

This is to certify that this menu is served as written unless otherwise noted.

Food Service Supervisor

STATE OF OKLAHOMA
DEPARTMENT OF CORRECTIONS
REGULAR AND MEDICAL MALE DIETS

Janice K. Hill
Department of Corrections Approval

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

Janice K. Hill 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 1 Day 1 (Sunday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 ea coffee cake or sweet roll	1 ea coffee cake or sweet roll	1 sl WW toast
1 c hot or cold cereal	1 c hot cereal	1/2 c oatmeal or 3/4c cheerios
2 c milk	2 c milk	1 oz turkey ham
1 c coffee	1 c coffee	2 Tbs jelly
		2 c milk
		1 c coffee

10 sc peanut butter (AEV)

Lunch		
2 ea or 1/2 c eggs (E)	1/2 c scrambled eggs (E)	2 ea or 1/2 c eggs (E)
1 c hash browns or 2/3 c rice	1 c hash browns or 2/3 c rice	2/3 c rice or 1 c oatmeal
1/4 c gravy	1/2 c gravy	2 sl WW bread or 1 WW roll
2 ea biscuits, toast, or pancakes	2 ea biscuits, bread, or pancakes	
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c coffee	1 c coffee	1c coffee

10 sc peanut butter (AEV)

Dinner		
4 oz pork patty** (E)	4 oz pork patty** (chopped) (E)	4 oz LF/LS hamburger patty (E)
1/4 c gravy	1/2 c gravy	1 c mashed potato or 2/3 c rice
1/2 c potatoes or rice	1 c potatoes or rice	2 sl WW bread or 1 WW roll
1 c vegetable	1 c vegetable (soft cooked)	1 c LF/LS greens, broccoli, or carrots
2 sl bread or 1 roll	2 sl bread or 1 roll	
1/2 c gelatin	1/2 c gelatin	1/2 c gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink

1 c pinto beans (AEV)
4 oz beef patty (AENP)

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

All Diet for Health beverages, jellies, and syrups contain no added sugar.

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Department of Corrections Dietitian

Week 1 Day 2 (Monday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
1 c sausage gravy**(E)	1 c sausage gravy**(E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
1 c beans ** (E)	1 c beans ** (E)	1 c LF/LS beans ** (E)
1 sq cornbread	2 sl bread or 23 c rice	2 sl WW bread or 1 WW roll
1 c greens	1 c greens	1 c LF/LS greens
1 c salad with dressing		1 c salad with LF/LS dressing
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c vegetarian beans (AEV & AENP)		
Dinner		
1 c spaghetti noodles	1 c spaghetti noodles	1 c spaghetti noodles
1/2 c ground meat sauce (E)	1/2 c ground meat sauce (E)	1/2 c ground meat sauce (E)
1 c carrots	1 c carrots	1 c carrots
2 sl garlic bread	2 sl garlic bread	1 sl garlic bread
1 ea dessert	1 ea dessert	1 ea dessert (2 carb choices)
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

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J. Hill 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 1 Day 3 (Tuesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c canned fruit or 1/2 c fruit juice	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 ea pancakes	2 ea pancakes	1/2 c oatmeal or 3/4 c cheerios
2 oz turkey ham (E)	2 oz turkey ham (chopped) (E)	1 oz turkey ham (E)
2 oz syrup	2 oz syrup	2 Tbs jelly
2 c milk	2 c milk	2c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (ground) (E)	3 oz LF/LS chicken salad (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c lettuce, onions, pickles		1 c lettuce, onions
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing
1 c mixed vegetables	1 c mixed vegetables	1 c LF/LS mixed vegetables
2 ea cookies	2 ea cookies (soft)	2 ea cookies
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c black-eyed peas (AEV)		
Dinner		
4 oz beef patty (E)	4 oz beef patty, (chopped) (E)	4 oz LF/LS beef patty (E)
1/4 c gravy	1/2 c gravy	
1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice
1 c greens, broccoli, or carrots	1 c greens, broccoli, or carrots (cooked soft)	1 c greens, broccoli, or carrots
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c navy beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

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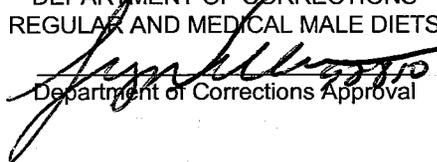
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Week 1 Day 4 (Wednesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
1 c beef hash or beef gravy (E)	1 c beef hash or 1 c beef gravy (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
11/2 c turkey pot pie or a-la-king (E)	11/2 c turkey pot pie or a-la-king (E)	3 oz LF/LS turkey (E)
2 ea biscuits	2 ea biscuits	2 sl WW bread or 1 WW roll
1 c salad with dressing		1 c salad with LF dressing
		1 c LF/LS mixed vegetables
1 sq cake	1 sq cake	1 sq (2x2) cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c red beans (AEV)		
Dinner		
11/2 c beef Creole macaroni (E)	11/2 c beef Creole macaroni (E)	4 oz LF/LS beef patty (E)
1 c salad with dressing		1 c LF/LS macaroni
1 c vegetable	1 c vegetable (cooked soft)	1 c LF/LS stewed tomatoes/sauce
2 sq cornbread or 1 ea roll or 2 sl bread	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
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Week 1 Day 5 (Thursday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1sl WW toast
2 ea or 1/2 c eggs (E)	2 ea or 1/2 c eggs (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
1/2 c cream gravy	1/2 c cream gravy	2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat or 3/4 c tuna salad (E)	3/4 c tuna salad (E)	3/4 c tuna salad (E)
2 sl bread or 1 roll	2 sl bread	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	1 c carrot and celery sticks
1 c vegetables	1 c vegetables (soft)	1 c LF/LS mixed vegetables
1 sq cake	1 sq cake	1 sq cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
#10 sc peanut butter (AEV)		
Dinner		
3 oz hot link (E)	3 oz hot link (chopped) (E)	3 oz grilled chicken patty (E)
1 ea bun or 2 sl bread	1 ea bun or 2 sl bread	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing
1 c macaroni and cheese	1 c macaroni and cheese	1 c LF/LS macaroni
1 c greens, broccoli, or carrots	1 c greens, broccoli, or carrots (cooked soft)	1 c LF/LS greens, broccoli, or carrots
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

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Week 1 Day 6 (Friday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	2 sl LF/LS French toast (E)
2 sl French toast (E)	2 sl French toast (E)	
1 c oven fries or hash browns	1 c oven fries or hash browns	
2 oz syrup	2 oz syrup	2 oz syrup
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
2 ea corn dogs (E)	2 ea corn dogs (E)	4 oz LF LS beef patty (E)
2 Tbs mustard	2 Tbs mustard	2 sl WW bread or 1 WW roll
1 c coleslaw and relish	1 c cooked cabbage	2 Tbs mustard or dressing
		1 c LF/LS mixed vegetables
1 sq cake	1 sq cake	1 sq (2x2) cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c kidney beans (AEV)		
Dinner		
1 c tuna casserole (E)	1 c tuna casserole (E)	3 oz LF/LS fish (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
		1 c salad with LF/LS dressing
1 c salad with dressing		1 c LF/LS oven fries
1 c green beans	1 c green beans	1 c LF/LS green beans
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c black-eyed peas (AEV)		
1 c pasta		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
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WW - whole wheat
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Jan 19 - 28 - 10

Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 1 Day 7 (Saturday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c creamed beef (E)	1 c creamed beef (E)	1 sl WW toast
2 ea biscuits or sl toast	1/2 c hash browns	1/2 c oatmeal or 3/4 c cheerios
2 c milk	2 ea biscuits or sl bread	1 oz turkey ham (E)
1 c coffee	2 c milk	2 oz syrup
	1 c coffee	2 c milk
		1 c coffee

10 sc peanut butter (AEV)

Lunch		
<i>Institutional Choice (E)</i>	<i>Institutional Choice (E)</i>	<i>Institutional Choice:</i> chefs salad
		1oz turkey ham, 1 oz cheese, 1 ea boiled egg (E)
		2 c chopped lettuce, tomato, onion, carrots
		2 Tbs vinaigrette or LF ranch
		1 c LF pasta salad
		2 sl WW bread or 12 ea crackers
		1 c tea or fruit drink

1 c institutional choice vegetarian beans (AEV& NP)

Dinner		
1 c beef chili pie, beef tamale pie, or beef nachos (E)	1 c beef chili pie or beef tamale pie (E)	1 c beef nacho filling (E)
2/3 c rice or 1 sq cornbread or 1 c nacho chips	2/3 c rice, 2 sl bread, or 1 roll	2 oz corn chips
1 c salad with dressing		1 c salad with 1 Tbs LF/LS dressing
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
2 ea cookies	2 ea cookies	2 ea cookies
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink

1 c red beans (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

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Department of Corrections Dietitian

Week 2 Day 8 (Sunday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 ea coffee cake or sweet roll	1 ea coffee cake or sweet roll	1 sl WW toast
1 c hot or cold cereal	1 c hot cereal	1/2 c oatmeal or 3/4 c cheerios
		1 oz turkey ham (E)
		2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
2 ea or 1/2 c eggs (E)	2 ea or 1/2 c eggs (E)	2 ea or 1/2 c eggs (E)
1/2 c hash browns or rice	1/2 c hash browns or rice	2/3 c LF/LS rice or 1 c oatmeal
1/4 c gravy	1/4 c gravy	2 sl WW toast
2 ea biscuits, toast, or pancakes	2 ea biscuits, bread, or pancakes	
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Dinner		
4 oz pork patty** (E)	4 oz pork patty** (chopped) (E)	4 oz LF/LS hamburger patty (E)
1/4 c gravy	1/2 c gravy	2 sl WW bread or 1 WW roll
1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice	1 c LF/LS potatoes or 2/3 c rice
1 c vegetable	1 c vegetable (cooked soft)	1 c LF/LS greens, broccoli, or carrots
2 sl bread or 1 roll	2 sl bread or 1 roll	
1/2c corn	1/2c corn	1/2c LF/LS corn
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
# 10 sc peanut butter (AEV)		
4 oz beef patty (AENP)		
1 c pinto beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

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Department of Corrections Dietitian

Week 2 Day 9 (Monday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
1 c sausage gravy ** (E)	1 c sausage gravy** (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	4 oz LF/LS ground beef patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs LF salad dressing
1 c lettuce, onions, pickles		1 c LF/LS mixed vegetables
1 c potatoes	1 c potatoes	1 c LF/LS potatoes
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c kidney beans (AEV)		
Dinner		
3 oz chicken (E)	3 oz chicken (chopped) (E)	3 oz LF/LS baked chicken (E)
1/4 c gravy	1/4 c gravy	2 sl WW bread or 1 WW roll
1 c potatoes	1 c potatoes	1 c mashed potatoes
1 c vegetable (greens, broccoli, or carrots)	1 c vegetable (cooked soft)	1 c LF/LS greens, broccoli, or carrots
2 sl bread or 1 roll	2 sl bread or 1 roll	
1/2 c gelatin	1/2 c gelatin	1/2 c gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c black-eyed peas (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

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Week 2 Day 10 (Tuesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 oz turkey ham (E)	2 oz turkey ham (chopped)**	1/2 c oatmeal or 3/4 c cheerios
2 ea pancakes	2 ea pancakes	1 oz turkey ham (E)
2 oz syrup	2 oz syrup	2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
2 ea corn dogs (E)	2 ea corn dogs (E)	3 oz LF/LS grilled chicken patty (E)
2 Tbs mustard	2 Tbs mustard	2 sl WW bread or 1 WW roll
1 c potato salad or macaroni salad	1 c potato salad or macaroni salad	1 c LF/LS potato salad or macaroni salad
1 c coleslaw	1 c green beans	1 c LF/LS coleslaw
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c navy beans (AEV)		
Dinner		
1 c beef chili with beans (E)	1 c beef chili with beans (E)	1 c LF/LS beef chili with beans (E)
		6 ea crackers
1 c salad with 2 Tbs dressing		1 c salad with 2 T LF/LS dressing
6 ea crackers or 1 sq cornbread	2 sl bread or 1 roll	
1 c gelatin	1 c gelatin	1 c gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c vegetarian beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

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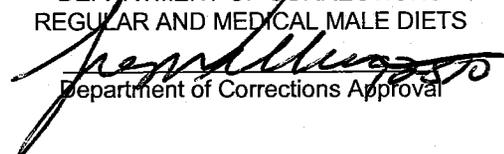
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Food Service Supervisor

STATE OF OKLAHOMA
DEPARTMENT OF CORRECTIONS
REGULAR AND MEDICAL MALE DIETS



Department of Corrections Approval

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

J. Hill 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 2 Day 11 (Wednesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c creamed beef (E)	1 c creamed beef (E)	1 sl WW toast
1/2 c hash browns	1/2 c hash browns	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl bread	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	3 oz grilled chicken patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs LF/LS salad dressing
1 c vegetables	1 c vegetables	1 c LF/LS greens, broccoli, or carrots
1 c potatoes or pasta	1 c potatoes or pasta	1 c LF/LS potatoes or pasta
		1 c LF/LS mixed vegetables
1 c tea or fruit drink	1 c tea or fruit drink	
		1 c tea or fruit drink
1 c red beans (AEV)		
Dinner		
3 oz beef bulk (E)	3 oz beef bulk (E)	3 oz LF/LS meatloaf (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c potatoes or pasta	1 c potatoes or pasta	1 c LF/LS potatoes or pasta
1 c salad with dressing		1 c salad with 2 Tbs dressing
1 c vegetable	1 c vegetable (cooked soft)	1 c LF/LS greens, broccoli, or carrots
1/2 c pudding or custard		1/2 c pudding or custard
1 c tea or fruit drink	1/2 c pudding or custard	1 c tea or fruit drink
	1 c tea or fruit drink	
1 c pinto beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 T peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

All Diet for Health beverages, jellies, and syrups contain no added sugar.

