

Brentwood Manor Extended Care
Production Sheet

	BREAKFAST	LUNCH	DINNER	DESSERT	EVENING SNACK	BEVERAGES
MONDAY	<p>Berry pancakes w/bacon: ¼ cup berries, 2 oz. bacon, 2 pancakes, 1 oz. syrup</p> <p>Daily alternates: poached, scrambled or hard boiled eggs cream of wheat oatmeal seasonal fruit cup cheerios raisin bran corn flakes</p>	<p>Chicken salad sandwich on croissant (4 oz. chicken, 2 oz. provolone cheese, ¼ c grapes, 2 tbsp. mayo, 2 tbsp. cashews, ½ cup celery, 1 cup pineapple)</p> <p>Margarita pizza with sundried tomatoes and basil, parmesan cheese (4 oz. bread, 1 cup tomatoes, .3 oz. basil, 2 oz. fresh mozzarella cheese, 2 oz. sauce)</p> <p>Tomato Bisque Apple Pecan Salad</p>	<p>Pork with mango sauce, peach garnish with side salad and brown rice (3oz pork, ½ cup peach, 2 cups leafy green, 1 cup raw veg, ½ cup cooked rice)</p> <p>Baked lasagna ziti with Caesar salad (1.5 oz. pasta, 1 oz. broccoli, 3 oz. ricotta cheese, 1 oz. mozzarella, 2 oz. spinach, ½ c marinara sauce, 3 oz. hamburger meat) (2 cups lettuce, 3 oz. chicken, 1 oz. croutons, 0.5 oz. parmesan cheese)</p>	<p>Chocolate raspberry mousse</p> <p>lemon bar</p> <p>Strawberry shortcake Orange scone</p>	<p>1. fruit bowl (1 cup) 2.chocolate chip cookie 3.cheese and crackers 4.raw vegetables with ranch dip 5.trail mix</p>	<p>Coffee, Tea, Hot cocoa, Juice (apple, OJ, cranberry, grape, peach), Milk (2%, skim, chocolate), Soda (Coke, Diet coke, sprite, Barq's root beer), Sugar free lemonade</p>
TUESDAY	<p>Omelette: 2 eggs, 2 oz. ham, ¼ cup bell pepper, pinch salt, pinch pepper, 1 cup cottage cheese</p>	<p>sweet chili chicken with pineapple salsa, broccoli and a roll (2 lime wedges, 2 tbsp. pineapple, 2</p>	<p>Turkey with cranberry sauce, fresh string beans, country style dinner roll (5oz turkey, 2tbs cranberry</p>	<p>Peach cobbler</p> <p>Oatmeal cookies</p>	<p>1. fruit bowl (1 cup) 2.chocolate chip cookie 3.cheese and crackers 4.raw</p>	<p>Coffee Tea Hot cocoa Juice (apple, OJ, cranberry, grape, peach,) Milk (2%,</p>

	<p>Daily alternates: poached, scrambled or hard boiled eggs (3 oz. each) cream of wheat (1 cup) oatmeal (1 cup) seasonal fruit cup (1 cup) cheerios (1 cup cereal with ¼ cup milk) raisin bran (1 cup cereal with ¼ cup milk) corn flakes (1 cup cereal with ¼ cup milk)</p>	<p>tbsp. avocado, 4 oz. chicken, 4 oz. chili sauce 1 cup broccoli, 1 roll) ham grilled cheese sandwich (2 slices French bread, 1 oz. cheddar cheese, 3 oz. ham)</p>	<p>sauce, ½ cup string beans, 1 roll) Tuna noodle casserole with grape cluster and eggplant (1 cup pasta, 2 oz. tuna, 1/4 cup grapes, 1/2 cup eggplant)</p>		<p>vegetables with ranch dip 5. trail mix</p>	<p>skim, chocolate) Soda (Coke, Diet coke, sprite, Barq's root beer) Sugar free lemonade</p>
WEDNESDAY	<p>Granola (1 oz. dry oats, toppings: raisins, cinnamon, brown sugar 1 TB per serving, 1 oz. pumpkin seeds, 1 oz. walnuts) Smoothie (4 fl oz. 1% milk, 4 oz. vanilla yogurt, 1 cup mixed fruit), poached egg (1 or 2 eggs) Daily alternates: poached, scrambled or hard boiled eggs (3 oz.</p>	<p>pesto turkey Panini (2 slices whole wheat bread, 2 tbsp. pesto sauce, 4 oz. turkey, 2 oz. provolone cheese, 1/4 c spinach, ¼ cup tomato, 1 cup spaghetti squash) Fish tacos with sticky rice and pinto beans, lettuce, tomatoes, cheese, sour cream, olives (2</p>	<p>Chicken pot pie with fruit bowl ¼ cup carrots, ¼ cup broccoli, ½ cup cream of chicken soup, 4 oz. chicken) Chili with baked potato (ground beef) (4 oz. ground beef, ½ cups mixed beans, ¼ c tomatoes, 1 baked potato, toppings: sour cream, cheddar cheese)</p>	<p>Pumpkin pie Almond Custard</p>	<p>1. fruit bowl (1 cup) 2. chocolate chip cookie 3. cheese and crackers 4. raw vegetables with ranch dip 5. trail mix</p>	<p>Coffee Tea Hot cocoa Juice (apple, OJ, cranberry, grape, peach,) Milk (2%, skim, chocolate) Soda (Coke, Diet coke, sprite, Barq's root beer) Sugar free lemonade</p>

