



Approved by: *Linda K. Crandall, R.D.*
Registered Dietitian

Date: _____

Daily Spreadsheet

Sunday - Day 1

Week 1
PARSLEY Spring/Summer 2010

Meal		Regular Diet NAS (4-5 gms)	Regular Portion	Large Portion	Small Portion	Reg Mech Soft / +Dysph Adv	Regular Puree / Dysph Puree	Dysph Mech Soft	CCHO Reg	CCHO Mech Soft	CCHO Puree	Finger Food Regular	Finger Food Mech Soft	Liberalized House Renal	RENAL 3gm K / 2gm Na / 80gm Pro.	2 Gram Sodium	Low Fat Cholesterol	Calorie Level Diabetic	Portion Size	1800	2000
Breakfast	Main	Hot or Cold Cereals*	6 oz (Hot) or 1 C (Cold)	X	4 oz(Hot) or 1/2 C (Cold)	Moisten Dry Cereals with Milk (No Coarse or Dry Cereals)	Hot Cereal 6 oz (Oatmeal Puree #6)	Moisten Dry Cereals with Milk (No Coarse or Dry Cereals)	No Sugar Coated Cereal	Moisten Dry Cereals with Milk No Sugar Coated Cereal (No Coarse or Dry Cereals)	Hot Cereal 6 oz (Oatmeal Puree #6)	Serve Hot or Cold Cereals in a Cup or Cereal Bar 1 Each	Serve Hot or Cold Cereals in a Cup Moisten Dry Cereals or Soft Cereal Bar 1 Each	No Bran or Whole Grain	No Bran or Whole Grain	X	X	Cereal of the Day (No Sugar Coated Cereal)	4 oz(Hot) or 1/2 C (Cold)	X	X
		Banana Pancakes*	2 Pancake	3 Pancake	1 Pancake	Soft Moisten with Syrup and Margarine	Puree #8	Soft Moisten with Syrup and Margarine	1 Pancake	Soft 1 Each	1 Pancake Puree #12	Bite Size Pieces	Soft Bite Size Pieces	1 Egg or #16 Toast 1 Slice	1 Egg or #16 Toast 1 Slice	1 Egg or #16 Toast 1 Slice	X	Banana Pancakes	2 Pancake	1 Pancake	X
		Syrup / Margarine*	1 oz / 1 Pat	2 oz / 2 Pat	X	X	X	X	DT Syrup 1 oz Margarine 1 Pat	DT Syrup 1 oz Margarine 1 Pat	DT Syrup 1 oz Margarine 1 Pat	Serve on the Side	Serve on the Side	Margarine 2 Pats / Jelly 1 Each	Margarine 2 Pats / Jelly 1 Each	Margarine 1 Pat / Jelly 1 Each	X	Diet Syrup / Margarine	1 oz / 1 Pat	X	X
		Breakfast Meat*	1 oz	2 oz	X	(No Bacon) Ground #16 Gravy 1 oz	(No Bacon) Puree #16 Gravy 1 oz	(No Bacon) Ground #16 Gravy 2 oz	X	(No Bacon) Ground #16 Gravy 1 oz	(No Bacon) Puree #16 Gravy 1 oz	X	(No Bacon) Ground #16 In Folded Toast, Waffle or Rolled Pancake Gravy 1 oz on the Side	LS/LF Sausage 1 oz	LS/LF Sausage 1 oz	LS/LF Sausage 1 oz	LS/LF Sausage 1 oz	Breakfast Meat	1 oz	No	No
	Bev	Choice of Juice*	6 oz	X	4 oz	X	No Pulp	X	X	X	No Pulp	X	X	Cranberry or Apple Juice 4 oz	Cranberry or Apple Juice 4 oz	X	X	Choice of Juice	4 oz	X	6 oz
		Milk / Coffee or Tea*	8 oz / 6 oz	X	X	X	X	X	X	X	X	X	X	Milk 4 oz / X	Milk 4 oz / X	X	Skim Milk 8 oz / X	Skim Milk / Coffee / Tea	8 oz / 6 oz	X	X

MENU CODES:
 X: Serve items on Regular Diet.
 NO: Do not serve.
 DT: Diet / Sugar Free.
 LS: Follow sodium restricted recipes. Reduced sodium gravy is required.
 LF: Follow fat restricted recipes

NOTE: For residents requiring thickened liquids, avoid the following: Ice Cream, sherbet, sorbet, gelatin. Refer to Puree Recipe Book.

NOTE: Add 1 tablespoon mayonnaise to Finger Food and Finger Food Mech Soft Sandwiches.

