

Last: _____ First: _____

5-day Cycle Menu Planning Worksheet:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/juice: (one each)	1. Fresh tangerines * 2. Fortified Fruit Juice	1. Fresh mixed berries 2. Passionfruit Juice	1. Sliced Kiwi Fruit * 2. Orange Juice	1. Strawberry & Banana 2. Vegetable Juice	1. Sliced Melon 2. Cranberry Juice
Hot Cereal (one):	1. Cinnamon Apple Hot Cereal 2. Asst. Cold Cereal	1. Blueberry lemon Hot Cereal 2. Asst. Cold Cereal	1. Brown Sugar Maple Hot Cereal 2. Asst. Cold Cereal	1. Banana Nut Hot Cereal 2. Asst. Cold Cereal	1. Mixed Berry Hot Cereal 2. Asst. Cold Cereal
Entrees (2):	1. Scrambled Eggs & Cheese (pg. 288) 2. Apple Fritters made w/ GF flour (pg. 150)	1. Baked Cheese Omelet (pg. 290) 2. French Toast made w/ GF bread (pg. 149)	1. Vegetable Quiche (pg. 295) 2. Scrambled Eggs & Ham (pg. 288)	1. Mushroom & Cheese Omelet (pg. 290) 2. Banana Fritters made w/ GF flour (pg. 150)	1. Egg & Sausage Bake (pg. 293) 2. Crepes made w/ GF flour (pg. 147)
Sides (3):	1. Spiced Apple Salad (pg. 513) 2. Dried Fruit & Nut Granola (pg. 430) 3. English Muffin made w/ GF flour (pg. 157)	1. Grapefruit Orange Salad (pg. 512) * 2. Fruit Coffee Rings (pg. 169) 3. Glazed Cocoa Rolls made w/ GF flour (pg. 170)	1. Apple Pear Salad (pg. 510) 2. Cinnamon Rolls made w/ GF flour (pg. 170) 3. Waldorf Fruit Salad (pg. 509)	1. Frozen Fruit Salad Bowl (pg. 514) * 2. Cranberry Jelly Mold (pg. 507) 3. Apple Date Fruit Salad (pg. 509)	1. Ambrosia Fruit Salad (pg. 511) * 2. Glazed Marmalade Rolls made w/ GF flour (pg. 170) 3. Ribbon Gelatin Salad (pg. 507)
Toast:	1. Asst. Bread/Toast	1. Asst. Bread/Toast	1. Asst. Bread/Toast	1. Asst. Bread/Toast	1. Asst. Bread/Toast
Beverages:	1. Asst. Beverages	1. Asst. Beverages	1. Asst. Beverages	1. Asst. Beverages	1. Asst. Beverages
Lunch:					
Soup/Salad: (one each)	1. Turkey Salad Plate w/out croissant (pg. 526) 2. Chicken Rice Soup (pg. 622))	1. Shrimp Salad (pg. 521) 2. Vegetable Couscous sub couscous w/ quinoa (pg. 435)	1. Potato Salad (pg. 502) 2. Deli Plate (pg. 526)	1. Chilled Fettuccini Vinaigrette w/ GF noodles (pg. 503) 2. Triple Bean Salad (pg. 492)	1. Tomato Basil Salad (pg. 496) 2. Pasta & Crab Soup (pg. 620)
Entrees (2):	1. Sweet & Sour Tofu (pg. 445) 2. Chicken & Broccoli Stir-fry (pg. 462)	1. Black Bean & Tortilla Casserole (pg. 442) 2. Grilled Corn & Roasted Pepper Quesadillas (pg. 566)	1. Chicken & Rice Casserole (pg. 473) 2. Lime Tarragon Turkey Steak (pg. 474)	1. Deli Wrap w/ GF wrap (pg. 558) 2. Marinated Veggie Pita w/ GF bread (pg. 559)	1. Tuna Melt w/ GF bread (pg. 563) 2. Turkey Tacos (pg. 570)
Vegetables (2):	1. Seasoned Fresh Beets (pg. 657) 2. Stir-fried Cabbage (pg. 660)	1. Spanish Green Beans (pg. 652) 2. Scalloped Corn (pg. 665)	1. Seasoned Broccoli (pg. 659) 2. Parsley Buttered Carrots (pg. 662)	1. Peperonata (pg. 672) 2. Grilled/Roasted Vegetables (pg. 698)	1. Vegetable Timbale (pg. 700) 2. Herb Roasted Tomatoes (pg. 692)

