

## Emergency Menu - Snacks

NOURISHMENT	DAY 1	DAY 2	DAY 3
<b>AM</b>			
<b>Beverage</b>	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
<b>PM</b>			
<b>BEVERAGE ITEM</b>	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
<b>REGULAR</b>	2 Arrowroot cookies	125ml Canned Applesauce	2 Digestive Cookies
<b>RENAL</b>	2 Arrowroot cookies	125ml Canned Applesauce	2 Digestive Cookies
<b>VEGETARIAN</b>	2 Arrowroot cookies	125ml Canned Applesauce	2 Digestive Cookies
<b>GLUTEN RESTRICTED</b>	2 Gluten Free cookies	125ml Canned Applesauce	2 Gluten Free Cookies
<b>MINCED</b>	2 Arrowroot cookies	125ml Canned Applesauce	2 Digestive Cookies
<b>PUREED</b>	2 Soaked Arrowroot Cookies	#12 Scoop Pureed Applesauce	2 Soaked Digestive Cookies
<b>HS</b>			
<b>BEVERAGE ITEM</b>	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
<b>REGULAR</b>	2 Ast. Cookies or 4 Crackers	2 Social Tea or 4 Crackers	2 Ast. Cookies or 4 Crackers
<b>RENAL</b>	2 Ast. Cookies or 4 Crackers	2 Social Tea or 4 Crackers	2 Ast. Cookies or 4 Crackers
<b>VEGETARIAN</b>	2 Ast. Cookies or 4 Crackers	2 Social Tea or 4 Crackers	2 Ast. Cookies or 4 Crackers
<b>GLUTEN RESTRICTED</b>	2 Gluten Free cookies	4 Gluten Free Crackers	2 Gluten Free Cookies
<b>MINCED</b>	2 Ast. Cookies	2 Social Tea or 4 crackers	2 soaked cookies or 4 crackers
<b>PUREED</b>	2 Pureed cookies or 4 soaked crackers	2 Pureed Social Tea or 4 soaked crackers	2 Pureed cookies or 4 soaked crackers