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Department of Corrections Dietitian

Week 2 Day 12 (Thursday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1/2 c hash browns	1/2 c hash browns	1 sl WW toast
2 ea or 1/2 c eggs (E)	2 ea or 1/2 c eggs (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or sl bread	1/2 c scrambled eggs (E)
1/2 c cream gravy	1/2 c cream gravy	2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
1 c beans **(E)	1 c beans**(E)	1 c LF/LS beans** (E)
1 sq cornbread	1 sl bread, 1 roll, or 2/3 c rice	2 sl WW bread or 1 WW roll
1 c greens or cabbage	1 c greens or cabbage	1 c LF/LS greens or cabbage
1 ea fruit	1/2 c fruit	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c vegetarian beans (AEV & AENP)		
Dinner		
2 ea soft beef tacos or 1 c taco salad (E)	2 ea soft beef tacos (E)	4 oz LS ground beef (E)
1 c Spanish rice	1 c Spanish rice	2 Tbs taco sauce
1 c vegetable	1 c vegetable	1 ea flour tortillas or 2 ea corn tortillas
1 c salad with dressing		1/2 c chopped tomato; 1/2 c lettuce/onion
1 c gelatin	1 c gelatin	1 c LF/LS rice
1 c tea or fruit drink	1 c tea or fruit drink	1 c gelatin
		1 c tea or fruit drink
1 c kidney beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
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Week 2 Day 13 (Friday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	2 sl LF/LS French toast (E)
2 sl French toast (E)	2 sl French toast (E)	1 oz turkey ham
1 c oven fries	1 c oven fries	2 oz syrup
2 oz syrup	2 oz syrup	2 c milk
2 c milk	2 c milk	1 c coffee
1 c coffee	1 c coffee	
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	4 oz LF/LS hamburger patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or dressing
1 c lettuce/onions/pickles	1 c mixed vegetables	1 c lettuce/onions/tomato
1 c mixed vegetables		1 c LF/LS mixed vegetables
2 ea cookies	2 ea cookies (soft)	2 ea cookies
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c black-eyed peas (AEV)		
Dinner		
3 oz beef choice or fish (E)	3 oz beef choice or fish (E)	3 oz LF/LS beef choice or fish (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice	1 c LF/LS potatoes or 2/3 c rice
1 c carrots	1 c carrots	1 c LF/LS carrots
1 c salad with dressing		1 c salad with 2 Tbs LF/LS Dressing
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c navy beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
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LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

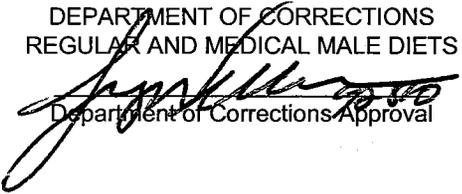
WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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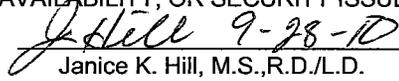
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Department of Corrections Dietitian

Week 2 Day 14 (Saturday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c sausage gravy ** or beef gravy (E)	1 c sausage gravy** or beef gravy (E)	1 oz turkey ham (E)
1/2 c hash browns or rice	1/2 c hash browns or rice	1 sl WW toast
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1/2 c hashbrowns or 1/3 c rice
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee

10 sc peanut butter (AEV & AENP)

Lunch		
<i>Institutional Choice (E)</i>	<i>Institutional Choice (E)</i>	<i>Institutional Choice</i> Chef's salad:
		1 oz turkey ham, 1 oz cheese, 1 boiled egg (E)
		2 c chopped lettuce, tomato, onion, carrots
		4 Tbs vinaigrette or LF ranch
		1 c LF/LS pasta salad
		2 sl WW bread or 1 WW roll or 6 crackers
		1 ea fruit
		1 c tea or fruit drink

1 c red beans (AEV & AENP)

Dinner		
3 oz beef (E)	3 oz beef (E)	3 oz LF/LS beef (E)
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs salad dressing
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1/2 c potatoes	1/2 c potatoes	1/2c LF/LS potatoes
1 c vegetable	1 c vegetable (cooked soft)	1 c LF/LS greens, broccoli, or carrots
1 c relish tray (1 c lettuce, tomato, onion)		1 c relishes (lettuce, tomato, onion)
1 sq cake	1 sq cake	1 sq (2x2) cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink

1 c pinto beans (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 3 Day 15 (Sunday)

Regular			Breakfast Mechanical Soft			Diet for Health		
1/2 c	fortified fruit drink		1/2 c	fortified fruit drink		1/2 c	fortified fruit drink	
1 ea	coffee cake or sweet roll		1 ea	coffee cake or sweet roll		1sl	WW toast	
1 c	hot or cold cereal		1 c	hot cereal		1/2 c	oatmeal or 3/4 c cheerios	
2 c	milk		2 c	milk		1 oz	turkey ham (E)	
1 c	coffee		1 c	coffee		2 Tbs	jelly	
						2 c	milk	
						1 c	coffee	
# 10 sc peanut butter (AEV)								
2 ea	or 1/2 c eggs (E)		1/2 c	scrambled eggs (E)		2 ea	or 1/2 c eggs (E)	
1/2 c	hash browns or 1/3 c rice		1/2 c	hash browns or 1/3 c rice		2/3 c	LF/LS rice or 1 c oatmeal	
1/4 c	gravy		1/2 c	gravy		2 sl	WW toast	
2 ea	biscuits, toast, or pancakes		2 ea	biscuits, bread, or pancakes				
1 ea	fruit		1/2 c	canned fruit or 1/2 c fruit juice		1 ea	fruit	
1 c	coffee		1 c	coffee		1 c	coffee	
# 10 sc peanut butter (AEV)								
3 oz	meatloaf (E)		3 oz	meatloaf (E)		3 oz	LF/LS meatloaf (E)	
1/4 c	tomato sauce		1/4 c	tomato sauce		1/8 c	tomato sauce	
1 c	noodles or rice		1 c	noodles or rice		1 c	LF/LS noodles or 2/3 c LF/LS rice	
1 c	vegetable (non-starch)		1 c	vegetable (non-starch) cooked soft		1 c	LF/LS greens, broccoli, or carrots	
2 sl	bread or 1 roll		2 sl	bread or 1 roll		2 sl	WW bread or 1 WW roll	
1/2 c	gelatin		1/2 c	gelatin		1/2 c	gelatin	
1 c	tea or fruit drink		1 c	tea or fruit drink		1 c	tea or fruit drink	
# 10 sc peanut butter (AEV)								
1 c	kidney beans (AEV)							

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 3 Day 16 (Monday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink 1 c hot or cold cereal	1/2 c fortified fruit drink 1 c hot cereal	1/2 c fortified fruit drink 1 sl WW toast 1/2 c oatmeal or 3/4 c cheerios 1 oz turkey ham (E) 2 Tbs jelly 2 c milk 1 c coffee
4 oz sausage** (E) 2 ea biscuits or 2 sl toast 2 c milk 1 c coffee	4 oz sausage** (chopped) (E) 2 ea biscuits or 2 sl bread 2 c milk 1 c coffee	
# 10 sc peanut butter (AEV & AENP)		
3 oz lunch meat (E) 2 sl bread or 1 roll 1 c lettuce, onions, pickles 2 Tbs mustard or salad dressing 1 c mixed vegetables	3 oz lunch meat (E) 2 sl bread or 1 roll 2 Tbs mustard or salad dressing 1 c mixed vegetables	4 oz ground beef patty (E) 2 sl WW bread or 1 WW roll 1 c lettuce, onions 2 Tbs mustard or salad dressing 1 c LF/LS mixed vegetables
1 sq cake 1 c tea or fruit drink	1 sq cake 1 c tea or fruit drink	1 sq (2 x 2) cake 1 c tea or fruit drink
1 c black-eyed peas (AEV)		
3 oz chicken (E) 1 c salad with 2 Tbs dressing 1 c potatoes 1 c vegetable (non-starchy) 2 sl bread or 1 roll 1/2 c fruited gelatin 1 c tea or fruit drink	3 oz chicken (E) 1 c potatoes 1 c vegetable, non-starchy (cooked soft) 2 sl bread or 1 roll 1/2 c fruited gelatin 1 c tea or fruit drink	3 oz LF/LS baked chicken (E) 1 c salad with 2 Tbs LF dressing 1 c LF/LS mashed potatoes 1 c LF/LS greens, broccoli, or carrots 2 sl WW bread or 1 WW roll 1/2 c fruited gelatin 1 c tea or fruit drink
1 c navy beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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Department of Corrections Dietitian

Week 3 Day 17 (Tuesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 ea pancakes	2 ea pancakes	1/2 c oatmeal or 3/4 c cheerios
2 oz turkey ham (E)	2 oz turkey ham (chopped) (E)	2 oz turkey ham (E)
2 oz syrup	2 oz syrup	2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
<hr/>		
# 10 sc peanut butter (AEV)		
Lunch		
1 c beans **(E)	1 c beans** (E)	1 c LF/LS beans** (E)
2 sq cornbread or 2/3 c rice	2 sl bread, 1 roll, or 2/3 c rice	2/3 c LF/LS rice
1 c greens	1 c greens (cooked soft)	1 c LF/LS greens
1 c salad with dressing		1 c salad with dressing
1 ea fruit	1/2 c canned fruit or fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
<hr/>		
1 c vegetarian beans (AEV & AENP)		
Dinner		
3 oz beef choice (E)	3 oz beef choice (E)	3 oz meat loaf (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	1/4 c tomato sauce
1 c potatoes or pasta	1 c potatoes or pasta	1 c LF/LS mashed potatoes
1 c hot vegetable	1 c hot vegetable (cooked soft)	2 sl WW bread or WW roll
1/2 c gelatin	1/2 c gelatin	1 c greens, broccoli, or carrots
1 c tea or fruit drink	1 c tea or fruit drink	1/2 c gelatin
		1 c tea or fruit drink
<hr/>		
1 c red beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
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WW - whole wheat
(E) - entrée
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Department of Corrections Dietitian

Week 3 Day 18 (Wednesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
1 c beef gravy (E)	1 c beef gravy (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	3 oz LF/LS grilled chicken patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c lettuce, onions, pickles	1 c mixed vegetables	1 c LF/LS mixed vegetables
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	1 c lettuce/onions
1 c mixed vegetables		2 Tbs LF salad dressing
2 ea cookies	2 ea cookies (soft)	2 ea cookies
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV)		
Dinner		
1 c ham and beans ** (E)	1 c ham and beans** (E)	1 c turkey ham and beans (E)
1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice	1 c LF/LS potatoes or 2/3 c rice
1 c vegetable	1 c vegetable	1 c LF/LS greens, broccoli, or carrots
1 sq cornbread	1 sl bread or 1 roll	
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c kidney beans (AEV & AENP)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

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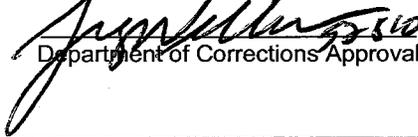
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Week 3 Day 19 (Thursday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 ea or 1/2 c eggs (E)	2 ea or 1/2 c eggs (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl bread	2 ea biscuits or 2 sl bread	1/2 c scrambled eggs (E)
1/2 c cream gravy	1/2 c cream gravy	2 T jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
2 ea corn dogs, hot dogs or hot links **(E)	2 ea corn dogs, hot dogs or hot links** (E)	4 oz LF/LS hamburger patty (E)
2 Tbs mustard	2 Tbs mustard	2 sl WW bread or 1 WW roll
1 c potato salad or macaroni salad	1 c potato salad or macaroni salad	1 c LF/LS potatoes or macaroni
1 c green beans	1 c green beans	1 c LF/LS green beans
2 sl bread or 1 roll	2 sl bread or 1 roll	
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c black-eyed peas (AEV & AENP)		
Dinner		
2 ea soft beef tacos or 1 c taco salad (E)	2 ea soft beef tacos (E)	3 oz LF/LS beef taco salad (E)
1 c refried beans	1 c refried beans	1 c LF/LS beans
1 oz cheese	1 oz cheese	1 oz mozzarella cheese
1 ea flour or 2 ea corn tortillas	1 ea flour or 2 ea corn tortillas	2 ea corn tortillas
1 c relish tray with 1/4 c salsa	1/4 c salsa	1 c relish tray
1 c gelatin	1 c gelatin	1 c gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c navy beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

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Week 3 Day 20 (Friday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
2 sl French toast (E)	2 sl French toast (E)	2 sl LF/LS French toast (E)
1 c oven brown potatoes	1 c oven brown potatoes	
2 oz syrup	2 oz syrup	2 oz syrup
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	4 oz LF/LS ground hamburger patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or dressing
1 c lettuce/onions/pickles		1 c lettuce/onions/tomato
1 c mixed vegetables	1 c mixed vegetables	1 c LF/LS mixed vegetables
1 c potato	1 c potato	1 c LF/LS potato
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c red beans (AEV)		
Dinner		
3 oz Polish sausage or hot links** (E)	3 oz Polish sausage or hot links** (Chopped) (E)	3 oz LF/LS baked chicken breast (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c potatoes or rice	1 c potatoes or rice	1 c LF/LS potatoes or 2/3 c rice
1 c vegetables	1 c vegetables	1 c LF/LS carrots
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV & AENP)		

diabetic snack*** 3 sq graham crackers, 2 T peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

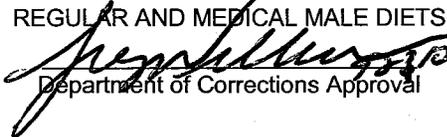
WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

All Diet for Health beverages, jellies, and syrups contain no added sugar.

