



	Sun 05-28-2017	Mon 05-29-2017	Tue 05-30-2017	Wed 05-31-2017	Thu 06-01-2017	Fri 06-02-2017	Sat 06-03-2017
B R K	French Toast Sticks Bacon Fresh Fruit 100% Juice	Sausage Country Gravy/Biscuits Egg of Choice Fresh Fruit 100% Juice	Granola Honey Muffins Egg of Choice Fresh Fruit 100% Juice	Whole Grain Waffle Breakfast Ham Fresh Fruit 100% Juice	Breakfast Burrito Hash Browns Fresh Fruit 100% Juice	Swiss Omelet Casserole Fresh Fruit 100% Juice Whole Grain Toast	Homemade Pancakes Sausage Fresh Fruit 100% Juice
L U N	Green Salad Ranch Chicken <i>or</i> Oven Pot Roast Roasted Red Potatoes Yellow Squash/Onions Baked Roll Homemade Peach Pie	Green Salad Roasted Pork <i>or</i> Baked Ziti/Four Cheese Sauce Glazed Sweet Potatoes Harvard Beets Baked Roll Buttermilk Spice Cake	Green Salad Salisbury Steak/Gravy <i>or</i> Shrimp/LemonAioli Sauce Fresh Mashed Potatoes Green Bean Cauliflower Blend Baked Roll Peanut Butter Bars	Green Salad Turkey Roast/Zesty Rub <i>or</i> Baked Pork Chops Cornbread Stuffing/Chilies Baked Seasoned Squash Baked Roll Pear Cobbler	Green Salad Baked Ham/Mustard Sauce <i>or</i> Chicken Cacciatore Mashed Potato Casserole Corn Baked Roll Carrot Cake Cookie	Green Salad BBQ Glazed Meatballs <i>or</i> Cod/Tomato Cream Sauce Delicious Rice Peas and Carrots Baked Roll White Almond Cake	Green Salad Dressed Up Chicken <i>or</i> Corned Beef and Cabbage Baked Potato Spinach Baked Roll Tapioca Fruit Pudding
D I N	Basil Tomato Soup Grilled Cheese Sandwich <i>or</i> Turkey Summer Pasta Salad Tropical Mixed Fruit Crunchy Vegetable Salad Crackers Funfetti Bars	Mexican Pork and Bean Soup Fish Taco/Pineapple Mango Salsa <i>or</i> Beef Swiss Sandwich Honeydew Salad Guacamole Lime Cilantro Rice Coconut Bread	Corn Chowder Chicken Nuggets <i>or</i> German Sausage on Bun Peach Fruit Cup Sautéed Zucchini Tater Tots Marshmallow Treat	Cream of Celery Soup Sloppy Joes BBQ/Bun <i>or</i> Monterrey Pasta Salad Grapes Coleslaw Vinaigrette Baked Beans Pudding Cup	Creamy Carrot Soup Turkey Pot Pie <i>or</i> Cream Cheese Deli Sub Sandwich 7-Up Orange Salad Normandy Blend Blonde Brownie	Garden Veggie Soup Parmesan Chicken Sandwich <i>or</i> Skillet Ham and Potatoes Apple Slices Zesty Cucumber Salad Savory Cheddar Bread Lemon Cookie	Tomato Green Bean Soup Meat Lover's Pizza <i>or</i> Beef Rice and Mushroom Dish Fruity Green Salad Garlic Breadsticks Fudge Bar
	Milk offered at every meal						Week 3

Dietitian's Signature: *Deani Jager, 5-1-2017*
610128

Coconut Bread



Servings: 75

Cooking Time: 60 Minutes

Serving Size: 1 slice

Cooking Temp: 325 °F

Ingredients:	75
Sugar.....	4 2/3 cups
Oil.....	2 1/3 cups
Eggs.....	13 egg(s)
Extract, Coconut.....	6 1/4 tsp
Flour.....	3 1/2 lbs
Baking Soda.....	1 1/2 tsp
Baking Powder.....	1 1/2 tsp
Salt.....	1 1/2 tsp
Buttermilk.....	1 1/2 quarts
Coconut Flakes.....	8 1/2 oz
GLAZE.....	-
Sugar.....	1 1/2 cups
Water.....	3/4 cups
Margarine.....	2 1/4 Tbsp
Extract, Coconut.....	4 3/4 tsp

Nutrition Facts	
Serving Size 1 slice	
Servings Per Recipe 75	
Amount Per Serving	
Calories 239	Calories from Fat 86
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2g	9%
Cholesterol 36mg	12%
Sodium 127mg	5%
Potassium 75mg	2%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	4%
Sugars 19g	
Protein 4g	
Vitamin A 1%	Vitamin C 0%
Calcium 4%	Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet.	

