

3-DAY EMERGENCY THERAPEUTIC MENU

DAY 1	Regular portion	Minced	Pureed	Renal	Vegetarian
Orange /Apple/ Prune juice Stewed Prunes	125ml juice/stewed prunes	125ml juice/Banana only	Juice/Pureed fruit only	125ml apple or cranberry juice	X
Instant Oatmeal	180ml	X	250ml	X	X
Rice Krispies	125ml	250ml soaked	250ml soaked	X	X
White or Whole wheat Bread and margarine	2sl./10ml	X	2x#24	2sl White Bread/5ml	X
Jam/Jelly/Peanut Butter	5ml/5ml/#16 Scoop	X	5ml/5ml	10ml jam or jelly	X
Skim milk	250ml	X	X	125ml Skim milk	X
Assorted Juice	125ml	X	125ml	X	X
Cr. Of Tomato soup	180ml ladle	X	X	180ml Vegetable Soup	X
Cheese Sandwich/Pickled Beets	1whole/125ml	1 whole soft cheese sandwich/ #10 Minced Beets	#10 Pureed Cottage Cheese/2x#24 Pureed Bread/ #8 Pureed Fruit	on White	X
Peaches	125ml	#10 Minced Peaches	#10 Pureed Peaches	X	X
Skim milk	125ml	X	X	Do not serve milk.	X
Assorted Juice	125ml	X	X	X	X
Mushroom Alfredo Penne	2x#8 scoop	#6 Minced Mushroom Alfredo Penne	#6 Pureed Mushroom Alfredo Penne	X	X
Green Beans	125ml	#10 Minced	#12 Pureed Green Beans	X	X
Mandarins	125ml	#10 Minced Mandarins	#10 Pureed Mandarins	X	X
White or Whole wheat bread and margarine	1sl/6crackers/ 1tsp	1sl/ soaked 6crackers/ 5ml	#24 Pureed Bread/ 6 soaked crackers/5ml	1 sl White Bread/10ml	X
Skim milk	125ml	X	X	Do not serve milk.	X
DAY 2	Regular portion	Minced	Pureed	Renal	Vegetarian
Orange /Apple/ Prune juice/ Stewed Prunes	125ml juice/stewed prunes/	125ml juice/Banana only	Juice/Pureed fruit only	125ml apple or cranberry juice,	X
Instant Oatmeal	180ml	X	250ml	X	X
Bran Flakes	125ml	250ml soaked	250ml soaked	125ml Corn Flakes or Rice Krispies	X
White or Whole wheat Bread and margarine	2sl./10ml	X	2x#24	2 sl White Toast/5ml	X
Jam/Jelly/Peanut Butter	5ml/5ml/#16 scoop	X	5ml/5ml	5ml jam or jelly	X
Skim milk	125ml	X	X	125ml skim milk	X
Assorted juice	125ml	X	X	X	X
Cream of Mushroom	180ml ladle	180ml ladle puree	180ml ladle puree	X	X
Tuna Sandwich/4 Bean salad	1 whole/125ml	1 whole/ #10 Minced Salad	#12 Pureed Salmon/2x#24 Pureed Bread #12 Pureed Vegetable	on white	X
Chocolate Pudding	125ml or #8 scoop	125ml or #8 scoop	125ml or #8 scoop	125ml Vanilla pudding	125ml or #8 scoop
White or Whole wheat bread and margarine	1sl/6crackers/ 5ml	1sl/ soaked 6crackers/ 5ml	#24 Pureed Bread/ 6 soaked crackers/5ml	1 sl White Bread/5ml	X
Skim Milk	125ml	X	X	Do not serve milk.	X
Assorted Juice	125ml	X	X	X	X
Pork and Beans	2x#8 scoop	#6 scoop	#6 Pureed Pork and Beans	X	2x#8 Baked Beans
Diced Carrots	125ml	#10 Minced Carrots	#12 Pureed Carrots	X	X
Fruit Cocktail	125ml	#10 Minced Fruit Cocktail	#10 Pureed Fruit Cocktail	X	X
White or Whole wheat bread and margarine	1sl/6crackers/ 5ml	1sl/ soaked 6crackers/ 5ml	#24 Pureed bread/ 6 soaked crackers/5ml	1 sl White Bread/5ml	X
Skim milk	125ml	X	X	Do not serve milk.	X
DAY 3	Regular portion	Minced	Pureed	Renal	Vegetarian
Orange /Apple/ Prune juice/ Stewed Prunes	125ml juice/stewed prunes/ast. Fruit	125ml juice/Banana	Juice/Pureed fruit only	125ml apple or cranberry juice	X
Instant Oatmeal	180ml	X	250ml	X	X
Corn Flakes	125ml	250ml soaked	250ml soaked	X	X
White or Whole wheat Bread and margarine	2sl./5ml	X	2x#24 Pureed Bread	2sl White Toast/5ml	X
Jam/Jelly/Peanut Butter	5ml/5ml/#16 scoop	X	5ml/5ml	10ml jam or jelly	X
Skim milk	250ml	X	X	125ml skim milk	X
Orange Blend	125ml	X	X	X	X
Celery soup	180ml ladle	180ml puree	180ml puree	X	X
Peanut Butter Sandwich/Apple Slices	1 whole/125ml	1 sandwich/#10 minced fruit	#12 Pureed Meat/ #12 Pureed Vegetable	on White	X

Crushed Pineapple	125ml or #8	#10 Minced Pineapple	#10 Pureed Pineapple	X	X
White or Whole wheat bread and margarine	1sl/6crackers/ 5ml	1sl/ soaked 6crackers/ 5ml	#24 Pureed Bread/ 6 soaked crackers/5ml	1 sl White Bread/5ml	X
Skim milk	125ml	X	X	Do not serve milk.	X
Assorted Juice	125ml	X	X	X	X
Macaroni and Cheese	2x#8 scoop	X	#12 Pureed Macaroni and cheese	X	X
Green Peas	125ml	X	#12 Pureed Peas	X	X
Lemon Pudding	125ml or #8 scoop	X	#8 Pureed Pudding	X	X
White or Whole wheat bread and margarine	1sl/6crackers/ 5ml	1sl/ soaked 6crackers/ 5ml	#24 Pureed Bread/ 6 soaked crackers/5ml	1 sl White Bread/5ml	X
Skim milk	125ml	X	X	Do not serve milk.	X

Legend

x=same as regular diet