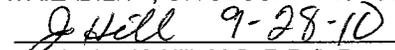
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Food Service Supervisor

STATE OF OKLAHOMA
DEPARTMENT OF CORRECTIONS
REGULAR AND MEDICAL MALE DIETS


Department of Corrections Approval

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 3 Day 21 (Saturday)

Breakfast					
Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1/2 c	oatmeal or 3/4 c cheerios
4 oz	sausage gravy ** or 4 oz sausage patty ** (E)	1 c	sausage gravy (E)	1/2 c	scrambled eggs (E)
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1 sl	WW toast
2 c	milk	2 c	milk	2 Tbs	jelly
1 c	coffee	1 c	coffee	2 c	milk
				1 c	coffee

10 sc peanut butter (AEV & AENP)

Lunch					
<i>Institutional Choice (E)</i>		<i>Institutional Choice (E)</i>		<i>Institutional Choice: Chef's Salad</i>	
				1 oz	turkey ham, 1 oz cheese, 1 boiled egg (E)
				2 c	chopped lettuce, tomato, onion, carrots
				4 Tbs	vinaigrette or LF ranch
				1 c	LF pasta salad
				2 sl	WW bread or 1 WW roll
				1 ea	fruit
				1 c	tea or fruit drink

1 c kidney beans (AEV & AENP)

Dinner					
4 oz	pork patty ** (E)	4 oz	pork patty** (E)	3 oz	LF/LS beef (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1/2 c	sweet potatoes	1/2 c	sweet potatoes	1/2 c	LF/LS sweet potatoes
1 c	non-starchy vegetables	1 c	non-starchy vegetables (cooked soft)	1 c	LF/LS cabbage
1 sq	cake	1 sq	cake	1 sq	(2x2) cake
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c black-eyed peas (AEV)
4 oz beef patty (AENP)

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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Food Service Supervisor

STATE OF OKLAHOMA
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REGULAR AND MEDICAL MALE DIETS

Janice K. Hill
Department of Corrections Approval

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

J. Hill 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 22 (Sunday)

Regular			Breakfast Mechanical Soft			Diet for Health		
1/2 c	fortified fruit drink		1/2 c	fortified fruit drink		1/2 c	fortified fruit drink	
1 ea	coffee cake or sweet roll		1 ea	coffee cake or sweet roll		1 sl	WW toast	
1 c	hot or cold cereal		1 c	hot cereal		1/2 c	oatmeal or 3/4 c cheerios	
2 c	milk		2 c	milk		1 oz	turkey ham (E)	
1 c	coffee		1 c	coffee		2 Tbs	jelly	
						2 c	milk	
						1 c	coffee	
# 10 sc peanut butter (AEV)								
2 ea	or 1/2 c eggs (E)		1/2 c	scrambled eggs (E)		2 ea	or 1/2 c eggs (E)	
1 c	hash browns or 2/3 c rice		1 c	hash browns or 2/3 c rice		2/3 c	rice or 1 c oatmeal	
1/2 c	gravy		1/2 c	gravy		2 sl	WW toast	
2 ea	biscuits, toast, or pancakes		2 ea	biscuits, bread, or pancakes				
1 ea	fruit		1/2 c	canned fruit or 1/2 c fruit juice		1 ea	fruit	
1 c	coffee		1 c	coffee		1 c	coffee	
# 10 sc peanut butter (AEV)								
3 oz	chicken (E)		3 oz	baked chicken (E)		3 oz	LF/LS stewed chicken (E)	
1 c	potatoes or rice		1 c	potatoes or rice		1 c	LF/LS oven fried potatoes or 2/3 c rice	
1 c	green vegetable		1 c	green vegetable (cooked soft)		1 c	LF/LS green vegetable	
1 sl	bread or 1 roll		1 sl	bread or 1 roll		2 sl	WW bread or 1 WW roll	
1/2 c	pudding		1/2 c	pudding		1/2 c	pudding	
1 c	tea or fruit drink		1 c	tea or fruit drink		1 c	tea or fruit drink	
1 c red beans (AEV)								

diabetic snack*** 3 sq graham crackers, 2 T peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 23 (Monday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 oz turkey ham (E)	2 oz turkey ham (chopped) (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
		2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
1 c beans ** (E)	1 c beans** (E)	1 c LF/LS beans** (E)
1 sq cornbread	2 sl bread or 1 roll	2 sl WW bread or 1 ea roll
1 c greens	1 c greens	1 c LF/LS greens
1 c salad with dressing		1 c salad with 2 T. dressing
1 ea fruit	1/2 c canned fruit, or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c vegetarian beans (AEV & AENP)		
Dinner		
4 oz beef patty (E)	4 oz beef patty (E)	4 oz LF/LS beef patty (E)
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or LF salad dressing
1 c oven fries	1 c oven fries	1 c LF/LS oven fries
1 c relish tray (lettuce, onions, pickle)		1 c relish tray w/ 2 Tbs dressing
1 c hot vegetable	1 c hot vegetable	1 c broccoli or carrots
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 ea dessert	1 ea dessert	5 ea vanilla wafers
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c kidney beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 T peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

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Food Service Supervisor

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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 24 (Tuesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 ea pancakes	2 ea pancakes	1/2 c oatmeal or 3/4 c cheerios
2 oz turkey ham (E)	2 oz turkey ham (chopped) (E)	1 oz turkey ham (E)
2 oz syrup	2 oz syrup	2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV & AENP)		
3 oz lunch meat (E)	3 oz lunch meat (E)	3 oz LF/LS grilled chicken patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c lettuce, onions, pickles		1 c lettuce, onions
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing
1 c mixed vegetables	1 c mixed vegetables	1 c LF/LS mixed vegetables
1 c fruited gelatin	1 c fruited gelatin	1 c fruited gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c black-eyed peas (AEV)		
1 1/2 c vegetable beef stew (E)	1 1/2 c vegetable beef stew (E)	1 1/2 c LF/LS vegetable beef stew (E)
1 c salad with 2 Tbs dressing	1 c salad with 2 Tbs. dressing	1 c salad with 2 Tbs LF dressing
1 sq cornbread or 6 ea crackers	2 sl bread or 1 roll	6 ea crackers
1 sq cake	1 sq cake	1 sq cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c navy beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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Food Service Supervisor

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[Signature] 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 25 (Wednesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 oz turkey ham (E)	2 oz turkey ham (chopped) (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
4 oz beef patty (E)	4 oz beef patty (chopped) (E)	4 oz LF/LS beef patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c lettuce, onions, pickles		1 c lettuce, onions with 2 Tbs LF salad dressing
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing
1 c potatoes or pasta	1 c potatoes or pasta	1 c LF/LS potatoes or pasta
1 c green beans	1 c green beans	1 c LF/LS green beans
1/2 c fruited gelatin	1/2 c fruited gelatin	1/2 c fruited gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c black-eyed peas (AEV)		
3 oz ham, ** beef, or turkey (E)	3 oz ham**, beef, or turkey (chopped) (E)	3 oz turkey ham (E)
1 c noodles	1 c noodles	1 c LF/LS noodles
1 c hot vegetable	1 c hot vegetable (cooked soft)	1 c greens, broccoli, or carrots
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 ea cookies	2 ea cookies (soft)	2 ea cookies
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c navy beans (AEV & AENP)		
4 oz beef patty		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

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Food Service Supervisor

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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 26 (Thursday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 ea or 1/2 c eggs (E)	2 ea or 1/2 c eggs (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1/2 c scrambled eggs (E)
1/4 c cream gravy	1/2 c cream gravy	2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	4 oz hamburger patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c lettuce/onions/pickles		1 c lettuce/onions
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs salad dressing
1 c mixed vegetables	1 c mixed vegetables	1 c LF/LS mixed vegetables
1 sq cake	1 sq cake	1 sq (2x2) cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c kidney beans (AEV)		
Dinner		
<i>Institutional Choice (E)</i>	<i>Institutional Choice (E)</i>	<i>Institutional Choice</i>
		1/2 c LF/LS tuna salad (E)
		2 sl WW bread or 1 WW roll
		1 c lettuce/onions
		1 c LF/LS boiled potatoes
		1 ea fruit
		1 c tea or fruit drink
1 c black-eyed peas (AEV & AENP)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

All Diet for Health beverages, jellies, and syrups contain no added sugar.

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Food Service Supervisor

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Janice K. Hill
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J. Hill 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 27 (Friday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
2 sl French toast (E)	2 sl French toast (E)	2 sl LF/LS French toast (E)
1 c oven brown potatoes	1 c oven brown potatoes	
2 oz syrup	2 oz syrup	2 oz syrup
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	3 oz grilled chicken breast (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	1 c lettuce/onions/tomato
1 c lettuce/onions/pickles		1 c LF/LS mixed vegetables
1 c mixed vegetables	1 c mixed vegetables	2 Tbs LF salad dressing
1 ea dessert	1 ea dessert (soft)	1 sq (2 x 2) cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c navy beans (AEV)		
Dinner		
3 oz fish or 1 c tuna casserole (E)	3 oz fish or 1 c tuna casserole (E)	3 oz LF/LS fish (E)
2 Tbs tartar sauce	2 Tbs tartar sauce	2 Tbs tartar sauce
1 c oven fries, noodles (in cass), or 2/3 c rice	1 c oven fries, noodles (in cass), or 2/3 c rice	1 c LF/LS oven fries, noodles, or 2/3 c rice
1 c carrots	1 c carrots (cooked soft)	1 c LF/LS carrots
1/2 c coleslaw or salad		1/2 c LF/LS coleslaw or salad
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c red beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

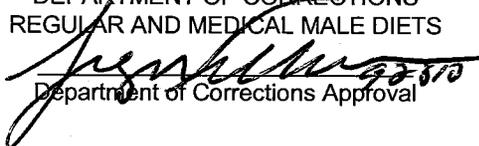
WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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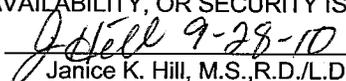
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Food Service Supervisor

STATE OF OKLAHOMA
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REGULAR AND MEDICAL MALE DIETS


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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 28 (Saturday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
1 c beef gravy (E)	1 c beef gravy (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee

10 sc peanut butter (AEV)

Lunch		
Institutional Choice (E)	Institutional Choice (E)	Institutional Choice
		4 oz LF/LS beef patty (E)
		1 c LF/LS oven fries
		2 sl WW bread or 1 ea WW roll
		1 c lettuce/onion/tomato
		2 Tbs LF dressing
		1 ea fruit
		1 c tea or fruit drink

1 c pinto beans (AEV & AENP)

Dinner		
3 oz Bar-B-Q bologna (E)	3 oz Bar-B-Q bologna (chopped) (E)	3 oz grilled chicken patty (E)
1 c potatoes	1 c potatoes	1 c LF/LS potatoes
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c greens	1 c greens	1 c LF/LS greens
1/2 c gelatin	1/2 c gelatin	1/2 c gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink

1 c kidney beans (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 ea fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 29 (Sunday)

Regular			Mechanical Soft			Diet for Health		
1/2 c	fortified fruit drink		1/2 c	fortified fruit drink		1/2 c	fortified fruit drink	
1 ea	coffee cake or sweet roll		1 ea	coffee cake or sweet roll		1 sl	WW toast	
1 c	hot or cold cereal		1 c	hot cereal		1/2 c	oatmeal or 3/4 c cheerios	
2 c	milk		2 c	milk		1 oz	turkey ham (E)	
1 c	coffee		1 c	coffee		2 Tbs	jelly	
						2 c	milk	
						1 c	coffee	
# 10 sc peanut butter (AEV)								
2 ea	or 1/2 c eggs (E)		1/2 c	scrambled eggs (E)		2 ea	or 1/2 c eggs (E)	
1/2 c	hash browns or 1/3 c rice		1/2 c	hash browns or 1/3 c rice		1 c	LF/LS grits, 1 c oatmeal, or 2/3 c rice	
1/4 c	gravy		1/4 c	gravy		2 sl	WW toast	
2 ea	biscuits, toast, or pancakes		2 ea	biscuits, bread, or pancakes				
1 ea	fruit		1/2 c	canned fruit or 1/2 c fruit juice		1 ea	fruit	
1 c	coffee		1 c	coffee		1 c	coffee	
# 10 sc peanut butter (AEV)								
3 oz	beef choice (E)		3 oz	beef choice (E)		3 oz	LF/LS beef choice (E)	
1 c	potatoes		1 c	potatoes		1 c	LF/LS mashed potatoes	
1 c	green beans		1 c	green beans		1 c	LF/LS green beans	
2 sl	bread or 1 roll		2 sl	bread or 1 roll		2 sl	WW bread or 1 WW roll	
2 ea	cookies		2 ea	cookies (soft)		5 ea	vanilla wafers or 3 ea squares graham crackers	
1 c	tea or fruit drink		1 c	tea or fruit drink		1 c	tea or fruit drink	
# 1 c navy beans (AEV)								

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 ea fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 30 (Monday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1/2 c oatmeal or 3/4 c cheerios
2 oz sausage patty** (E)	2 oz sausage** (chopped) (E)	2 oz turkey ham (E)
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 sl WW toast
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	3 oz turkey ham (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	1 c lettuce/onions
1 c lettuce/onions/pickles		2 Tbs LF salad dressing
		1 c LF/LS mixed vegetables
2 ea cookies	2 ea cookies	2 ea cookies
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV)		
Dinner		
sloppy Joe's:		3 oz sloppy Joe sauce (LF beef) (E)
2 sl bread or 1 roll or 1 bun	2 sl bread, 1 roll, or 1 bun	2 sl WW bread or 1 WW roll or 1 bun
3 oz sloppy Joe sauce (E)	3 oz sloppy Joe sauce (E)	1 c LF/LS carrots
1 c carrots	1 c carrots (cooked soft)	1 c salad with LF dressing
1 c potatoes	1 c potatoes	1 c LF/LS potatoes
1 c lettuce/onion		
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c kidney beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 ea fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

All Diet for Health beverages, jellies, and syrups contain no added sugar.

