**5- Day Cycle Menu**

Student’s Name

Institutional Affiliation

Instructor’s Name

Course

Date

**5-day Cycle Menu Planning Worksheet** – FS Facility Type: **High-Tech Company** Last: First:

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***Breakfast:*** |  |  |  |  |  |
| Fruit/juice:  (one each) | 1. Grape juice (fort.)\*  2. Cantaloupe | 1.Grape juice  2. pineapple | 1.grapefruit juice  2.banana | 1. grape juice  2. orange slices | 1. apple juice  2. poach cup |
| Hot Cereal/Grain: | 1. Oatmeal w/blueberries | 1.rice | 1. baked cheese | 1. cheerios | 1. wheat cream |
| Entrees (2): | 1. Scrambled eggs & cheese  2. Pancakes | 1. egg-potato bake  2. biscuits | 1. creamed eggs  2. breakfast polenta | 1. Cinnamon toast  2. baked omelet | 1. French puffs  2. mushroom quiche |
| Sides (3): | 1. Baked veggie sausage(E#1)  2. Apple compote (E#2)  3. Blueberry muffin | 1. bacon  2. bagel  3. hash browns | 1. baked potatoes  2.strawbeyy yoghurt  3. sausage patties | 1. Greek yogurt  2. coffee cake  3. blueberry muffin | 1. veggie sausage  2. eggs  3. bacon |
| ***Lunch:*** |  |  |  |  |  |
| Soup/Salad:  (one each) | 1. Vegetable soup  2. Triple bean salad | 1. bean salad  2. chicken soup | 1. carrots salad  2. vegetable soup | 1. coleslaw  2. chili (white) | 1. Macaroni salad  2. vegetable (stock) |
| Entrees (2): | 1. Macaroni & cheese  2. Hamburger | 1. tuna salad  2. eggplant parmesan | 1. nacho dog  2. pork casserole | 1. dip sandwich (French)  2. meat loaf (beef) | 1. chicken breast  2. black beans |
| Vegetables (2): | 1. Steamed broccoli(E#1)  2. Lettuce/tomato/onion(E#2) | 1. creamy cauliflower  2. summer squash | 1. seasoned celery  2. eggplant | 1. potatoes curry  2. broccoli (seasoned) | 1. baked tomatoes  2. green beans |
| Grain/Bread/  Starch (2): | 1. Macaroni (E#1)  2. Hamburger bun (E#2) | 1. sweet potatoes  2. lemon parsley | 1. quinoa pilaf  2. lentils and grains | 1. entrée 2 rice  2. red pepper couscous | 1. corn bread  2. vegetables |
| Desserts (2): | 1. Orange slices  2. Oatmeal raisin cookie | 1. cookie with peanut  2. grapes | 1. ice cream  2. orange sherbet | 1. apple crisp  2. brownies | 1. applesauce  2. butterscotch |
| ***Dinner:*** |  |  |  |  |  |
| Soup/Salad:  (one each) | 1. Cream of spinach soup  2. Mixed green salad | 1. tomato aspic  2. chicken velvet | 1. spinach salad  2. mushroom cream | 1. tossed salad  2. Minestrone | 1. sliced onions  2. Cucumbers Stock soup |
| Entrees (2): | 1. Oven-fried chicken  2. Parmesan Herb Baked Cod | 1. lemon fillets  2. chicken pie | 1. southwest ziti  2. brunswick stew | 1. Roasted carrots  2. corn | 1. asparagus  2. sweet potatoes |
| Vegetables (2): | 1. Fresh cooked carrots\*\* (E#1/2)  2. Ratatouille (E#1/2) | 1. pickled beets  2. turnips | 1. French mushroom  2. carrots (candled) | 1. Vegetable chow  2. roasted turkey | 1. Baja fish  2. pork cutlets |
| Grain/Bread/  Starch (2): | 1. Quinoa pilaf (E#1/2)  2. Mashed potatoes (E#1/2) | 1. entrée 1 ziti  2. ISRAELI Olives | 1. vegetable medley  2. dried fruit | 1. dumpling squash (bulgur-stuffed)  2. yogurt muffins(poppy seed) | 1. barley casserole  2. Israeli leeks |
| Desserts (2): | 1. Strawberry shortcake  2. Apple pie | 1. apple dumplings  2. chocolate roll | 1. pumpkin cake  2. cream pies | 1. Cheese  2. Carrot cake | 1. lime  2. nut bread |

Assorted Beverages: Coffee/Tea/Milk Available Assorted Toast/Bread/Rolls Available \*High Vitamin C \*\*High Vitamin A