	<p>each) cream of wheat (1 cup) oatmeal (1 cup) seasonal fruit cup (1 cup) cheerios (1 cup cereal with ¼ cup milk) raisin bran (1 cup cereal with ¼ cup milk) corn flakes (1 cup cereal with ¼ cup milk)</p>	<p>taco shells, 4 oz. fish, ½ cup rice, 1/2c beans) 1/2 cup lettuce, ½ cup tomatoes, 1 oz. cheese, 1 oz. sour cream, 1/4 cup olives</p>				
THURSDAY	<p>Breakfast burritos: 1 flour tortilla, 1.5 eggs, ⅛ cup onions, ⅛ cup mushrooms,, 1 oz. cheese, ¼ cup hash browns, toppings: 1 TB salsa, 1 TB sour cream, 1 clementine</p> <p>Daily alternates: poached, scrambled or hard boiled eggs (3 oz. each) cream of wheat (1 cup) oatmeal (1 cup) seasonal fruit cup (1 cup) cheerios (1</p>	<p>turkey tetrazzini (2 oz. cheddar cheese, 0.5 oz. parmesan cheese, ¼ c green peppers, ⅛ c mushrooms, broth, sauce, 1.5 cup cooked spaghetti noodles, 3oz turkey)</p> <p>fish sticks - 4 oz. pre breaded fish sticks</p>	<p>Honey glazed salmon with wild rice pilaf and vegetable medley with red grape cluster (½ cup of all vegetables: zucchini, broccoli, carrots, yellow squash) (3oz salmon, .5 cup wild rice pilaf, 1 cup veg, ¼ c grapes)</p> <p>Swedish meatballs with corn and Butternut squash (3oz meatballs, 1 cup cooked pasta, ½ cup cobbed corn, ½ cup squash)</p>	<p>Banana bread</p> <p>French vanilla ice cream with berries</p>	<p>1. fruit bowl (1 cup) 2. chocolate chip cookie 3. cheese and crackers 4. raw vegetables with ranch dip 5. trail mix</p>	<p>Coffee Tea Hot cocoa Juice (apple, OJ, cranberry, grape, peach,) Milk (2%, skim, chocolate) Soda (Coke, Diet coke, sprite, Barq's root beer) Sugar free lemonade</p>

	cup cereal with ¼ cup milk) raisin bran (1 cup cereal with ¼ cup milk) corn flakes (1 cup cereal with ¼ cup milk)					
FRIDAY	Waffles with yogurt: 2 waffle, toppings on the side: ¼ cup chocolate chips, 1 cup berries, syrup, 1 cup yogurt Daily alternates: poached, scrambled or hard boiled eggs (3 oz. each) cream of wheat (1 cup) oatmeal (1 cup) seasonal fruit cup (1 cup) cheerios (1 cup cereal with ¼ cup milk) raisin bran (1 cup cereal with ¼ cup milk) corn flakes (1 cup cereal with ¼ cup milk)	All American Hamburger with fries or chips and apple slices (patty, cheese, tomatoes, onions) (3oz patty, 1 slice cheese, 3 onion rings, 1 cup apple slices) turkey burgers (2 slices bread, 4 oz. turkey patty, 1/2 cup mushrooms, 1/2 cup onions, 1 cup spinach	Fiesta enchiladas with black beans and avocado lime rice (pork) (2 large tortillas, 2oz pork, ½ cup cheese, ¼ cup corn, ¼ cup black beans, 1/2 cups cooked rice) Lemon chicken with capers, sweet potato with asparagus (4 oz. chicken, ¼ c lemon, 1 tbsp. capers, 2 cups sweet potatoes, 1 cup asparagus)	Strawberry short cake Mint brownies	1. fruit bowl (1 cup) 2. chocolate chip cookie 3. cheese and crackers 4. raw vegetables with ranch dip 5. trail mix	Coffee Tea Hot cocoa Juice (apple, OJ, cranberry, grape, peach,) Milk (2%, skim, chocolate) Soda (Coke, Diet coke, sprite, Barq's root beer) Sugar free lemonade
SATURDAY	biscuits &	steak strips	Sweet and	Key lime	1. fruit bowl	Coffee