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Food Service Supervisor

STATE OF OKLAHOMA
DEPARTMENT OF CORRECTIONS
REGULAR AND MEDICAL MALE DIETS

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MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

[Signature], 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 31 (Tuesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 oz turkey ham (E)	2 oz turkey ham (chopped) (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea pancakes	2 ea pancakes	1 oz turkey ham (E)
2 oz syrup	2 oz syrup	2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz bologna salad (E)	3 oz bologna salad (E)	3 oz grilled chicken patty (E)
2 sl bread or 1 ea roll	2 sl bread or 1 ea roll	2 sl WW bread or 1 WW roll
1 c lettuce, onions, pickles		1 c lettuce/onions
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs LF salad dressing
1 c mixed vegetables	1 c mixed vegetables	1 c LF/LS mixed vegetables
1 c pasta or 2/3 c rice	1 c pasta or 2/3 c rice	1 c LF/LS pasta or 2/3 c rice
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c red beans (AEV)		
Dinner		
1 c ham and beans ** (E)	1 c ham and beans**(E)	1 c LF/LS turkey ham and beans (E)
1/2 c potatoes	1/2 c potatoes	1/2 c LF/LS potatoes
1 c greens, carrots, or broccoli	1 c greens, carrots, or broccoli (soft)	1 c LF/LS greens, broccoli, or carrots
1 sq cornbread, 1 roll, or 2 sl bread	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV & AENP)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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Food Service Supervisor

STATE OF OKLAHOMA
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REGULAR AND MEDICAL MALE DIETS

Janice K. Hill
Department of Corrections Approval

MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES

J. Hill 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 32 (Wednesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 oz grilled sliced bologna, turkey, or ham** (E)	2 oz grilled bologna, turkey, or ham**(chopped) (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl bread	2 ea biscuits or 2 sl bread	1 oz turkey ham(E)
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
1 c beans ** (E)	1 c beans** (E)	1 c LF/LS beans** (E)
1 sq cornbread	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c greens or cabbage	1 c greens or cabbage	1 c LF/LS greens or cabbage
		1 c salad with 2 Tbs LF dressing
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c pinto beans (AEV & AENP)		
Dinner		
1 c turkey or chicken pot pie (E)	1 c turkey or chicken pot pie (E)	1 c LF/LS turkey or chicken (E)
2 ea biscuits	2 ea biscuits	2 sl WW bread or 1 WW roll
1 c salad with dressing		1 c salad with 2 Tbs LF dressing
1 c mixed vegetables	1 c mixed vegetables	1 c mixed vegetables
		1 c potatoes, pasta, or 2/3 c rice
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c kidney beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 ea fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 33 (Thursday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1/2 c oatmeal or 3/4 c cheerios
2 ea or 1/2 c eggs (E)	1/2 c scrambled eggs (E)	2 ea or 1/2 c eggs (E)
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 sl WW toast
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	3 oz turkey ham (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs salad dressing
1 c lettuce/onions/pickles		1 c lettuce/onions
1 ea dessert	1 ea dessert	1 sq (2 x 2) cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c black-eyed peas (AEV)		
Dinner		
2 ea franks or hot links (E)	2 ea franks or hot links (E)	4 oz LF/LS hamburger patty (E)
2 sl bread or 1 roll or 1 bun	2 sl bread or 1 roll or 1 bun	2 sl WW bread or 1 WW roll or 1 bun
2 Tbs mustard	2 Tbs mustard	2 Tbs mustard
1 c potatoes or pasta	1 c potatoes or pasta	1 c LF/LS potatoes or pasta
1 c sauerkraut	1 c sauerkraut	1 c LF/LS greens
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c navy beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 ea fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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Janice K. Hill, M.S.,R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 34 (Friday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
2 sl French toast (E)	2 sl French toast (E)	2 sl LF/LS French toast (E)
1 c oven brown potatoes	1 c oven brown potatoes	1 oz turkey ham
2 oz syrup	2 oz syrup	2 oz syrup
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	3 oz LF/LS grilled chicken patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs LF salad dressing
1 c lettuce/onions/pickles/tomatoes		1 c Lettuce/onions/tomato
1 c potatoes or pasta	1 c potatoes or pasta	1 c potatoes or pasta
1 ea dessert	1 ea dessert (soft)	5 ea vanilla wafers
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c red beans (AEV)		
Dinner		
1 c ham and beans ** (E)	1 c ham and beans** (E)	1 c LF/LS turkey ham and beans (E)
1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice
1 c relish tray	2 sl bread or 1 roll	1 c relish tray
1 c greens	1 c greens	1 c LF/LS greens
1 sq cornbread		
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV & AENP)		

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

All Diet for Health beverages, jellies, and syrups contain no added sugar.

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Food Service Supervisor

STATE OF OKLAHOMA
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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 35 (Saturday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
1 c creamed beef (E)	1 c creamed beef (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
1/2 c hash browns	1/2 c hash browns (cooked soft)	2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee

10 sc peanut butter (AEV & AENP)

Lunch		
		Institutional Choice
Institutional Choice (E)	Institutional Choice (E)	3 oz LF/LS grilled chicken patty (E)
		1 c LF/LS rice
		2 sl WW bread or 1 WW roll
		1 c LF/LS greens, broccoli, or carrots
		1 c tea or fruit drink

1 c kidney beans (AEV & AENP)

Dinner		
3 oz Bar-B-Q bologna (E)	3 oz Bar-B-Q bologna (chopped) (E)	4 oz LF/LS hamburger patty (E)
1 c potatoes	1 c potatoes	1 c LF/LS potatoes
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c green beans	1 c green beans	1 c LF/LS green beans
1/2 c fruited gelatin	1/2 c fruited gelatin	1/2 c fruited gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink

10 sc peanut butter (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs peanut butter, & 1 ea fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

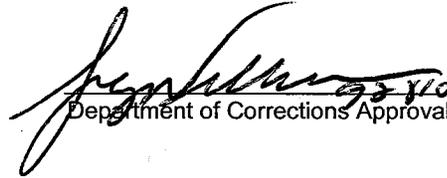
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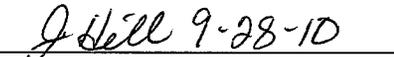
STATE OF OKLAHOMA
DEPARTMENT OF CORRECTIONS
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Food Service Director


Department of Corrections Approval


Janice K. Hill, M.S., R.D. /L.D.
Department of Corrections Dietitian

Week 1 Day 1 (Sunday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 ea coffee cake or sweet roll	1 ea coffee cake or sweet roll	1 sl WW toast
1 c hot or cold cereal	1 c hot cereal	1/2 c oatmeal or 3/4 c cheerios
2 c milk	2 c milk	1 oz turkey ham
1 c coffee	1 c coffee	2 Tbs jelly
		2 c milk
		1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
2 ea or 1/2 c eggs (E)	1/2 c scrambled eggs (E)	2 ea or 1/2 c eggs (E)
1/2 c hash browns or rice	1/2 c hash browns or rice	2/3 c rice, or 1 c oatmeal
1/4 c gravy	1/4 c gravy	1 sl WW toast
2 ea biscuits, toast, or pancakes	2 ea biscuits, bread, or pancakes	
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Dinner		
4 oz pork patty** (E)	4 oz pork patty (chopped) (E)	4 oz LF/LS hamburger patty (E)
2 Tbs gravy	1/4 c gravy	1 c mashed potato or 2/3 c rice
1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice	2 sl WW bread or 1 WW roll
1 c vegetable	1 c vegetable soft cooked	1 c LF/LS greens, broccoli, or carrots
2 sl bread or 1 roll	2 sl bread or 1 roll	
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV)		
4 oz beef patty (AENP)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

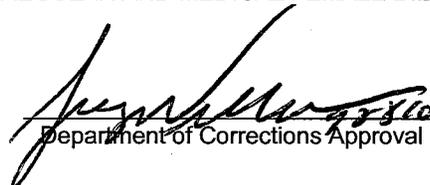
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STATE OF OKLAHOMA
DEPARTMENT OF CORRECTIONS
REGULAR AND MEDICAL FEMALE DIETS

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Food Service Director


Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 1 Day 2 (Monday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1 sl	WW toast
1/2 c	sausage gravy**(E)	1/2 c	sausage gravy**(E)	1/2 c	oatmeal or 3/4 c cheerios
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1 oz	turkey ham (E)
				2 Tbs	jelly
2 c	milk	2 c	milk	2 c	milk
1 c	coffee	1 c	coffee	1 c	coffee

10 sc peanut butter (AEV & AENP)

Lunch

1 c	beans ** (E)	1 c	beans** (E)	1 c	LF/LS beans (E)
1 sq	cornbread	1 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	greens	1 c	greens	1 c	LF/LS greens
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***		*** OR OPTIONAL SACK LUNCH ***		*** OR OPTIONAL SACK LUNCH ***	

1 c vegetarian beans (AEV & AENP)

Dinner

1 c	spaghetti noodles	1 c	spaghetti noodles	1 c	spaghetti noodles
1/2 c	ground meat sauce (E)	1/2 c	ground meat sauce (E)	1/2 c	ground meat sauce (E)
1 c	vegetable	1 c	vegetable cooked soft	1 c	vegetable
2 sl	garlic bread	2 sl	garlic bread	1 sl	garlic bread
1/2 c	fruited gelatin	1/2 c	fruited gelatin	1/2 c	fruited gelatin
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c pinto beans (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

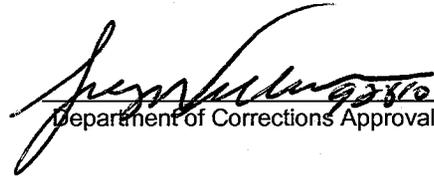
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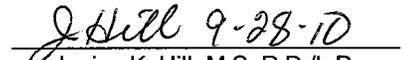
STATE OF OKLAHOMA
DEPARTMENT OF CORRECTIONS
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Food Service Director


Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 1 Day 3 (Tuesday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1 sl	WW toast
2 ea	pancakes	2 ea	pancakes	1/2 c	oatmeal or 3/4 c cheerios
2 oz	turkey ham (E)	2 oz	turkey ham (chopped) (E)	1 oz	turkey ham (E)
2 oz	syrup	2 oz	syrup	2 Tbs	jelly
2 c	milk	2 c	milk	2 c	milk
1 c	coffee	1 c	coffee	1 c	coffee

10 sc peanut butter (AEV & AENP)

Lunch

3 oz	lunch meat (E)	3 oz	lunch meat (E)	3 oz	LF/LS chicken salad (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	lettuce, onions, pickles			1 c	lettuce, onions
2 Tbs	mustard or salad dressing	2 Tbs	mustard or 2 Tbs. salad dressing	2 Tbs	mustard or salad dressing
1c	mixed vegetables	1c	mixed vegetables	1c	mixed vegetables
2 ea	cookies	2 ea	cookies	2 ea	cookies
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c black-eyed peas (AEV)

Dinner

4 oz	beef patty (E)	4 oz	beef patty, (chopped) (E)	4 oz	LF/LS beef patty (E)
2 Tbs	gravy	2 Tbs	gravy		
1/2 c	potatoes or 1/3 c rice	1/2 c	potatoes or 1/3 rice	1/2 c	potatoes or 1/3 rice
1 c	greens, broccoli, or carrots	1 c	greens, broccoli, or carrots (cooked soft)	1 c	greens, broccoli, or carrots
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 ea	fruit	1/2 c	canned fruit or 1/2 c fruit juice	1 ea	fruit
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c navy beans (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

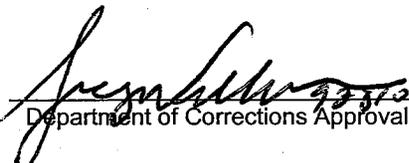
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STATE OF OKLAHOMA
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 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 1 Day 4 (Wednesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
1/2 c beef hash or beef gravy (E)	1/2 c beef hash or 1 c beef gravy (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
		2 Tbs jelly
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
1 c turkey pot pie or a-la-king (E)	1 c turkey pot pie or a-la-king (E)	3 oz LF/LS turkey (E)
1 ea biscuit	1 ea biscuit	2 sl WW bread or 1 WW roll
1 c carrots	1 c carrots (cooked soft)	1 c carrots
1 sq cake	1 sq cake	1 sq (2x2) cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
# 1 c red beans (AEV)		
Dinner		
1 c beef Creole macaroni (E)	1 c beef Creole macaroni (E)	4 oz LF/LS beef patty (E)
1 c salad with dressing		1 c LF/LS macaroni
1 c vegetable	1 c vegetable (cooked soft)	1 c LF/LS stewed tomatoes/sauce
2 sq cornbread, 1 ea roll, or 2 sl bread	2 sq cornbread, 1 ea roll, or 2 sl bread	2 sl WW bread or 1 WW roll
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
# 1 c pinto beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

