



	Sun 06-11-2017	Mon 06-12-2017	Tue 06-13-2017	Wed 06-14-2017	Thu 06-15-2017	Fri 06-16-2017	Sat 06-17-2017
B R K	Banana Muffin Egg of Choice Fresh Fruit 100% Juice	Perfect Pancakes Breakfast Ham Fresh Fruit 100% Juice	Hot Cereal Raisins 100% Juice Whole Grain Toast	Scrambled Egg Sausage Fresh Fruit 100% Juice Whole Grain Toast	Texas French Toast Bacon Fresh Fruit 100% Juice	Cold Cereal Banana 100% Juice Cinnamon Toast	Fried Egg Bacon Fresh Fruit 100% Juice Whole Grain Toast
L U N	Meatloaf Seasoned Red Potatoes Normandy Blend Baked Roll Cookie Dough Cheesecake Bars	Grilled Chicken/Cucumber Melon Sauce Rice Seasoned Pea Pods Baked Roll Peach Cobbler	Pork Chop Dijon Mashed Yams Harvard Beets Baked Roll Rootbeer Float Cake	Beef Parmesan Patty Roasted Potato Medley Mixed Vegetables Baked Roll Chocolate Sugar Cookies	Lemon Pepper Chicken Mashed Potatoes/Gravy Honey Glazed Carrots Baked Roll Fruit Marshmallow Dessert	Seasoned Baked Fish Sour Cream Potatoes Spinach Baked Roll Pudding Parfait	Beef Stroganoff Spring Salad Garlic Bread Homemade Carrot Cake
D I N	Skillet Pork Chops/Vegetables Ambrosia Peas Fresh Buttermilk Biscuit	Seasoned Burgers Grapes Pickle Relish Plate French Fries	Chicken Cheese Soup Cantaloupe Spinach Cucumber Salad Baked Roll	Tuna Noodle Casserole Whipped Lime Jello Lemon Buttered Broccoli	BBQ Ham Sandwich Peaches Hawaiian Coleslaw Baked Beans	Pepperoni Pizza Fresh Fruit/Lemon Dip Green Salad Garlic Breadsticks	Basil Chicken Strips Summer Sun Salad Cauliflower and Carrots Tater Tots

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

Chicken Cheese Soup



Servings: 25

Serving Size: 1 c

Ingredients:	25
Chicken Breast.....	3 1/3 lbs
Onions.....	1/2 cups chopped
Carrots, Fresh.....	2 1/4 cups shredded
Celery.....	1 1/4 cups chopped
Potatoes.....	6 3/4 cups cubed
Basil.....	1 3/4 tsp
Parsley Flakes.....	1 3/4 tsp
Margarine.....	1/2 cups
Flour.....	1/2 cups
Chicken Base.....	2 1/4 Tbsp
Cheese, Cheddar.....	1/2 lbs
Milk.....	2 1/4 cups
Pepper.....	1/4 tsp
Sour Cream.....	1/2 cups

Procedure:

1. Add fresh or frozen chicken to a sauce pan. Add desired seasonings. Cover with water, about 1 quart water per lb of chicken used. Bring to a boil over high heat, reduce heat to a simmer, cover and cook until tender, time depends on amount of chicken. Pull chicken out and shred or chop into pieces. Reserve broth.
2. Saute chopped onions, shredded carrots, celery, basil and parsley in 1/3rd of the margarine until tender over medium heat. Add in reserved broth (3 c per lb chicken) broth, base, peeled, cubed potatoes and chopped chicken. Bring to a simmer, cover and simmer until potatoes are tender.
3. Meanwhile, melt remaining margarine. Add in flour; cook and stir about 1 minutes. Add in milk and pepper. Cook until bubbly. Add to soup, cook and stir 2 minutes.
4. Reduce heat to low. Add in cubed or shredded cheese stirring and cooking until cheese melts. Remove from heat and blend in sour cream.

Special Diet Instructions:

Diabetic-CC - DB-CCHO None

Mech Soft Chp - MS Chp Chop cooked chicken, add into soup as directed.

2 Gm Na - 2 Gm Na

Low Fat - LF

Omit salt when cooking chicken. Replace bouillon with low-sodium soup base, omit cheese

Replace with sandwich made with lean meat (deli meat okay), low-fat or fat-free mayonnaise and vegetables of choice. Do not use cheese or

Nutrition Facts	
Serving Size 1 c	
Servings Per Recipe 25	
Amount Per Serving	
Calories 210	Calories from Fat 86
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Cholesterol 54mg	18%
Sodium 660mg	27%
Potassium 475mg	14%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 18g	
Vitamin A 40%	Vitamin C 8%
Calcium 12%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

olives

Seasoned Baked Fish



Servings: 25
Serving Size: 3 oz

Cooking Time: 10 to 12 minutes
Cooking Temp: 400 °F

Ingredients:	25
Oil.....	1/3 cups
Garlic, Fresh.....	7 clove(s)
Paprika.....	1 1/2 tsp
Ginger, Ground.....	1 1/2 tsp
Pepper.....	1 1/2 tsp
Mustard, Dry.....	1 1/2 tsp
Chili Powder.....	1 1/2 tsp
Cayenne Pepper.....	tsp
Tilapia or White Fish....	6 1/4 lbs

Nutrition Facts	
Serving Size 3 oz	
Servings Per Recipe 25	
Amount Per Serving	
Calories 178	Calories from Fat 59
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1g	7%
Cholesterol 64mg	21%
Sodium 66mg	3%
Potassium 440mg	13%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 29g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

Procedure:

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper; foil can be used, but fish may stick to foil more.
2. Combine oil, MINCED garlic and seasonings in a bowl. Dip each filet into the seasoning and place it on the baking sheet. Pour any remaining seasoning over the filets on the sheet and place the baking sheet in the oven.
3. Bake for 10 -12 minutes OR until fish flakes easily and an internal temperature of 145 degrees F.

Special Diet Instructions:

Diabetic-CC - DB-CCHO	None	2 Gm Na - 2 Gm Na	None
Mech Soft Chp - MS Chp	Chop cooked fish and mix in with tartar sauce	Low Fat - LF	Omit oil and sprinkle seasonings over fish. Bake as directed.