NOTE: Refer to Diet Information Sheet, Portioning Guide and Menu Program's User Guide in Recipe Book 6 for further information pertaining to menu extensions and diet information.

NOTE: For 1200,1500, 2200 & 2400 Calorie diets, refer to Diet Information sheet or Menu User's Guide.



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NOON	Main	Roast Pork with Peach Sauce*	3 oz / 1 oz	4 oz / 2 oz	2 oz / 1 oz	Ground #8 Sauce 1 oz	Puree #6 Pureed Sauce 1 oz	Ground #8 Sauce 2 oz	X	Ground #8 Sauce 1 oz	Puree #6 Pureed Sauce 1 oz	Bite Size Pieces Sauce on the Side	Ground #8 Serve in Sandwich Quartered Sauce 1 oz on the Side	X	LS 3 oz	LS 3 oz	X	Roast Pork with Peach Sauce	3 oz / 1 oz	2 oz / 1 oz	X
		Twice Baked Potato*	1 Each (2 oz)	1 1/2 Each (3.5 oz)	1/2 Each (1 oz)	Serve Filling Only	Filling Only Puree #8	Serve Filling Only	X	Serve Filling Only	Filling Only Puree #8	Cut into Bite Size Pieces	Soft Steak Fries 10 Each Catsup 1 Tbsp	Seasoned Rice #8	LS Seasoned Rice #8	X	LF	LF Twice Baked Potato	1 Each (2 oz)	X	X
		Mixed Vegetables*	#8	#6	#16	Buttered Green Beans #8	Buttered Green Beans Puree #10	Soft Chopped Buttered Green Beans #8	X	Buttered Green Beans #8	Buttered Green Beans Puree #10	Drain Well	Buttered Green Beans #8 Drain Well	X	LS Mixed Vegetables #8	LS Mixed Vegetables #8	X	Mixed Vegetables	#8	X	X
		Bread or Roll / Margarine*	1 Each / 1 Pat	2 Each / 2 Pats	X	No Nuts, Raisins or Seeds Soft and Buttered	No Nuts, Raisins or Seeds Slurry 1 Sl / Puree #16 / Margarine 1 Pat	No Nuts, Raisins or Seeds Slurry 1 Sl / Puree #16 / Margarine 1 Pat	No	No	No	X	No	Bread or Roll 1 Each / Margarine 2 Pats	Bread or Roll 1 Each / Margarine 2 Pats	X	X	Bread or Roll / Margarine	1 Each / 1 Pat	X	X
	Alternate ++	Crumb Topped Baked Fish	3 oz	4 oz	2 oz	Ground #6 Broth 1 oz	Pureed #8 Broth 1 oz	Ground #6 Broth 2 oz	X	Ground #6 Broth 1 oz	Pureed #8 Broth 1 oz	Serve on a Bun	Ground #6 Serve on a Bun Broth 1 oz on the Side	X	X	X	X	Crumb Topped Baked Fish	3 oz	X	X
	Bev	Coffee or Tea*	6 oz	X	X	X	X	X	X	X	X	X	X	X	X	X	X	Coffee or Tea	6 oz	X	X
Dessert	Boston Cream Pie*	1/8 Pie	X	X	X	Puree #8	X	pudding with Topping #8 / 1 Tbsp	pudding with Topping #8 / 1 Tbsp	pudding with Topping #8 / 1 Tbsp	Serve in a Tart Shell	Serve in a Tart Shell	X	X	X	pudding with Topping #8 / 1 Tbsp	DT Pudding	#8	X	X	

*Identifies food items used for nutritional analysis, as well as items to be served when resident has not made a selection.
+DYSPHAGIA ADVANCED DIETS must include well moistened, slurried, or gelled breads, pastries, cookies, and cakes.

++ If using other alternate entrée item(s) than indicated above, CHANGE food item(s) and spreadsheet extension to reflect the actual food item(s) being served.