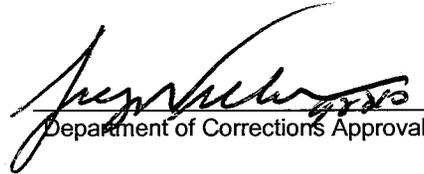
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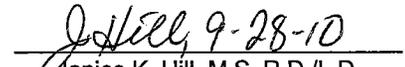
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Food Service Director


Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 1 Day 5 (Thursday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1 sl	WW toast
2 ea	or 1/2 c eggs (E)	2 ea	or 1/2 c eggs (E)	1/2 c	oatmeal or 3/4 c cheerios
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1 oz	turkey ham (E)
2 c	milk	2 c	milk	2 Tbs	jelly
1 c	coffee	1 c	coffee	2 c	milk
				1 c	coffee

10 sc peanut butter (AEV)

Lunch

3 oz	lunch meat or 1/2 c tuna salad (E)	1/2 c	tuna salad (E)	1/2 c	tuna salad (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing	1 c	carrot and celery sticks
1 c	green beans	1 c	green beans	1c	green beans
1 sq	cake	1 sq	cake	1 sq	cake
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
	*** OR OPTIONAL SACK LUNCH ***		*** OR OPTIONAL SACK LUNCH ***		*** OR OPTIONAL SACK LUNCH ***

#10 sc peanut butter (AEV)

Dinner

3 oz	hot link (E)	3 oz	hot link (chopped) (E)	3 oz	grilled chicken patty (E)
1 ea	bun or 2 sl bread	1 ea	bun or 2 sl bread	2 sl	WW bread or 1 WW roll
2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing
1/2 c	macaroni and cheese	1/2 c	macaroni and cheese	1/2 c	macaroni
1 c	greens, broccoli, or carrots	1 c	greens, broccoli, or carrots (cooked soft)	1 c	LF/LS greens, broccoli, or carrots
1/2 c	frUITed gelatin	1/2 c	frUITed gelatin	1/2 c	frUITed gelatin
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c pinto beans (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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syrups contain no added sugar.

STATE OF OKLAHOMA
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Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 1 Day 6 (Friday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
2 sl French toast (E)	2 sl LF/LS French toast (E)	2 sl LF/LS French toast
1 c oven fries		1 oz turkey ham (E)
2 oz syrup	2 oz syrup	2 oz syrup
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
2 ea corn dogs (E)	2 ea corn dogs (E)	4 oz LF LS beef patty (E)
2 Tbs mustard	2 Tbs mustard	2 sl WW bread or 1 WW roll
1 c mixed vegetables	1 c mixed vegetables	2 Tbs mustard or dressing
		1 c LF/LS mixed vegetables
1/2 c gelatin	1/2 c gelatin	1/2 c gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c kidney beans (AEV)		
Dinner		
1 c tuna casserole (E)	1 c tuna casserole (E)	3 oz LF/LS fish (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
		1 c salad with LF dressing
1 c salad with dressing		1/2 c LF/LS oven fries
1 c green beans	1 c green beans	1 c LF/LS green beans
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c black-eyed peas (AEV)		
1 c pasta		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

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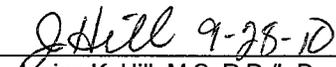
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Department of Corrections Approval

 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 1 Day 7 (Saturday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
				1sl	WW toast
1/2 c	creamed beef (E)	1/2 c	creamed beef (E)	1/2 c	oatmeal or 3/4 c cheerios
1/2 c	hash browns	1/2 c	hash browns	1 oz	turkey ham (E)
2 ea	biscuits or sl toast	2 ea	biscuits or sl bread	2 oz	syrup
2 c	milk	2 c	milk	2 c	milk
1 c	coffee	1 c	coffee	1 c	coffee

10 sc peanut butter (AEV)

Lunch

<i>Institutional Choice (E)</i>		<i>Institutional Choice</i>		<i>Institutional Choice: chefs salad</i>	
				1oz	turkey ham, 1 oz cheese, 1 ea boiled egg (E)
				2 c	chopped lettuce, tomato, onion, carrots
				2 Tbs	vinaigrette or LF ranch
				1 c	LF pasta salad
				2 sl	WW bread or 12 ea crackers
				1 c	tea or fruit drink

1 c institutional choice vegetarian beans (AEV& AENP)

Dinner

1 c	beef chili pie, beef tamale pie, or beef nachos (E)	1 c	beef chili pie, beef tamale pie (E)	1 c	LF/LS beef chili pie (E)
1 c	rice, 1 sq cornbread, or 1 c nacho chips	1 c	rice	1 c	rice
1 c	mixed vegetables	1 c	mixed vegetables	1 c	mixed vegetables
1 ea	fruit	1/2 c	canned fruit or 1/2 c fruit juice	1 ea	fruit
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c red beans (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

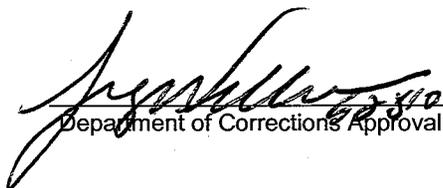
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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 2 Day 8 (Sunday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 ea coffee cake or sweet roll	1 ea coffee cake or sweet roll	1 sl WW toast
1 c hot or cold cereal	1 c hot cereal	1/2 c oatmeal or 3/4 c cheerios
		1 oz turkey ham
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
2 ea or 1/2 c eggs (E)	2 ea or 1/2 c eggs (E)	2 ea or 1/2 c eggs (E)
1/2 c hash browns or rice	1/2 c hash browns or rice	1/3 c rice, or 1/2 c oatmeal
1/4 c gravy	1/4 c gravy	2 sl WW toast
2 ea biscuits, toast, or pancakes	2 ea biscuits, bread, or pancakes	
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Dinner		
4 oz pork patty** (E)	4 oz pork patty** (chopped) (E)	4 oz LF/LS hamburger patty (E)
1/4 c gravy	1/4 c gravy	2 sl WW bread or 1 WW roll
1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice
1 c vegetable	1 c vegetable (cooked soft)	1 c LF/LS greens, broccoli, or carrots
2 sl bread or 1 roll	2 sl bread or 1 roll	
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
4 oz beef patty (AENP)		
1 c pinto beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

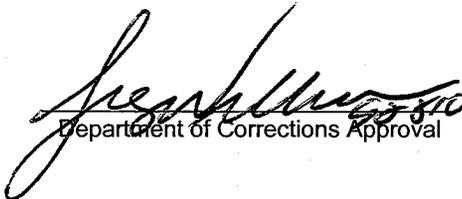
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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 2 Day 9 (Monday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1 sl	WW toast
1/2 c	sausage gravy ** (E)	1/2 c	sausage gravy** (E)	1/2 c	oatmeal or 3/4 c cheerios
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1 oz	turkey ham (E)
				2 Tbs	jelly
2 c	milk	2 c	milk	2 c	milk
1 c	coffee	1 c	coffee	1 c	coffee

10 sc peanut butter (AEV & AENP)

Lunch

3 oz	lunch meat (E)	3 oz	lunch meat (E)	4 oz	LF/LS ground beef patty (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing	1 c	LF/LS green beans
1 c	lettuce, onions, pickles			1/2 c	mixed vegetables
1/2 c	mixed vegetables	1/2 c	mixed vegetables	1 ea	fruit
1 ea	fruit	1/2 c	canned fruit or 1/2 c fruit juice		
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c kidney beans (AEV)

Dinner

3 oz	chicken (E)	3 oz	chicken (chopped) (E)	3 oz	LF/LS baked chicken (E)
1/4 c	gravy	1/2 c	gravy		
1 c	potatoes	1 c	potatoes	1 c	mashed potatoes
1 c	vegetable (greens, broccoli, or carrots)	1 c	vegetable (cooked soft)	1 c	LF/LS greens, broccoli, or carrots
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c black-eyed peas (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

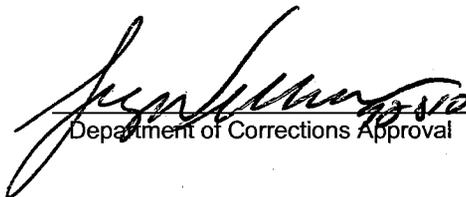
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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 2 Day 10 (Tuesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink 2 sl WW toast
2 oz turkey ham (E)	2 oz turkey ham (chopped) (E)	1 oz turkey ham (E)
2 ea pancakes	2 ea pancakes	2 Tbs jelly
2 oz syrup	2 oz syrup	2 c milk
2 c milk	2 c milk	1 c coffee
1 c coffee	1 c coffee	
# 10 sc peanut butter (AEV)		
Lunch		
2 ea corn dogs (E)	2 ea corn dogs (E)	3 oz LF/LS grilled chicken patty (E)
2 Tbs mustard	2 Tbs mustard	2 sl WW toast or 1 WW roll
1 c potato salad or macaroni salad	1 c potato salad or macaroni salad	1 c LF/LS potato salad or macaroni salad
1 c coleslaw	1 c green beans	1 c LF/LS coleslaw
2 sl bread or 1 roll	2 sl bread or 1 roll	
1 c tea or fruit drink *** OR OPTIONAL SACK LUNCH ***	1 c tea or fruit drink *** OR OPTIONAL SACK LUNCH ***	1 c tea or fruit drink *** OR OPTIONAL SACK LUNCH ***
1 c navy beans (AEV)		
Dinner		
1 c beef chili with beans (E)	1 c beef chili with beans (E)	1 c LF/LS beef chili with beans (E)
1 c salad with 2 Tbs dressing		1 c salad with 2 T LF dressing
6 ea crackers or 1 sq cornbread	2 sl bread or 1 roll	6 ea crackers
1/2 c fruited gelatin	1/2 c fruited gelatin	1/2 c fruited gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c vegetarian beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

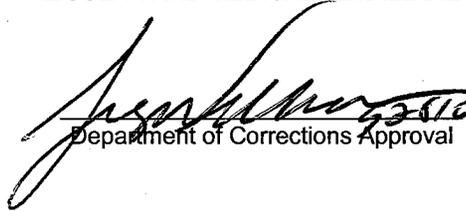
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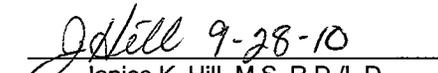
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Janice K. Hill, M.S.,R.D./L.D.
Department of Corrections Dietitian

Week 2 Day 11 (Wednesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1/2 c creamed beef (E)	1/2 c creamed beef (E)	1 sl WW toast
1/2 c hash browns	1/2 c hash browns	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl bread	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	3 oz grilled chicken patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs LF/LS salad dressing
1 c vegetables	1 c vegetables	1 c LF/LS greens, broccoli, or carrots
1 c potatoes or pasta	1 c potatoes or pasta	1 c LF/LS potatoes or pasta
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c red beans (AEV)		
Dinner		
3 oz beef bulk (E)	3 oz beef bulk (E)	3 oz LF/LS meatloaf (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c potatoes or pasta	1 c potatoes or pasta	1 c LF/LS potatoes or pasta
1 c salad with dressing		1 c salad with 2 Tbs dressing
1 c vegetable	1 c vegetable (cooked soft)	1 c LF/LS greens, broccoli, or carrots
1 c tea or fruit drink	1c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

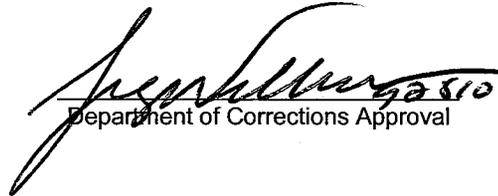
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Department of Corrections Dietitian

Week 2 Day 12 (Thursday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
				2 sl	WW toast
2 ea	or 1/2 c eggs (E)	2 ea	or 1/2 c eggs (E)		
2 ea	biscuits or 2 sl toast	2 ea	biscuits or sl bread	1/2 c	scrambled eggs (E)
1/2 c	cream gravy	1/2 c	cream gravy	2 Tbs	jelly
2 c	milk	2 c	milk	2 c	milk
1 c	coffee	1 c	coffee	1 c	coffee

10 sc peanut butter (AEV)

Lunch

1 c	beans **(E)	1 c	beans** (E)	1 c	LF/LS beans (E)
1 sq	cornbread	1 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	greens or cabbage	1 c	greens or cabbage	1 c	LF/LS greens or cabbage
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

*** OR OPTIONAL SACK LUNCH ***

*** OR OPTIONAL SACK LUNCH ***

*** OR OPTIONAL SACK LUNCH ***

1 c vegetarian beans (AEV & AENP)

Dinner

2 ea	soft beef tacos or 1 c taco salad (E)	2 ea	soft beef tacos (E)		soft beef tacos
2/3 c	Spanish rice	2/3 c	Spanish rice	3 oz	LF/LS ground beef (E)
1 c	vegetable	1 c	vegetable	2 Tbs	taco sauce
1 c	salad with dressing			2 ea	flour tortilla (6" across each) or 4 corn tortillas
				1/2 c	chopped tomato; 1/2 c lettuce/onion
				2/3 c	LF/LS rice
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
1 c	kidney beans (AEV)				

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

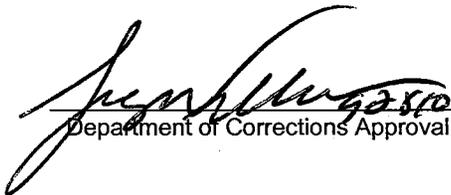
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Department of Corrections Dietitian