Procedure:

1. Preheat oven to 325 degrees and lightly greases a 9x5 loaf pans. See proportions below for ingredients that make 2 regular loaf pans or 3 small loaf pans
2. Beat together the first amount of sugar and oil in a bowl. Beat in eggs and 1st amount of coconut flavoring.
3. In a separate bowl, sift together flour, salt, baking powder and baking soda. Stir flour mixture into egg mixture alternately with buttermilk and coconut.
4. Bake in preheated oven for 1 hour or until a toothpick inserted into center of the loaf comes out clean.
5. Meanwhile make glaze by combining 2nd listing of sugar, water and butter in a sauce pan; bring to a boil and then turn off heat. Add 2nd listing of coconut flavoring. Pour hot glaze over top of loaf while they are still warm.

Tips:

- Proportions per loaf pan: 3/4 c c sugar, 6 T oil, 2 eggs, 1 t coconut extract; 1-1/2 c flour, 1/4 tsp each baking soda, powder, salt and 1/2 c flaked coconut. Glaze: 1/4 c sugar, 2 T water, 1 T butter/ 3/4 t coconut flavoring

Special Diet Instructions:

Diabetic-CC - DB-CCHO

Omit glaze and replace sugar with equivalent amount of sugar substitute. Use unsweetened coconut flakes

2 Gm Na - 2 Gm Na

None

Turkey Roast/Zesty Rub



Servings: 75

Serving Size: 3 oz

Cooking Temp: 350 °F

Ingredients:	75
Turkey Roast.....	18 3/4 lbs
Oil.....	1/3 cups
Lime Juice.....	1/3 cups
Onion Powder.....	2 1/4 Tbsp
Chili Powder.....	2 1/4 Tbsp
Oregano.....	1 1/4 Tbsp
Cumin.....	1 1/4 Tbsp
Garlic, Granulated (Powder).....	1 1/2 tsp
Cayenne Pepper.....	3/4 tsp
GRAVY.....	-
pan drippings.....	6 1/4 Tbsp
Flour.....	6 1/4 Tbsp
Chicken Base.....	4 1/2 tsp
Water.....	45 1/2 oz

Nutrition Facts	
Serving Size 3 oz	
Servings Per Recipe 75	
Amount Per Serving	
Calories 208	Calories from Fat 62
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2g	9%
Cholesterol 86mg	29%
Sodium 184mg	8%
Potassium 351mg	10%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 33g	
Vitamin A 2%	Vitamin C 0%
Calcium 3%	Iron 12%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Procedure:

1. Preheat oven to 350 degrees. Grease a roasting pan or pans as needed.
2. Place turkey in roasting pan(s) and rub turkey on all sides and under skin with oil and lime juice.
3. Combine onion powder, chili powder, oregano, cumin, garlic powder and cayenne pepper in a bowl. Rub 3/4th of the rub mixture onto the turkey and under skin and set remaining mixture aside.
4. Roast turkey in preheated oven for 1 1/2 to 2 1/2 hours or until the internal temperature reaches 165 degrees (TIME MAY VARY ACCORDING TO SIZE OF ROAST). Remove turkey to a warm place; let stand 10 minutes.
5. Drain the pan drippings, leaving the amount of pan drippings listed in the ingredients in the pan. Add flour and remaining dry rub, then cook over medium-high heat, scraping up any browned bits from bottom of pan, for about 1 minute. Gradually whisk in chicken broth (base + water) until smooth; cook, stirring occasionally, until thickened, about 2 minutes. Strain mixture and use as gravy.
6. Slice turkey. Serve 3 ounces of turkey with 2 T/gravy

Tips:

- Original recipe calls for onion salt instead of onion powder.
- If desired, all spice can be added to the rub as well. Add as much all spice as the cayenne pepper.

Special Diet Instructions:

Diabetic-CC - DB-CCHO	None
2 Gm Na - 2 Gm Na	Use unprocessed Turkey and low-sodium chicken broth