

**STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
ADULT MASTER MENU  
WEEK 1**

FACILITY OR  
INSTITUTION NAME: \_\_\_\_\_

MONTH OF \_\_\_\_\_  
OPERATION: \_\_\_\_\_

October 22, 2017

*Angela Gaskins*  
FL Department of Corrections Approval  
Angela Gaskins, Bureau Chief

*Brenda Patterson*  
Brenda Patterson, R.D., L.D./N  
Lead Public Health Nutrition Consultant

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
3 oz eggs 1 c grits ¼ c lyonnaise potatoes 2 ea biscuits or bread ½ c fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	¾ c cereal 2 ea pancakes 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	2 oz breakfast sausage patty 1 c grits ¾ c hashbrown potatoes 2 ea biscuits or bread ½ c fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	1 c oatmeal 2 ea coffee cake 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entree	¾ c breakfast gravy 1 c grits ¼ c lyonnaise potatoes 2 ea biscuits ½ c fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	2 oz breakfast sausage patty 3 oz eggs ¾ c hashbrown potatoes 2 ea tortilla 1 oz shredded cheese (#16) ½ c fruit juice 1 c coffee 1 c breakfast beverage 2 ea sugar pk 2 oz cheese (AE)	1 c oatmeal 2 ea blueberry coffee cake 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entree
<b>LUNCH</b>						
½ c taco meat ¾ c rice ¾ c dried beans ½ c tossed salad 2 ea tortilla 1 ea cookie 1 ea dressing 1 oz shredded cheese (#16) 1 c fortified tea 1 c dried beans(AE)	4 oz zesty patty ¾ c pasta alfredo ½ c carrots ½ c peas 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified tea 1 c dried beans (AE)	4 oz peanut butter & jelly (# 10 disher) ¾ c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea No Alternate Entrée	½ c sloppy joe ¾ c rice pilaf ¾ c dried beans ½ c green beans 2 ea bread 1 c fortified tea 1 c dried beans(AE)	1 c yakisoba ¾ c dried beans ½ c coleslaw 2 ea bread 1 ea fresh fruit 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	1 c cheesy meat casserole ¾ c dried beans ½ c greens ½ c tossed salad 1 ea cornbread 1 ea dressing 1 c fortified tea 1 c dried beans (AE) ½ c pasta (AE)	½ c southern BBQ ¾ c pasta salad ¾ c dried beans ½ c carrots 2 ea bread 1 ea cookie 1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>						
4 oz country patty ¾ c rice ¾ c dried beans ½ c cabbage ½ c carrot coins 2 ea bread 1 c fortified beverage 1 c dried beans (AE)	¾ c chicken cacciatore ¾ c pasta ½ c cabbage ½ c marinated veg medley 1 ea garlic pan biscuit 1 ea cake with icing 1 c fortified beverage 1 c dried beans (AE)	1 ea oven fried chicken leg ¼ ¾ c rice ¾ c black-eyed peas ½ c carrots 2 ea bread ½ c pudding 1 c fortified beverage 4 oz peanut butter (#10 disher) (AE)	1 c taco skillet ¾ c chili beans ½ c squash with onions ½ c tossed salad 2 ea tortilla ½ c bread pudding 1 ea dressing 1 c fortified beverage 1 c chili beans (AE) ½ c rice	4 oz chuckwagon patty ¾ c mashed potatoes w/ 2 oz gravy ¾ c dried beans ½ c california blend 2 ea bread 1 ea cake with fruit 1 c fortified beverage 4 oz peanut butter (#10 disher) (AE)	3 oz fish patty ¾ c cheesy grits ½ c peas with carrots ½ c coleslaw 2 ea bread 1 ea cake 1 ea tartar sauce 1 c fortified beverage 1 c dried beans (AE)	2 ea hot dogs ¾ c rice ½ c mixed vegetables ½ c marinated veg medley 2 ea bread 2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)

(E) - Denotes Entree  
(AE) - Denotes Alternate Entree  
(AE) do not receive:  
gravy  
mustard or catsup  
  
+ Salt/Pepper shall be offered

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\_\_\_\_\_  
Food Service Director

**MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES**

**STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
ADULT MASTER MENU  
WEEK 2**

FACILITY OR  
INSTITUTION NAME: \_\_\_\_\_

MONTH OF  
OPERATION: \_\_\_\_\_

October 22, 2017

*Angela Gaskins*  
FL Department of Corrections Approval  
Angela Gaskins, Bureau Chief

*Brenda Patterson*  
Brenda Patterson, R.D., L.D./N  
Lead Public Health Nutrition Consultant

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
3 oz eggs		2 oz breakfast sausage patty		3 oz eggs	2 oz breakfast sausage patty	
1 c grits	¼ c cereal	1 c grits	1 c oatmeal	1 c grits	1 c oatmeal	1 c oatmeal
¼ c lyonnaise potatoes		¼ c hashbrown potatoes		¼ c lyonnaise potatoes	¼ c hashbrown potatoes	
2 ea biscuits or bread	2 ea pancakes	2 ea biscuits or bread	2 ea blueberry coffee cake	2 ea biscuits	2 ea biscuits or bread	2 ea coffee cake
½ c fruit juice	1 ea fresh fruit	½ c fruit juice	1 ea fresh fruit	½ c fruit juice	½ c fruit juice	1 ea fresh fruit
1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee
1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage
½ oz jelly (# 60 disher)	2 oz syrup	½ oz jelly (# 60 disher)		½ oz jelly (# 60 disher)	½ oz jelly (# 60 disher)	
2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk
½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)
No Alternate Entrée	No Alternate Entrée	2 oz cheese (AE)	No Alternate Entree	No Alternate Entree	2 oz cheese (AE)	No Alternate Entree
<b>LUNCH</b>						
½ c sloppy joe	4 oz breaded chicken patty	1 c chili mac	1 ½ c southwest chicken & rice casserole	1 c yakisoba	2 ea poultry hot dogs	½ c southern BBQ
¼ c pasta alfredo	¼ c rice pilaf				¼ c garlic & herb pasta	¼ c rice
¼ c dried beans		¼ c dried beans	¼ c dried beans	¼ c dried beans	¼ c dried beans	¼ c dried beans
	½ c cabbage		½ c carrots	½ c mixed vegetables		½ c carrots
½ c marinated veg medley	½ c marinated veg medley	½ c tossed salad		½ c coleslaw	½ c coleslaw	
2 ea bread	2 ea bread	1 ea cornbread	2 ea bread	2 ea bread	2 ea bread	2 ea bread
1 ea cookie		1 ea dressing	1 ea fresh fruit		2 ea mustard (pk or tsp)	1 ea cookie
1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified beverage	1 c fortified tea
1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)
		½ c pasta (AE)	½ c rice (AE)	½ c pasta (AE)		
<b>DINNER</b>						
4 oz salisbury patty w/	2 ea poultry hot dogs	1 ea oven fried chicken leg ¼	4 oz zesty patty	1 ea beef patty	4 oz southwestern patty	¼ c Italian meat sauce
2 oz gravy						
¼ c mashed potatoes	¼ c pasta alfredo	¼ c mashed potatoes	¼ c dried beans	¼ c macaroni & cheese	¼ c rice	¼ c pasta
	¼ c baked beans					
½ c broccoli	½ c coleslaw	½ c carrots	½ c mixed vegetables	½ c tossed salad	½ c greens	½ c green beans
½ c coleslaw		½ c green beans	½ c marinated veg medley	2 ea pickle slice	½ c marinated veg medley	½ c tossed salad
				1 ea dressing		
1 ea cornbread	2 ea bread	2 ea bread	2 ea bread	2 ea bread	2 ea bread	1 ea garlic biscuit
	1 ea cake with fruit	½ c pudding	1 ea cake with icing	½ c bread pudding	1 ea spice cake	
	2 ea mustard (pk or tsp)		1 ea mustard (pk or tsp)	1 ea mustard (pk or tsp)		1 ea dressing
	2 ea ketchup (pk or tsp)		1 ea ketchup (pk or tsp)	1 ea ketchup (pk or tsp)		
1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage	1 c fortified beverage
1 c dried beans (AE)	1 c baked beans (AE)	4 oz peanut butter (#10 disher) (AE)	1 c dried beans (AE)	4 oz peanut butter (#10 disher) (AE)	1 c dried beans (AE)	1 c dried beans (AE)