Week 2 Day 13 (Friday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink 2 sl LF/LS French toast
2 sl French toast (E)	2 sl French toast (E)	
1 c oven fries	1 c oven fries	
2 oz syrup	2 oz syrup	2 oz syrup
2 c milk	2 c milk	2 c milk
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	4 oz LF/LS hamburger patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or dressing
1 c lettuce/onions/pickles		1 c lettuce/onions/tomato
1 c mixed vegetables	1 c mixed vegetables	1 c mixed vegetables
1/2 c potatoes	1/2 c potatoes	1/2 c LF/LS potatoes
1 c tea or fruit drink ***OR OPTIONAL SACK LUNCH ***	1 c tea or fruit drink ***OR OPTIONAL SACK LUNCH ***	1 c tea or fruit drink ***OR OPTIONAL SACK LUNCH ***
1 c black-eyed peas (AEV)		
Dinner		
3 oz beef choice or fish (E)	3 oz beef choice or fish (E)	3 oz LF/LS beef choice or fish (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c potatoes or 2/3 c rice	1 c potatoes or 2/3 c rice	1/2 c LF/LS potatoes or 1/3 c rice
1 c carrots	1 c carrots	1 c LF/LS carrots
1 c salad with dressing		1 c salad with 2 Tbs LF dressing
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c navy beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

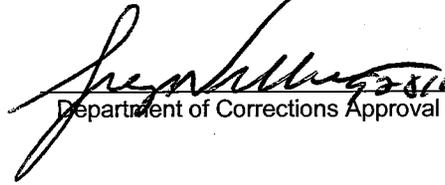
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STATE OF OKLAHOMA
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Food Service Director


Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 2 Day 14 (Saturday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
				1 oz	turkey ham (E)
1/2 c	beef gravy (E)	1/2 c	beef gravy	1 sl	WW toast
1/2 c	hash browns or rice	1/2 c	hash browns or rice	1/2 c	hashbrowns or 1/3 c rice
2 ea	biscuits or sl toast	2 ea	biscuits or sl bread	2 Tbs	jelly
2 c	milk	2 c	milk	2 c	milk
1 c	coffee	1 c	coffee	1 c	coffee

10 sc peanut butter (AEV)

Lunch

Institutional Choice (E)		Institutional Choice (E)		Institutional Choice	
				Chef's salad:	
				1 oz	turkey ham, 1 oz cheese, 1 boiled egg (E)
				2 c	chopped lettuce, tomato, onion, carrots
				4 Tbs	vinaigrette or LF ranch
				1/2 c	LF/LS pasta salad
				2 sl	WW bread, 1 WW roll or 6 crackers
				1 ea	fruit
				1 c	tea or fruit drink
1 c	red beans (AEV & AENP)				

Dinner

3 oz	beef (E)	3 oz	beef (E)	3 oz	LF/LS beef (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	potatoes	1 c	potatoes	1 c	LF/LS potatoes
1 c	vegetable	1 c	vegetable (cooked soft)	1 c	LF/LS greens, broccoli, or carrots
1 c	relish tray (1 c lettuce, tomato, onion)			1 c	relishes (lettuce, tomato, onion)
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
1 c	pinto beans (AEV)				

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

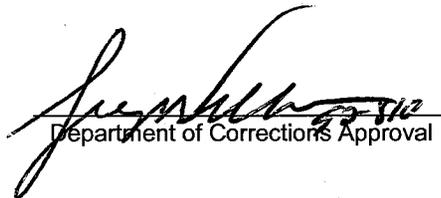
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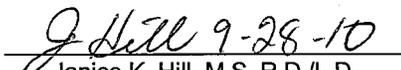
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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 3 Day 15 (Sunday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 ea coffee cake or sweet roll	1 ea coffee cake or sweet roll	1 sl WW toast
1 c hot or cold cereal	1 c hot cereal	1/2 c oatmeal or 3/4 c cheerios
2 c milk	2 c milk	1 oz turkey ham
1 c coffee	1 c coffee	2 Tbs jelly
		2 c milk
		1 c coffee
# 10 sc peanut butter (AEV)	# 10 sc peanut butter (AEV)	
2 ea or 1/2 c eggs (E)	1/2 c scrambled eggs (E)	2 ea or 1/2 c eggs (E)
1/2 c hash browns or rice	1/2 c hash browns or rice	1/3 c rice or 1/2 c oatmeal
1/4 c gravy	1/2 c gravy	2 sl WW toast
2 ea biscuits, toast, or pancakes	2 ea biscuits, bread, or pancakes	
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
3 oz beef choice (E)	3 oz beef choice (E)	3 oz LS/Lf beef choice (E)
1 c noodles or 2/3 c rice	1 c noodles or 2/3 c rice	1 c LF/LS noodles or 2/3 c LF/LS rice
1 c vegetable (non-starch)	1 c vegetable (non-starch) cooked soft	1 c LF/LS greens, broccoli, or carrots
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c kidney beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

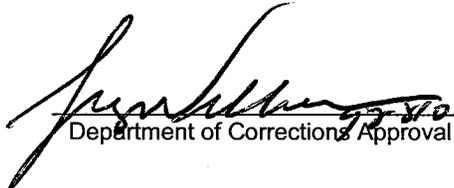
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Department of Corrections Dietitian

Week 3 Day 16 (Monday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
2 oz sausage** (E)	2 oz sausage** (chopped) (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
2 c coffee	2 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
3 oz lunch meat (E)	3 oz lunch meat (E)	4 oz ground beef patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c lettuce, onions, pickles	1 c lettuce, onions, pickles	1 c lettuce, onions
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing
1 c green beans	1 c green beans	1 c green beans
1 sq cake	1 sq cake	1 sq (2 x 2) cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c black-eyed peas (AEV)		
3 oz chicken (E)	3 oz chicken (E)	3 oz LF/LS baked chicken (E)
1 c potatoes	1 c potatoes	1 c LF/LS mashed potatoes
1 c vegetable (non-starchy)	1 c vegetable (non-starchy) cooked soft	1 c greens, broccoli, or carrots
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c navy beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

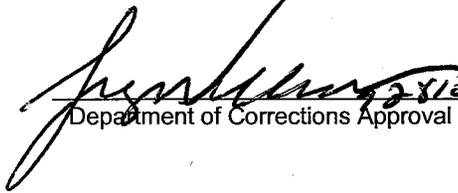
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Department of Corrections Dietitian

Week 3 Day 17 (Tuesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
		2 sl WW toast
2 ea pancakes	2 ea pancakes	2 oz turkey ham (E)
2 oz turkey ham (E)	2 oz turkey ham (chopped) (E)	2 Tbs jelly
2 oz syrup	2 oz syrup	2 c milk
2 c milk	2 c milk	2 c coffee
2 c coffee	2 c coffee	
# 10 sc peanut butter (AEV)		
Lunch		
1 c beans ** (E)	1 c beans** (E)	1 c LF/LS beans (E)
1 sq cornbread or 2/3 c rice	1 sl bread, 1 roll, or 2/3 c rice	2/3 c rice
1 c greens	1 c greens	1 c LF/LS greens
1 c salad with dressing		1 c salad with dressing
1 c tea or fruit drink *** OR OPTIONAL SACK LUNCH ***	1 c tea or fruit drink *** OR OPTIONAL SACK LUNCH ***	1 c tea or fruit drink *** OR OPTIONAL SACK LUNCH ***
1 c vegetarian beans (AEV & AENP)		
Dinner		
3 oz beef choice (E)	3 oz beef choice (E)	3 oz meat loaf (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	1/4 c tomato sauce
1 c potatoes or pasta	1 c potatoes or pasta	1 c LF/LS mashed potatoes
		2 sl WW bread or 1 ea WW roll
1 c hot vegetable	1 c hot vegetable	1 c greens, broccoli, or carrots
1 c tea or fruit drink	1 c tea or fruit drink	2 c tea or fruit drink
1 c red beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

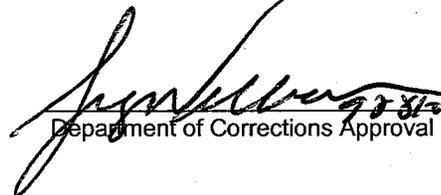
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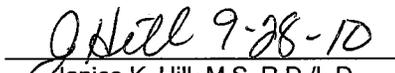
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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 3 Day 18 (Wednesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1 sl WW toast
1/2 c beef gravy (E)	1/2 c beef gravy (E)	1/2 c oatmeal or 3/4 c cheerios
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
2 c coffee	2 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	3 oz grilled chicken patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c lettuce, onions, pickles		1 c carrots/celery sticks
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	1 c lettuce/onions
1 c carrots/celery sticks	1 c green beans	2 Tbs LF salad dressing
2 ea cookies	2 ea cookies (soft)	2 ea cookies
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV)		
Dinner		
1 c ham and beans ** (E)	1 c ham and beans** (E)	1 c turkey ham and beans (E)
1 c potatoes or 2/3 c rice or 1 sq cornbread	1 c potatoes or 2/3 c rice	2 sl WW bread or 1 WW roll
1 c vegetable	1 c vegetable	1 c LF/LS greens, broccoli, or carrots
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c kidney beans (AEV & AENP)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

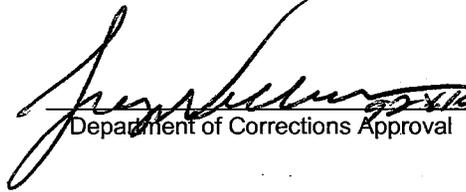
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 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 3 Day 19 (Thursday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1 sl	WW toast
2 ea	or 1/2 c eggs (E)	2 ea	or 1/2 c eggs (E)	1/2 c	oatmeal or 3/4 c cheerios
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1/2 c	scrambled eggs (E)
2 c	milk	2 c	milk	2 T	jelly
2 c	coffee	2 c	coffee	2 c	milk
				1 c	coffee

10 sc peanut butter (AEV)

Lunch

2 ea	corndogs, hot dogs or hot links ** (E)	2 ea	corndogs, hot dogs or hot links** (E)	4 oz	LF/LS hamburger patty (E)
2 Tbs	mustard	2 Tbs	mustard	2 sl	WW bread or 1 WW roll
1/2 c	potato salad or macaroni salad	1/2 c	potato salad or macaroni salad	1/2 c	LF/LS potato salad or macaroni salad
1 ea	fruit	1/2 c	canned fruit or 1/2 c fruit juice	1 ea	fruit
1 c	tea or fruit drink *** OR OPTIONAL SACK LUNCH ***	1 c	tea or fruit drink *** OR OPTIONAL SACK LUNCH ***	1 c	tea or fruit drink *** OR OPTIONAL SACK LUNCH ***

1 c black-eyed peas (AEV & AENP)

Dinner

1 ea	soft beef tacos or 1 c taco salad (E)	1 ea	soft beef tacos (E)	3 oz	beef taco salad (E)
1/2 c	refried beans	1/2 c	refried beans	1 c	LF/LS refried beans
1 oz	cheese	1 oz	cheese	1 oz	mozzarella cheese
1 ea	flour or 2 ea corn tortillas	1 ea	flour or 2 ea corn tortillas	1 ea	flour or 2 ea corn tortillas
1 c	relish tray with 1/4 c salsa	1/4 c	salsa	1 c	relish tray with 1/4 c salsa
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c navy beans (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
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LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

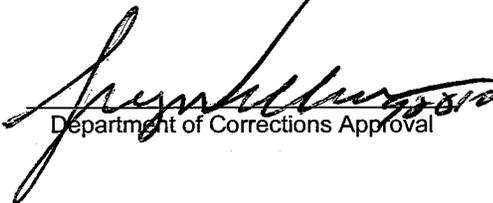
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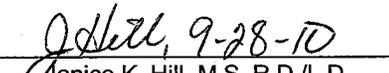
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Department of Corrections Dietitian

Week 3 Day 20 (Friday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
2 sl French toast (E)	2 sl French toast (E)	2 sl LF/LS French toast (E)
1/2 c oven brown potatoes	1/2 c oven brown potatoes	
2 oz syrup	2 oz syrup	2 oz syrup
2 c milk	2 c milk	2 c milk
2 c coffee	2 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	4 oz LF/LS ground hamburger patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or dressing
1 c lettuce/onions/pickles		1 c lettuce/onions/tomato
1 c green beans	1 c green beans	1 c green beans
2 ea cookies	2 ea cookies (soft)	2 ea cookies
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c red beans (AEV)		
Dinner		
3 oz polish sausage or hot links** (E)	3 oz polish sausage or hot links (E)	3 oz LF/LS baked chicken breast (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c potatoes or 2/3 c rice	1c potatoes or 2/3 c rice	1 c LF/LS potatoes or 2/3 c rice
1 c vegetables	1 c vegetables	1 c LF/LS vegetables
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c pinto beans (AEV & AENP)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

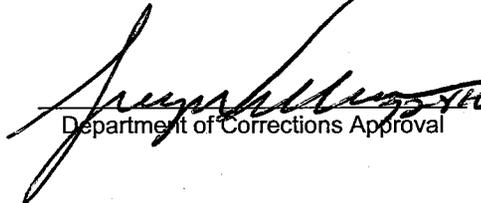
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Department of Corrections Dietitian

Week 3 Day 21 (Saturday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1/2 c	oatmeal or 3/4 c cheerios
1/2 c	sausage gravy ** or 2 oz sausage patty ** (E)	1/2 c	sausage gravy (E)	2 oz	turkey ham (E)
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1 sl	WW bread
2 c	milk	2 c	milk	2 Tbs	jelly
2 c	coffee	2 c	coffee	2 c	milk
				2 c	coffee