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Main		Pepper Pot Soup*	6 oz	X	4 oz	X	Puree #6	X	No	No	No	Serve in a Cup	Serve in a Cup	Carrot & Celery Sticks 3 Each	Carrot & Celery Sticks 3 Each	LS Broth 6 oz	X	Broth	6 oz	X	X
		Crackers*	2 Pkgs	X	1 Pkg	Moistened in Soup	Bread Crumbs #40 in Soup	Bread Crumbs #40 in Soup	No	No	No	X	Moistened in Soup	X	LS Crackers 2 Packages	LS Crackers 2 Packages	X	Crackers	2 Pkgs	X	X
		Turkey Berry Sandwich on Wheat Bread*	2 oz / 2 Slices	1 1/2 Sandwich	1/2 Sandwich	With Ground Meat #12	Puree #6	Puree #6	X	With Ground Meat #12	Puree #6	Quartered	With Ground Meat #12 Quartered	Turkey Breast Sandwich Omit Tomatoes 2 oz / 2 Slices	Turkey Breast Sandwich Omit Tomatoes 2 oz / 2 Slices	Turkey Breast Sandwich 2 oz / 2 Slices	X	Turkey Berry Sandwich on Wheat Bread	2 oz / 2 Slices	X	X
		Potato Chips*	1 oz	X	X	Soft Tater Tots 4-5 Each Catsup 1 Tbsp	Tater Tots Puree #16 Catsup 1 Tbsp	Tater Tots Puree #16 Catsup 1 Tbsp	X	Soft Tater Tots 4-5 Each Catsup 1 Tbsp	Tater Tots Puree #16 Catsup 1 Tbsp	X	Soft Tater Tots 4-5 Each Catsup 1 Tbsp	Tater Tots 4-5 Each	Tater Tots 4-5 Each	Tater Tots 4-5 Each	Tater Tots 4-5 Each Catsup 1 Tbsp	Potato Chips	1 oz	X	X
		Walnut Fruit Salad*	#8	#6	#16	Mandarin Oranges #8	Mandarin Oranges Puree #10	Mandarin Oranges #8	X	Mandarin Oranges #8	Mandarin Oranges Puree #10	Mandarin Oranges #8 Drain Well	Mandarin Oranges #8 Drain Well	X	X	X	X	Walnut Fruit Salad	#8	X	X
Alternate ++		Beef and Macaroni Casserole	#6 or 2/3 Cup	2 #8 or 1 Cup	#8 or 1/2 Cup	X	Puree #6	X	X	X	Puree #6	Serve in a Pita Pocket	Serve in a Pita Pocket	LS or Beef Patty (3 oz) Seasoned Pasta #8 Gravy 1 oz	LS	LS	#8 or 1/2 Cup	Beef and Macaroni Casserole	#8 or 1/2 Cup	X	X
		Bread or Roll / Margarine	1 Each / 1 Pat	2 Each / 2 Pats	X	No Nuts, Raisins or Seeds Soft and Buttered	No Nuts, Raisins or Seeds Slurry 1 Sl / Puree #16 / Margarine 1 Pat	No Nuts, Raisins or Seeds Slurry 1 Sl / Puree #16 / Margarine 1 Pat	X	No Nuts, Raisins or Seeds Soft and Buttered	No Nuts, Raisins or Seeds Slurry 1 Sl / Puree #16 / Margarine 1 Pat	No	No	Bread or Roll 1 Each / Margarine 2 Pats	Bread or Roll 1 Each / Margarine 2 Pats	X	X	Bread or Roll / Margarine	1 Each / 1 Pat	X	X
Bev		Milk / Coffee or Tea*	8 oz / 6 oz	X	X	X	X	X	X	X	X	X	X	Coffee or Tea (No Milk)	Coffee or Tea (No Milk)	X	Skim Milk 8 oz / X	Skim Milk / Coffee / Tea	8 oz / 6 oz	X	X
Dessert		Rice Krispie Bar*	3" x 2"	X	X	Soft Sugar Cookie 1 Each (1 oz)	Sugar Cookie Slurry 1 Each / Puree #16	Sugar Cookie Slurry 1 Each / Puree #16	X	Soft Sugar Cookie 1 Each (1 oz)	Sugar Cookie Slurry 1 Each / Puree #16	X	Soft Sugar Cookie 1 Each (1 oz)	X	X	X	X	DT Cookie	1 Each (.75 oz)	X	X

Evening



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HS Snack	Snack	Assorted Snacks*	1 Serving	2 Servings	X	Well Moistened, Slurried or Gelled Breads, Cookies and Cakes	Puree or Slurry Breads, Cookies and Cakes	Puree or Slurry Breads, Cookies and Cakes	X	X	Puree or Slurry Breads, Cookies and Cakes	X	Bite Size Pieces	House Renal Snack	Renal Snack	X	X	Diet Snack	1 Serving	X	X
		Juice*	6 oz	X	4 oz	X	No Pulp	X	4 oz	4 oz	No Pulp 4 oz	X	X	Appropriate Renal Fruit #8	Appropriate Renal Fruit #8	X	X	Sugar Free Drink Mix	6 oz	X	X

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