lunch Egg Salad Sandwich Instant Mashed Potatoes Canned Gravy Hot Vegetable Canned Fruit/Juice Canned Pudding	Day 14- Lunch Canned Chili Con Carne Cheese, Sour cream, Crackers Canned Fruit/Juice Cottage Cheese Kernel Corn Lorna Doones	
Day 13- Dinner Loaded Baked Potatoes (Cheese, Sour cream, bacon, onions) Steamed Broccoli Canned Fruit/Juice Cookie	Day 14- Dinner Sweet & Sour Meatballs White Rice Asian Mix Vegetables Canned Fruit/Juice Sherbet	

This sample menu is courtesy of Lynette Maxey, RDN, CDE, Manager Support Services, Paul Oliver Memorial Hospital in Frankfort, MI 49635
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