10 sc peanut butter (AEV & AENP)

Lunch

<i>Institutional Choice (E)</i>	<i>Institutional Choice (E)</i>	<i>Institutional Choice:</i> Chef's salad
		1 oz turkey ham, 1 oz cheese, 1 boiled egg (E)
		2 c chopped lettuce, tomato, onion, carrots
		2 Tbs vinaigrette or LF/LS ranch
		1 c LF/LS pasta salad
		2 sl WW bread, 1 WW roll or 6 crackers
		1 c tea or fruit drink

1 c kidney beans (AEV & AENP)

Dinner

4 oz	pork patty ** (E)	4 oz	pork patty ** (E)	3 oz	LF/LS beef (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	sweet potatoes	1 c	sweet potatoes	1 c	LF/LS sweet potatoes
1 c	cabbage	1 c	cabbage	1 c	LF/LS cabbage
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c black-eyed peas (AEV)

4 oz beef patty (AENP)

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

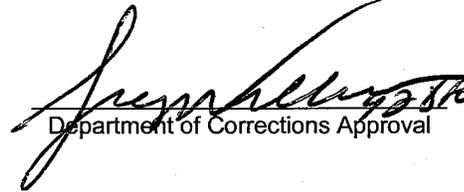
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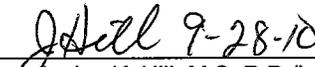
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 9-28-10
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Department of Corrections Dietitian

Week 4 Day 22 (Sunday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 ea coffee cake or sweet roll	1 ea coffee cake or sweet roll	1 sl WW toast
1 c hot or cold cereal	1 c hot cereal	1/2 c oatmeal or 3/4 c cheerios
2 c milk	2 c milk	1 oz turkey ham
1 c coffee	1 c coffee	2 Tbs jelly
		2 c milk
		1 c coffee
# 10 sc peanut butter (AEV)		
2 ea or 1/2 c eggs (E)	1/2 c scrambled eggs (E)	2 ea or 1/2 c eggs (E)
1/2 c hash browns or 1/3 c rice	1/2 c hash browns or 1/3 c rice	1/3 c rice, or 1/2 c oatmeal
1/4 c gravy	1/4 c gravy	2 sl WW toast
2 ea biscuits, toast, or pancakes	2 ea biscuits, bread, or pancakes	
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
3 oz chicken (E)	3 oz baked chicken (E)	3 oz LF/LS stewed chicken (E)
1 c potatoes or rice	1 c potatoes or rice	1 c LF/LS oven fried potatoes or 1/3 c rice
1 c green vegetable	1 c green vegetable (cooked soft)	1 c LF/LS green vegetable
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c red beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

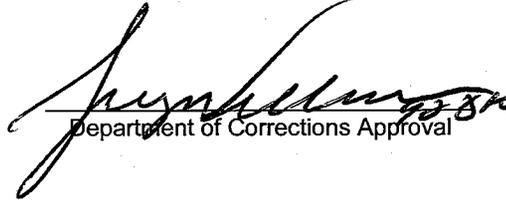
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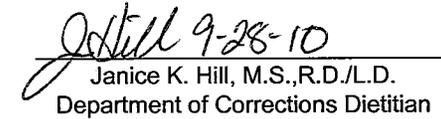
STATE OF OKLAHOMA
DEPARTMENT OF CORRECTIONS
REGULAR AND MEDICAL FEMALE DIETS

MENU SUBJECT TO CHANGE DUE TO
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Food Service Director


Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 23 (Monday)

Breakfast					
Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1 sl	WW toast
2 oz	turkey ham (E)	2 oz	turkey ham (chopped) (E)	1/2 c	oatmeal or 3/4 c cheerios
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1 oz	turkey ham (E)
2 c	milk	2 c	milk	2 Tbs	jelly
2 c	coffee	2 c	coffee	2 c	milk
				1 c	coffee
# 10 sc peanut butter (AEV)					
Lunch					
1 c	beans ** (E)	1 c	beans** (E)	1 c	LF/LS beans(E)
1 sq	cornbread	1 sl	bread or 2/3 c rice	2/3 c	LF/LS rice
1 c	greens	1 c	greens	1 c	LF/LS greens
1 c	salad with dressing			1 c	salad with 2 Tbs LF dressing
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
	*** OR OPTIONAL SACK LUNCH ***		*** OR OPTIONAL SACK LUNCH ***		*** OR OPTIONAL SACK LUNCH ***
1 c	vegetarian beans (AEV & AENP)				
Dinner					
4 oz	beef patty (E)	4 oz	beef patty (chopped) (E)	4 oz	LF/LS beef patty (E)
2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing	2 Tbs	mustard or LF salad dressing
1 c	oven fries	1 c	oven fries	1 c	LF/LS oven fries
1 c	relish tray (lettuce, onions, pickle)			1 c	relish tray w/ 2 Tbs dressing
1 c	hot vegetable	1 c	hot vegetable (cooked soft)	1 c	broccoli or carrots
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
1 c	kidney beans (AEV)				

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

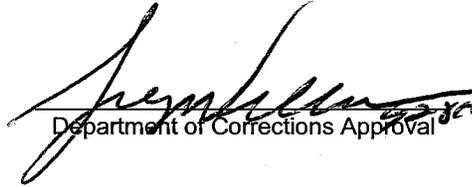
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Food Service Director


Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 24 (Tuesday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
2 ea pancakes	2 ea pancakes	1 sl WW toast
2 oz turkey ham (E)	2 oz turkey ham (chopped) (E)	1/2 c oatmeal or 3/4 c cheerios
2 oz syrup	2 oz syrup	1 oz turkey ham (E)
2 c milk	2 c milk	2 Tbs jelly
2 c coffee	2 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
3 oz lunch meat (E)	3 oz lunch meat (E)	3 oz LF/LS grilled chicken patty (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c lettuce, onions, pickles		1 c lettuce, onions
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing
1 c mixed vegetables	1 c mixed vegetables	1 c LF/LS mixed vegetables
1/2 c fruited gelatin	1/2 c fruited gelatin	1/2 c fruited gelatin
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c black-eyed peas (AEV)		
1 c vegetable beef stew (E)	1 c vegetable beef stew (E)	1 c LF/LS vegetable beef stew (E)
1 c salad with 2 Tbs dressing		1 c salad with 2 Tbs LF dressing
1 sq cornbread or 6 ea crackers	2 sl bread or 1 roll	6 ea crackers
1 sq cake	1 sq cake	1 sq cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c navy beans (AEV)		

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

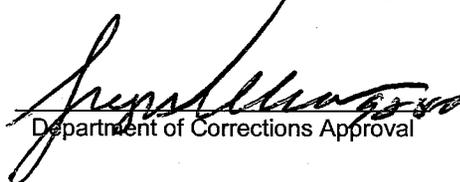
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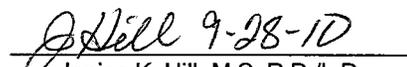
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Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 25 (Wednesday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	2 sl	WW toast
2 oz	turkey ham (E)	2 oz	turkey ham (chopped) (E)	1 oz	turkey ham (E)
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	2 Tbs	jelly
2 c	milk	2 c	milk	2 c	milk
2 c	coffee	2 c	coffee	1 c	coffee
# 10 sc peanut butter (AEV)					
4 oz	beef patty (E)	4 oz	beef patty (chopped) (E)	4 oz	LF/LS beef patty (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	lettuce, onions, pickles			1 c	lettuce, onions, pickles
2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing
1 c	green beans	1 c	green beans	1 c	green beans
1 c	potatoes or pasta	1 c	potatoes or pasta	1 c	LF/LS potatoes or pasta
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
1 c	red beans (AEV)				
3 oz	ham, ** beef, or turkey (E)	3 oz	ham, beef, or turkey (chopped) (E)	3 oz	turkey ham (E)
1 c	noodles	1 c	noodles	1 c	LF/LS noodles
1 c	hot vegetable	1 c	hot vegetable (cooked soft)	1 c	greens, broccoli, or carrots
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
1 c	pinto beans (AEV)				
4 oz	beef patty (AENP)				

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

All Diet for Health beverages, jellies, and
syrups contain no added sugar.

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 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 26 (Thursday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1 sl	WW toast
2 ea	or 1/2 c eggs (E)	2 ea	or 1/2 c eggs (E)	1/2 c	oatmeal or 3/4 c cheerios
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1/2 c	scrambled eggs (E)
				2 Tbs	jelly
2 c	milk	2 c	milk	2 c	milk
2 c	coffee	2 c	coffee	1 c	coffee

10 sc peanut butter (AEV)

Lunch

3 oz	lunch meat (E)	3 oz	lunch meat (E)	4 oz	hamburger patty (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	lettuce/onions/pickles			1 c	lettuce/onions
2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing	2 Tbs	salad dressing
1/2 c	broccoli, greens, or carrots	1/2 c	broccoli, greens, or carrots (cooked soft)	1/2 c	LF/LS broccoli, greens, or carrots
1 sq	cake	1 sq	cake	1 sq	cake
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c kidney beans (AEV)

Dinner

Institutional Choice (E)		Institutional Choice (E)		Institutional Choice	
				1/2 c	LF/LS tuna salad (E)
				2 sl	WW bread or 1 WW roll
				1 c	lettuce/onions
				1 c	carrot and celery sticks
				1 c	mixed vegetables
				1 ea	fruit
				1 c	tea or fruit drink
1 c	black-eyed peas (AEV & AENP)				

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

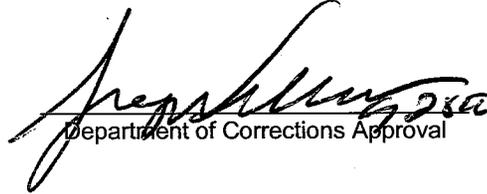
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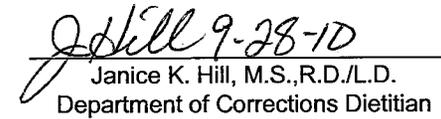
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Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 27 (Friday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
2 sl French toast (E)	2 sl French toast (E)	2 sl LF/LS French toast (E)
1 c oven brown potatoes	1 c oven brown potatoes	
2 oz syrup	2 oz syrup	2 oz syrup
2 c milk	2 c milk	2 c milk
2 c coffee	2 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	2 oz grilled chicken breast (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	2 Tbs salad dressing
1 c lettuce/onions/pickles		1 c lettuce/onions/tomato
		1 c green beans
1 ea dessert	1 ea dessert (soft)	1 sq (2 x 2) cake
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***	*** OR OPTIONAL SACK LUNCH ***
1 c navy beans (AEV)		
Dinner		
3 oz fish or 1 c tuna casserole (E)	3 oz fish or 1 c tuna casserole (E)	3 oz LF/LS fish (E)
2 Tbs tartar sauce	2 Tbs tartar sauce	2 Tbs tartar sauce
1 c oven fries, rice, or noodles (in casserole)	1 c oven fries, rice, or noodles (in casserole)	1 c LF oven fries, noodles, or 2/3 c rice
1 c carrots	1 c carrots (cooked soft)	1 c LF/LS carrots
1/2 c coleslaw or salad		1/2 c LF/LS coleslaw or salad
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c red beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 fruit

** contains pork or pork by-products
*** provide diabetic snack per diet order only
LS - low sodium alternative or no added salt
LF - low fat alternative or no added fat

WW - whole wheat
(E) - entrée
(AEV) - alternate entrée vegetarian
(AENP) - alternate entrée non-pork

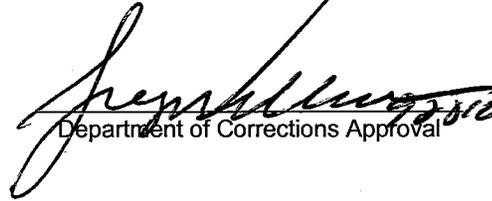
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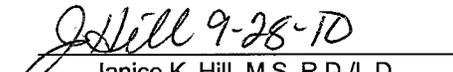
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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 4 Day 28 (Saturday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1 sl	WW toast
1 c	beef gravy (E)	1 c	beef gravy (E)	1/2 c	oatmeal or 3/4 c cheerios
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1 oz	turkey ham (E)
1/2 c	hashbrowns	1/2 c	hashbrowns	2 Tbs	jelly
2 c	milk	2 c	milk	2 c	milk
1 c	coffee	1 c	coffee	1 c	coffee

10 sc peanut butter (AEV & AENP)

Lunch

Institutional Choice (E)		Institutional Choice (E)		Institutional Choice	
				4 oz	LF/LS beef patty (E)
				1 c	LF/LS oven fries
				2 sl	WW bread or 1 WW roll
				1 c	lettuce/onion/tomato
				2 Tbs	dressing
				1 c	tea or fruit drink

1 c pinto beans (AEV & AENP)

Dinner

3 oz	BBQ bologna (E)	3 oz	BBQ bologna (chopped) (E)	3 oz	grilled chicken patty (E)
1 c	potatoes	1 c	potatoes	1 c	LF/LS potatoes
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	greens	1 c	greens	1 c	LF/LS greens
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c kidney beans (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 ea fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

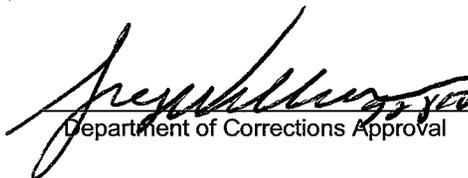
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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 29 (Sunday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 ea coffee cake or sweet roll	1 ea coffee cake or sweet roll	1 sl WW toast
1 c hot or cold cereal	1 c hot cereal	1/2 c oatmeal or 3/4 c cheerios
2 c milk	2 c milk	1 oz turkey ham
1 c coffee	1 c coffee	2 Tbs jelly
		2 c milk
		1 c coffee
# 10 sc peanut butter (AEV)	# 10 sc peanut butter (AEV)	
2 ea or 1/2 c eggs (E)	1/2 c scrambled eggs (E)	2 ea or 1/2 c eggs (E)
1/2 c hash browns or 1/3 c rice	1/2 c hash browns or 1/3 c rice	1/3 c LF/LS rice or 1/2 c oatmeal
1/4 c gravy	1/4 c gravy	2 sl WW toast
2 ea biscuits, toast, or pancakes	2 ea biscuits, bread, or pancakes	
1 ea fruit	1/2 c canned fruit or 1/2 c fruit juice	1 ea fruit
1 c coffee	1 c coffee	1 c coffee
# 10 sc peanut butter (AEV)		
3 oz beef choice (E)	3 oz beef choice (E)	3 oz LF/LS beef choice (E)_
1 c potatoes	1 c potatoes	1 c LF/LS potatoes
1 c green beans	1 c green beans	1 c LF/LS green beans
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c navy beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 ea fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

All Diet for Health beverages, jellies, and
syrups contain no added sugar.

