

Emergency Menu - Snacks

NOURISHMENT	DAY 1	DAY 2	DAY 3
AM			
Beverage	125ml cold beverage or 125ml uns. Beverage or 175ml hot beverage	125ml cold beverage or 125ml uns. Beverage or 175ml hot beverage	125ml cold beverage or 125ml uns. Beverage or 175ml hot beverage
PM			
BEVERAGE ITEM	125ml Astd Juice or 125ml Ast. Unsweetened beverage or 175ml Hot Beverage	125ml Astd Juice or 125ml Ast. Unsweetened Beverage or 175ml Hot Beverage	125ml Astd Juice or 125ml Ast. Unsweetened Beverage or 175ml Hot Beverage
REGULAR	2 Arrowroot cookies	125ml Canned Applesauce	2 Digestive Cookies
RENAL	2 Arrowroot cookies	125ml Canned Applesauce	2 Digestive Cookies
VEGETARIAN	2 Arrowroot cookies	125ml Canned Applesauce	2 Digestive Cookies
GLUTEN RESTRICTED	2 Gluten Free cookies	125ml Canned Applesauce	2 Gluten Free Cookies
MINCED	2 Arrowroot cookies	125ml Canned Applesauce	2 Digestive Cookies
PUREED	2 Soaked Arrowroot Cookies	#12 Scoop Pureed Applesauce	2 Soaked Digestive Cookies
HS			
BEVERAGE ITEM	125ml Astd Juice or 4oz Ast. Unsweetened Beverage or 175ml Hot Beverage or 125ml Skim milk	125ml Astd Juice or 125ml Ast. Unsweetened Beverage or 175ml Hot Beverage or 125ml Skim milk	125ml Astd Juice or 125ml Ast. Unsweetened Beverage or 175ml Hot Beverage or 125ml Skim milk
REGULAR	2 Ast. Cookies or 4 Crackers	2 Social Tea or 4 Crackers	2 Ast. Cookies or 4 Crackers
RENAL	2 Ast. Cookies or 4 Crackers	2 Social Tea or 4 Crackers	2 Ast. Cookies or 4 Crackers
VEGETARIAN	2 Ast. Cookies or 4 Crackers	2 Social Tea or 4 Crackers	2 Ast. Cookies or 4 Crackers
GLUTEN RESTRICTED	2 Gluten Free cookies	4 Gluten Free Crackers	2 Gluten Free Cookies
MINCED	2 Ast. Cookies	2 Social Tea or 4 crackers	2 soaked cookies or 4 crackers
PUREED	2 Pureed cookies or 4 soaked crackers	2 Pureed Social Tea or 4 soaked crackers	2 Pureed cookies or 4 soaked crackers