		Last: _____		First: _____	
Starch (2):	1. Cuban Black Beans & Rice (pg. 440) 2. Hopping John Rice Dish (pg. 419)	1. Red Beans & Rice (pg. 444) 2. Ginger Rice Stir-fry (pg. 417)	1. Pasta Salad w/ GF noodles (pg. 500) 2. Vegetable Chow Mein made w/ GF noodles (pg. 355)	1. Garbanzo Bean Salad (pg. 493) 2. Fried Rice (pg. 418)	1. Refried Beans (pg. 656) 2. Rice Pilaf (pg. 423)
Desserts (2):	1. Oatmeal Crispies (pg. 237) 2. Dreamland Bars made w/ GF flour (pg. 230)	1. Coconut Cookies made w/ GF flour (pg. 238) 2. Peanut Butter Chocolate Chip Cookies made w/ GF flour (pg. 224)	1. Apple Crumb Pie made w/ GF flour (pg. 245) 2. Banana Cake made w/ GF flour (pg. 190)	1. Boston Cream Pie made w/ GF flour (pg. 188) 2. Dried Apricot Pie made w/ GF flour (pg. 248)	1. Cocoa Chiffon Cake made w/ GF flour (pg. 184) 2. Old Fashioned Strawberry Shortcake made w/ GF flour (pg. 280)
Bread/Rolls:	1. Asst. Bread/Rolls (GF)	1. Asst. Bread/Rolls (GF)	1. Asst. Bread/Rolls (GF)	1. Asst. Bread/Rolls (GF)	1. Asst. Bread/Rolls (GF)
Beverages:	1. Asst. Beverages	1. Asst. Beverages	1. Asst. Beverages	1. Asst. Beverages	1. Asst. Beverages
Dinner:					
Soup/Salad: (one each)	1. Stuffed Tomato Soup (pg. 614) 2. Macaroni Salad w/ GF noodles (pg. 501)	1. Spinach Cheese Salad (pg. 500) 2. Beef Barley Soup (pg. 617)	1. Perfection Salad (pg. 508) 2. Lentil & Black Bean Soup (pg. 627)	1. Beef Noodle Soup w/ GF noodles (pg. 620) 2. Garden Salad (pg. 524)	1. Turkey Vegetable Salad (pg. 521) 2. Minestrone Soup made w/ GF noodles (pg. 627)
Entrees (2):	1. Beef Stroganoff w/ GF noodles (pg. 354) 2. Onion Casserole (pg. 669)	1. Vegetable & Tofu Jambalaya (pg. 447) 2. Sesame Mustard Chicken (pg. 457)	1. Tarragon Chicken (pg. 457) 2. Poached Salmon on Field Greens (pg. 519)	1. Oven-baked Hamburgers w/ GF bun (pg. 573) 2. Curried Chicken Breast (pg. 457)	1. Chicken Cacciatore (pg. 459) 2. Seasoned Fresh Spinach (pg. 685)
Vegetables (2):	1. Tossed Vegetable Salad (pg. 490) 2. Marinated Mushrooms (pg. 496)	1. Cauliflower with cheese sauce (pg. 664) 2. Baked Eggplant (pg. 667)	1. Marinated Carrots (pg. 499) ** 2. Green Peas with Mushrooms (pg. 671)	1. Baked Potato w/ Toppings (pg. 673) 2. Cauliflower w/ Peas (pg. 664)	1. Seasoned Zucchini & Summer Squash (pg. 690) ** 2. Scalloped Potatoes (pg. 680)
Starch (2):	1. Quinoa Pilaf (pg. 437) 2. Potatoes Romanoff (pg. 682)	1. Tuna Pasta Plate (pg. 523) 2. Baked Acorn Squash (pg. 688) **	1. Red Pepper Couscous (pg. 436) 2. Au Gratin Potatoes (pg. 676)	1. Risotto (pg. 420) 2. Sicilian Rice & Vegetables (pg. 424)	1. Tomato Cilantro Rice (pg. 421) 2. Broccoli Rice Au Gratin (pg. 426)
Desserts (2):	1. Walnut Chiffon Cake made w/ GF flour (pg. 184) 2. Ginger Muffins made w/ GF flour (pg. 198)	1. Butterscotch Pecan Cookies made w/ GF flour (pg. 219) 2. Poppyseed Cake made w/ GF flour (pg. 186)	1. Coconut Lime Cake made w/ GF flour (pg. 186) 2. Chunky Peanut Butter Cookies made w/ GF flour (pg. 222)	1. Snicker Doodle Cookies made w/ GF flour (pg. 226) 2. Coconut Pecan Bars made w/ GF flour (pg. 230)	1. Oatmeal Date Bars made w/ GF flour (pg. 233) 2. Rice Krispy Treats (pg. 223)