	<p>Gravy with fruit kabob: 2 biscuits, ½ c gravy, 3 oz. sausage, 1 cup yogurt</p> <p>Daily alternates: poached, scrambled or hard boiled eggs (3 oz. each) cream of wheat (1 cup) oatmeal (1 cup) seasonal fruit cup (1 cup) cheerios (1 cup cereal with ¼ cup milk) raisin bran (1 cup cereal with ¼ cup milk) corn flakes (1 cup cereal with ¼ cup milk)</p>	<p>with stuffed pepper (5 oz. steak, 1.5 oz. bleu cheese, ½ tomato, ¼ cup mixed corn zucchini, asparagus, dinner roll)</p> <p>French onion pork chops: 4 oz. pork, 1/2 cup onion</p>	<p>sour chicken stir fry with orange wedges(½ cup all vegetables: water chestnuts, red bell pepper, sugar snap peas, mushrooms, green beans) (3oz chicken, 1 ½ cups mixed vegetables 1 cup orange)</p> <p>Pot roast comes with onions, carrots, mushrooms, roll (4 oz. meat, 1 cup onion, ½ c carrots, ½ cup mushrooms, 1 oz. roll)</p>	<p>pie</p> <p>Orange Scone</p>	<p>(1 cup) 2.chocolate chip cookie 3.cheese and crackers 4.raw vegetables with ranch dip 5.trail mix</p>	<p>Tea Hot cocoa Juice (apple, OJ, cranberry, grape, peach,) Milk (2%, skim, chocolate) Soda (Coke, Diet coke, sprite, Barq's root beer) Sugar free lemonade</p>
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	GRAINS*	FRUITS*	VEGETABLES	DAIRY*	PROTEIN
MONDAY	6 oz.	2 cups	4 cups	2 cups	6 oz.
TUESDAY	5 oz.	2.5 cups	2.5 cups	1.5 cups	13 oz.
WEDNESDAY	2.5 cups	2 cups	2 cups	2.5 cups	8 oz.
THURSDAY	4.5 oz.	2 cups	2 cups	1.5 cups	8 oz.
FRIDAY	9 oz.	2 cups	2 cups	2 cups	5 oz.
SATURDAY	5 oz.	1 cup	2.5 cups	2 cups	11 oz.

** There could be a possibility that patients are receiving more dairy, fruit, or grains from the many alternates or evening snacks offered

Menu Distribution and Collection Process

Menus will be distributed 48 hrs in advance. The following distribution and collection schedule will be used:

Today is	Collect Menus for:	Print & Distribute Menus for:
Monday	Tuesday	Wednesday
Tuesday	Wednesday	Thursday
Wednesday	Thursday	Friday
Thursday	Friday	Saturday
Friday	Saturday	Sunday
Saturday	Sunday	Monday
Sunday	Monday	Tuesday

For example, on Saturday the Diet Aide (DA) will collect menus filled out for Sunday (the following day) and print/distribute menus for Monday (two days in advance). Patients will fill out the menu by circling the main entrée or an alternate choice. The DA will instruct patients how to fill out the menu upon admit. Some patients may forget to fill out the menu or are otherwise unable to do so. The DA may speak with the resident and fill out the resident's menu for them as they collect the menus for the next day.

Distribution

The appropriate day's menu will be printed for each resident. The menus will be folded, and the resident's name and room number will be written at the top. Each menu will be delivered directly to the patient's room. At this time, new admits may be instructed as to how to fill out the next day's menu.

Collection

The Diet Aide will collect each menu from each resident's room. This allows the DA to check each menu for completion and speak with the resident if menu is incomplete. Collection and distribution will take place concurrently between 12pm-1pm. After collecting the menu from the resident, the DA will give the resident the next day's menu.