

Sample Emergency Menu

Regular Diet



Sample Breakfast Pattern	First 1-3 Days Using Perishable Foods	After Perishable Foods Have Been Used
6 oz Juice of Choice $\frac{3}{4}$ c Cold Cereal or $\frac{1}{2}$ c Hot Cereal 1 oz Protein 1 Portion Bread (Toast, Muffin, Pastry) 8 oz Milk or Oral Nutritional Supplement 8 oz Coffee, Tea or Water	6 oz Orange juice $\frac{3}{4}$ c Corn Flakes $\frac{1}{4}$ c Scrambled Eggs 1 Muffin 8 oz Milk or Oral Nutritional Supplement 8 oz Coffee, Tea or Water	6 oz Orange Juice $\frac{3}{4}$ c Corn Flakes 1 oz Canned Protein 1 Slice Toast with Butter and Jelly 8 oz Shelf-stable Oral Nutritional Supplement 8 oz Coffee, Tea or Water
Sample Lunch Pattern		
2-3 oz Protein Source 2 Servings Starch (1 Slice Bread or $\frac{3}{4}$ c Starchy Vegetable) $\frac{3}{4}$ c Vegetable $\frac{3}{4}$ c Fruit 8 oz Milk or Oral Nutritional Supplement 8 oz Coffee, Tea or Water	2 oz Lunchmeat or Cooked Protein 2 Slices Bread $\frac{3}{4}$ c Vegetable Salad $\frac{3}{4}$ c Fresh or Frozen Fruit $\frac{1}{2}$ c Ice Cream or Frozen Dessert (optional) 8 oz Milk or Oral Nutritional Supplement 8 oz Coffee, Tea or Water	1 c Chili Con Carne with 2 oz Cooked Protein, Kidney Beans, Tomatoes 6 Soda Crackers $\frac{3}{4}$ c Canned Peaches 8 oz Shelf-stable Oral Nutritional Supplement 8 oz Coffee, Tea or Water
Sample Dinner Pattern		
2-3 oz Protein Source 2 servings Starch (1 Slice Bread or $\frac{3}{4}$ c Starchy Vegetable) $\frac{3}{4}$ c Vegetable $\frac{3}{4}$ c Fruit 8 oz Milk or Oral Nutritional Supplement 8 oz Coffee, Tea or Water	2 oz Cooked Protein 1 Roll $\frac{3}{4}$ c Mixed Vegetables $\frac{3}{4}$ c Fresh or Frozen Fruit 8 oz Milk or Oral Nutritional Supplement 8 oz Coffee, Tea or Water	3 oz Canned Chicken Salad 1 Roll $\frac{3}{4}$ c 3 Bean Salad $\frac{3}{4}$ c Canned Fruit Cocktail 8 oz Shelf-stable Oral Nutritional Supplement 8 oz Coffee, Tea or Water
Sample Snack Pattern		
1 Serving Starch 8 oz Milk or Oral Nutritional Supplement or 6oz Juice	5 Vanilla Wafers 8 oz Milk or 6 oz Juice or Oral Nutritional Supplement	1 Cereal Bar 8 oz Shelf-stable Oral Nutritional Supplement

This is a sample only. All emergency menus should be reviewed and approved by the Registered Dietitian Nutritionist prior to implementation.

Sample Emergency Menu

Pureed Diet



Sample Breakfast Pattern	First 1-3 Days Using Perishable Foods	After Perishable Foods Have Been Used
6 oz Juice of Choice* ½ c Pureed Hot Cereal 1 oz Pureed Protein 1 Portion Pureed Bread (Toast, Muffin, Pastry) 8 oz Milk or Oral Nutritional Supplement* 8 oz Coffee, Tea or Water*	6 oz Orange Juice* ½ c Pureed Oatmeal ¼ c Pureed Scrambled Eggs 1 Pureed Muffin 8 oz Milk or Oral Nutritional Supplement* 8 oz Coffee, Tea or Water*	6 oz Orange Juice* ½ c Cream of Wheat Cereal 1 oz Pureed Canned Protein 1 Pureed Bread with Butter and Jelly 8 oz Shelf-stable Oral Nutritional Supplement* 8 oz Coffee, Tea or Water*
Sample Lunch Pattern		
2-3 oz Pureed Protein Source 2 Servings Pureed Starch (1 Slice Bread or ¾ c starchy Vegetable) ¾ c Pureed Vegetable ¾ c Pureed Fruit 8 oz Milk or Oral Nutritional Supplement* 8 oz Coffee, Tea or Water*	2 oz Pureed Lunchmeat or Cooked Protein with Bread ¾ c Pureed Vegetable Salad ¾ c Pureed Fresh or Frozen Fruit ½ c Ice Cream or Pureed Frozen Dessert* (Optional) 8 oz Milk or Oral Nutritional Supplement* 8 oz Coffee, Tea or Water*	1 c Pureed Chili Con Carne with 2 oz Cooked Protein, Kidney Beans, Tomatoes, Onion, Soda Crackers ¾ c Pureed Canned peaches 8 oz Shelf-stable Oral Nutritional Supplement* 8 oz Coffee, Tea or Water*
Sample Dinner Pattern		
2-3 oz Pureed Protein Source 2 Servings Pureed Starch (1 slice Bread or ¾ c Starchy Vegetable) ¾ c Pureed Vegetable ¾ c Pureed Fruit 8 oz Milk or Oral Nutritional Supplement* 8 oz Coffee, Tea or Water*	2 oz Pureed Cooked Protein 1 Serving Pureed Bread ¾ c Pureed Mixed Vegetables ¾ c Pureed Fresh or Frozen Fruit 8 oz Milk or Oral Nutritional Supplement* 8 oz Coffee, Tea or Water*	3 oz Pureed Canned Chicken Salad 1 Serving Pureed Bread ¾ c Pureed 3 Bean Salad ¾ c Pureed Canned Fruit Cocktail 8 oz Shelf-stable Oral Nutritional Supplement* 8 oz Coffee, Tea or Water*
Sample Snack Pattern		
1 Serving Pureed Starch 8 oz Milk or Oral Nutritional Supplement or 6oz Juice*	5 Pureed Vanilla Wafers 8 oz Milk or 6 oz Juice or Oral Nutritional Supplement*	1 Pureed Cereal 8 oz Shelf-stable Oral Nutritional Supplement*

*At appropriate thickness

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