				Last: _____	First: _____
Bread/Rolls:	1.Asst. Bread/Rolls	1.Asst. Bread/Rolls	1.Asst. Bread/Rolls	1.Asst. Bread/Rolls	1.Asst. Bread/Rolls
Beverages:	1. Asst. Beverages	1. Asst. Beverages	1. Asst. Beverages	1. Asst. Beverages	1. Asst. Beverages
Coffee / Tea / Milk Available		Assorted Bread/Toast/Rolls Available		*Vitamin C-containing food	**Vitamin A-containing food

1. Briefly describe your foodservice facility and its theme/philosophy (be creative!).

The theme is to prepare familiar meals with traditional flavors for newly diagnosed celiac patients so as not to discourage them with the dietary restrictions required to manage their disease state. This includes many foods comfort foods with breads, just made with alternative flours to wheat. Another emphasis of this gluten-free foodservice facility is education on gluten-free flours and which ones are most nutrient dense (i.e. nutrient dense GF flours like quinoa, flax, and almond flour vs. higher carb, generally more refined GF choices such as rice and sorghum flours.)

2. Who is your target population?

My foodservice facility is a hospital in-patient care for adults and children age 5-18 years old who have celiac disease (usually newly diagnosed).

3. What special needs does your population group have, if any?

They are all new diagnosed celiac patients who have very specific dietary restrictions and require lots of support with their new diet changes.

4. Any financial limitations your facility has that affects menu choices?

A very big financial limitation is that many gluten-free items tend to be more expensive than their wheat counterparts. In order to accommodate with this, many of the meals are made gluten-free without requiring the purchase of a specific gluten-free item.

5. Explain how these factors/parameters in questions 1-4 affect your menu with examples from your menu.

Due to the fact that all the patients are celiac it is very important to make sure that everything on the menu is gluten-free. To make it easier for the patients to understand where the source of gluten is the menu that they are provided with will indicate whether a food item is naturally gluten-free or if the recipe has been altered in order to make it gluten-free. This is important because many items on the menu, such a French Toast for breakfast or Beef Stroganoff with Noodles for dinner, may confuse newly diagnosed patients into thinking that they can still eat bread and noodles. This is why a GF label will be put on every meal that is not normally gluten-free so that the patients are aware that we had to change the recipe and use alternative flours for example.

6. Menu Explanations and Assumptions:

Where ever the menu states that a gluten-free alternative must be used means that the original recipe does contain gluten and that it must be changed in order to serve to the patients. All other menu items are naturally gluten-free and so there is nothing that needs to be changed about the recipe to serve to the patients. Due to the fact that a large majority of meals do need to be altered in order to fit the patient's needs, convenience and ready-prepared items cannot be used unless they have come from a certified gluten-free facility. The acceptance to this would be frozen vegetables used for many of the veggie dishes and frozen fruit for the frozen fruit salad. The only item that is slightly repetitive is the amount of rice in dishes because rice is a great gluten-free grain. However, every single rice dish varies from the last in flavors and added ingredients so that the patients do not get bored with rice.

7. Explain overall planning including appearance and presentation of plate/tray. We need to visualize how you see your food served on the plate or on a tray. Is it appealing?

Each meal will be presented on a large tray that separates each food so that flavors do not mix. The main entrée of their choice will be the largest portion in the center of the tray with the side dishes smaller in portion size and surrounding the entrée. Salads and soups will be served on the side in separate bowls/plates. Each meal will be served in three courses where the soup/salad will come first, then the entrée and side dishes, and lastly the dessert plate. Dessert plates will be smaller in size and designated so that they are used for side dishes or salads. This will help with portion control as well as making sure the facility produces the perfect quantity of desserts for each patient.

8. Briefly state how your menu meets the nutritional needs of your population:

Our facility will accommodate celiac disease diets by not having any wheat or gluten-containing food items, while also providing a nourishing diet full of whole grains, fruits, and vegetables. Because a big issue with celiac disease is malnourishment due to damage done to the cilia in the small intestine it is a really big focus of ours to make sure to provide the most nourishing food possible. This includes many foods that are easy on digestion (cooked veggies, meats, and soft grains) and foods that are not too spicy. Lots of vegetable based meals are provided in order to provide many essential nutrients and help these celiac patients recover.