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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 30 (Monday)

Breakfast		
Regular	Mechanical Soft	Diet for Health
1/2 c fortified fruit drink	1/2 c fortified fruit drink	1/2 c fortified fruit drink
1 c hot or cold cereal	1 c hot cereal	1/2 c oatmeal or 3/4 c cheerios
2 oz sausage patty** (E)	1 c sausage gravy** (E)	2 oz turkey ham (E)
2 ea biscuits or 2 sl toast	2 ea biscuits or 2 sl bread	1 sl WW toast
2 c milk	2 c milk	2 Tbs jelly
1 c coffee	1 c coffee	2 c milk
		1 c coffee
# 10 sc peanut butter (AEV & AENP)		
Lunch		
3 oz lunch meat (E)	3 oz lunch meat (E)	2 oz turkey ham (E)
2 sl bread or 1 roll	2 sl bread or 1 roll	2 sl WW bread or 1 WW roll
2 Tbs mustard or salad dressing	2 Tbs mustard or salad dressing	1 c lettuce/onions
1 c lettuce/onions/pickles		2 Tbs mustard &/or salad dressing
2 ea cookies	2 ea cookies (soft)	2 ea cookies
1 c tea or fruit drink	1 c tea or fruit drink	1 c tea or fruit drink
1 c black-eyed peas (AEV)		
Dinner		
sloppy Joe's:		1 ea bun or 2 sl WW bread
1 ea bun or 2 sl bread	1 ea bun or 2 sl bread	3 oz LF/LS Sloppy Joe sauce (E)
3 oz Sloppy Joe sauce (E)	3 oz Sloppy Joe sauce (E)	1 c carrots
1 c carrots	1 c carrots (cooked soft)	1 c salad with LF dressing
1 c salad with dressing		1 c lettuce/onion
1 c potatoes or pasta	1 c potatoes or pasta	1 c potatoes or pasta
		1 c tea or fruit drink
1 c tea or fruit drink	1 c tea or fruit drink	
1 c kidney beans (AEV)		

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 ea fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

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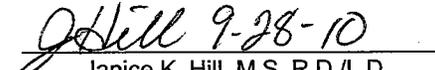
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Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 31 (Tuesday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
				1 sl	WW toast
2 oz	turkey ham (E)	2 oz	turkey ham (chopped) (E)	1/2 c	oatmeal or 3/4 c cheerios
2 ea	pancakes	2 ea	pancakes	1 oz	turkey ham (E)
2 oz	syrup	2 oz	syrup	2 Tbs	jelly
2 c	milk	2 c	milk	2 c	milk
1 c	coffee	1 c	coffee	1 c	coffee

10 sc peanut butter (AEV & AENP)

Lunch

3 oz	bologna salad (E)	3 oz	bologna salad (E)	3 oz	grilled chicken patty (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	lettuce, onions, pickles			1 c	lettuce/onions
2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing	2 Tbs	mustard or LF salad dressing
1 c	pasta or 2/3 c rice	1 c	pasta or 2/3 c rice	1 c	LF/LS pasta or 2/3 c rice
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c red beans (AEV)

Dinner

1 c	pork ham and beans ** (E)	1 c	pork ham and beans** (E)	1 c	LF/LS turkey ham and beans (E)
1 c	potatoes	1 c	potatoes		
1 c	greens, carrots, or broccoli	1 c	greens, carrots, or broccoli (cooked soft)	1 c	LF/LS greens, broccoli, or carrots
1 sq	cornbread, 1 roll, or 2 sl bread	2 sl	bread or 1 roll	2 sl	WW bread, 1 WW roll, or 2/3 c rice
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c pinto beans (AEV & AENP)

diabetic snack*** 3 sq graham crackers, 2 T
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

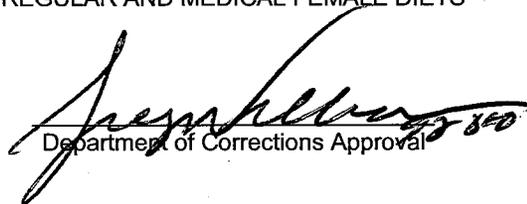
All Diet for Health beverages, jellies, and
syrups contain no added sugar.

STATE OF OKLAHOMA
DEPARTMENT OF CORRECTIONS
REGULAR AND MEDICAL FEMALE DIETS

MENU SUBJECT TO CHANGE DUE TO
PRODUCTION PROBLEMS, PRODUCT
AVAILABILITY, OR SECURITY ISSUES

This is to certify that this menu is served as
written unless otherwise noted.

Food Service Director


Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 32 (Wednesday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1 sl	WW toast
2 oz	grilled sliced bologna, turkey, or ham** (E)	2 oz	grilled sliced bologna, turkey, or ham(chopped)** (E)	1/2 c	oatmeal or 3/4 c cheerios
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1 oz	turkey ham (E)
				2 Tbs	jelly
2 c	milk	2 c	milk	2 c	milk
1 c	coffee	1 c	coffee	1 c	coffee

10 sc peanut butter (AEV & AENP)

Lunch

1 c	beans ** (E)	1 c	beans** (E)	1 c	LF/LS beans (E)
1 sq	cornbread	2 sl	bread, 1 roll, or 2/3 c rice	2 sl	WW bread or 1 WW roll
1 c	greens or cabbage	1 c	greens or cabbage	1 c	LF/LS greens or cabbage
1 c	tea or fruit drink *** OR OPTIONAL SACK LUNCH ***	1 c	tea or fruit drink *** OR OPTIONAL SACK LUNCH ***	1 c	tea or fruit drink *** OR OPTIONAL SACK LUNCH ***

1 c pinto beans (AEV & AENP)

Dinner

1 c	turkey or chicken pot pie (E)	1 c	turkey or chicken pot pie (E)	1 c	LF/LS turkey or chicken (E)
2 ea	biscuits	2 ea	biscuits	2 sl	WW bread or 1 WW roll
1 c	salad with 2 Tbs dressing	1 c	green beans	1 c	green beans
				2 Tbs	LF dressing
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	potatoes, pasta, or 2/3 c rice
				1 c	tea or fruit drink

1 c kidney beans (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 ea fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

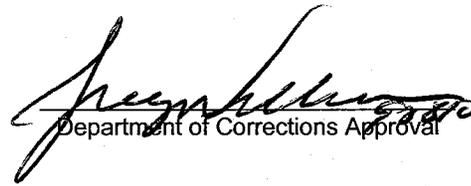
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STATE OF OKLAHOMA
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Food Service Director


Department of Corrections Approval


Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 33 (Thursday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	hot or cold cereal	1 c	hot cereal	1/2 c	oatmeal or 3/4 c cheerios
2 ea	or 1/2 c eggs (E)	1/2 c	scrambled eggs (E)	2 ea	or 1/2 c eggs (E)
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1 sl	WW toast
2 c	milk	2 c	milk	2 Tbs	jelly
1 c	coffee	1 c	coffee	2 c	milk
				1 c	coffee

10 sc peanut butter (AEV & AENP)

Lunch

3 oz	lunch meat (E)	3 oz	lunch meat (E)	3 oz	turkey ham (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing
1 c	lettuce/onions/pickles			1 c	lettuce/onions
1 ea	dessert	1 ea	dessert	1 sq	(2 x 2) cake
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

1 c black-eyed peas (AEV)

Dinner

2 ea	franks or hot links (E)	2 ea	franks or hot links (ground) (E)	4 oz	LF/LS hamburger patty (E)
1 ea	buns or 2 sl bread	1 ea	buns or 2 sl bread	1 ea	bun or 2 sl WW bread
2 Tbs	mustard	2 Tbs	mustard	2 Tbs	mustard
1 c	potatoes or pasta	1 c	potatoes or pasta	1 c	LF/LS potatoes or pasta
1 c	sauerkraut	1 c	sauerkraut	1 c	LF/LS greens
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
1 c	navy beans (AEV)				

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 ea fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

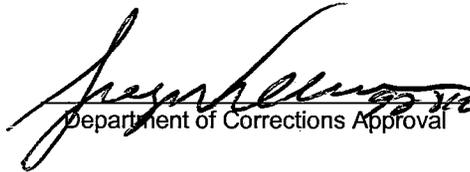
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STATE OF OKLAHOMA
DEPARTMENT OF CORRECTIONS
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Food Service Director


Department of Corrections Approval

 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 34 (Friday)

Breakfast					
Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
				2 sl	LF/LS French toast (E)
2 sl	French toast (E)	2 sl	French toast (E)		
1 c	oven brown potatoes	1 c	oven brown potatoes		
2 oz	syrup	2 oz	syrup	2 oz	syrup
2 c	milk	2 c	milk	2 c	milk
1 c	coffee	1 c	coffee	1 c	coffee
<hr/>					
# 10 sc peanut butter (AEV)					
Lunch					
3 oz	lunch meat (E)	3 oz	lunch meat (E)	3 oz	LF grilled chicken patty (E)
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
2 Tbs	mustard or salad dressing	2 Tbs	mustard or salad dressing	2 Tbs	salad dressing
1 c	lettuce/onions/pickles/tomatoes	1 c	green beans	1 c	lettuce/onions/tomato
1 ea	dessert	1 ea	dessert	1 sq	(2 x 2) cake
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
<hr/>					
1 c	red beans (AEV)				
Dinner					
1 c	ham and beans ** (E)	1 c	ham and beans (E)	1 c	LF/LS beans (E)
1 c	potatoes or 2/3 c rice or 1 sq cornbread	1 c	potatoes or 2/3 c rice	1 c	potatoes or 2/3 c rice
1 c	relish tray			1 c	relish tray
1 c	greens	1 c	greens	1 c	LF/LS greens
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink
<hr/>					
1 c	pinto beans (AEV & AENP)				

diabetic snack*** 3 sq graham crackers, 2 T
peanut butter, & 1 fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

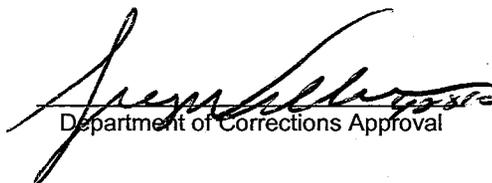
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Food Service Director


Department of Corrections Approval

 9-28-10
Janice K. Hill, M.S., R.D./L.D.
Department of Corrections Dietitian

Week 5 Day 35 (Saturday)

Breakfast

Regular		Mechanical Soft		Diet for Health	
1/2 c	fortified fruit drink	1/2 c	fortified fruit drink	1/2 c	fortified fruit drink
1 c	creamed beef (E)	1 c	creamed beef (E)	1 sl	WW toast
2 ea	biscuits or 2 sl toast	2 ea	biscuits or 2 sl bread	1/2 c	oatmeal or 3/4 c cheerios
1/2 c	hash browns	1/2 c	hash browns (cooked soft)	1 oz	turkey ham (E)
2 c	milk	2 c	milk	2 Tbs	jelly
1 c	coffee	1 c	coffee	2 c	milk
				1 c	coffee

10 sc peanut butter (AEV)

Lunch

Institutional Choice (E)		Institutional Choice (E)		Institutional Choice	
				3 oz	LF/LS grilled chicken patty (E)
				2/3 c	LF/LS rice
				2 sl	WW bread or 1 WW roll
				1 c	LF greens, broccoli, or carrots
				1 c	tea or fruit drink

1 c kidney beans (AEV & AENP)

Dinner

3 oz	Bar-B-Q bologna (E)	3 oz	BBQ bologna (chopped) (E)	4 oz	LF/LS hamburger patty (E)
1 c	potatoes	1 c	potatoes	1 c	LF/LS potatoes
2 sl	bread or 1 roll	2 sl	bread or 1 roll	2 sl	WW bread or 1 WW roll
1 c	vegetable	1 c	vegetable	1 c	vegetable
1 c	tea or fruit drink	1 c	tea or fruit drink	1 c	tea or fruit drink

10 sc peanut butter (AEV)

diabetic snack*** 3 sq graham crackers, 2 Tbs
peanut butter, & 1 ea fruit

** contains pork or pork by-products

*** provide diabetic snack per diet order only

LS - low sodium alternative or no added salt

LF - low fat alternative or no added fat

WW - whole wheat

(E) - entrée

(AEV) - alternate entrée vegetarian

(AENP) - alternate entrée non-pork

All Diet for Health beverages, jellies, and
syrups contain no added sugar.