(E) - Denotes Entree  
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gravy  
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Food Service Director

**MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES**

**STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
ADULT MASTER MENU  
WEEK 3**

FACILITY OR  
INSTITUTION NAME: \_\_\_\_\_

MONTH OF  
OPERATION: \_\_\_\_\_

October 22, 2017

*Angela Gaskins*  
FL Department of Corrections Approval  
Angela Gaskins, Bureau Chief

*Brenda Patterson*  
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Lead Public Health Nutrition Consultant

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
3 oz eggs 1 c grits ¼ c lyonnaise potatoes 2 ea biscuits or bread ½ c fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	¾ c cereal 2 ea pancakes 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 oz syrup 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entrée	2 oz breakfast sausage patty 1 c grits ¾ c hashbrown potatoes 2 ea biscuits or bread ½ c fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	¼ c breakfast gravy 1 c oatmeal 2 ea coffee cake 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entree	¾ c breakfast gravy 1 c grits ¼ c lyonnaise potatoes 2 ea biscuits ½ c fruit juice 1 c coffee 1 c breakfast beverage ½ oz jelly (# 60 disher) 2 ea sugar pk ½ oz margarine (# 60 disher) 2 oz cheese (AE)	2 oz breakfast sausage patty 3 oz eggs ¾ c hashbrown potatoes 2 ea tortilla 1 oz shredded cheese (#16) ½ c fruit juice 1 c coffee 1 c breakfast beverage 2 ea sugar pk 2 oz cheese (AE)	1 c oatmeal 2 ea blueberry coffee cake 1 ea fresh fruit 1 c coffee 1 c breakfast beverage 2 ea sugar pk ½ oz margarine (# 60 disher) No Alternate Entree
<b>LUNCH</b>						
½ c taco meat ¾ c rice ¾ c dried beans ½ c tossed salad 2 ea tortilla 1 ea cookie 1 ea dressing 1 oz shredded cheese (#16) 1 c fortified tea 1 c dried beans (AE)	4 oz peanut butter & jelly 1 c potato salad ½ c carrot coins 2 ea bread 1 ea fresh fruit 1 c fortified tea No Alternate Entrée	1 c western chili ¾ c rice ½ c corn ½ c tossed salad 1 ea cornbread 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	¾ c chicken ala king ¾ c pasta ½ c peas with carrots ½ c tossed salad 1 ea pan biscuit 1 ea dressing 1 c fortified tea 1 c dried beans (AE)	1 c meat fried rice ¾ c dried beans ½ c california blend ½ c corn 2 ea bread 1 c fortified tea ½ c rice (AE)	3 oz fish patty ¾ c cheesy grits ¾ c dried beans ½ c coleslaw 2 ea bread 1 ea tartar sauce 1 c fortified tea 1 c dried beans (AE)	4 oz zesty patty ¾ c au gratin potatoes ½ c mixed vegetables 2 ea bread 1 ea cookie 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified tea 1 c dried beans (AE)
<b>DINNER</b>						
4 oz southwest patty ¾ c dried beans ¾ c pasta ½ c greens 2 ea bread 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	4 oz breaded chicken patty ¾ c dried beans ¾ c fiesta rice ½ c coleslaw 2 ea bread 1 ea cake with icing 1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	1 ea oven fried chicken leg ¼ ¾ c black eyed peas ¾ c rice ½ c cabbage 2 ea bread ½ c pudding 1 c fortified beverage 4 oz peanut butter (#10 disher) (AE)	2 ea poultry hot dogs ¾ c baked beans ¾ c garlic & herb pasta ½ c marinated veg medley 2 ea bread 1 ea spice cake w/p sugar 2 ea mustard (pk or tsp) 2 ea ketchup (pk or tsp) 1 c fortified beverage 1 c baked beans (AE)	4 oz chuckwagon patty ¾ c mashed potatoes w/ 2 oz gravy ½ c cabbage ½ c tossed salad 2 ea bread 1 ea cake with fruit 1 ea dressing 1 c fortified beverage 4 oz peanut butter (#10 disher) (AE)	3 oz smoked turkey sausage ¾ c dried beans ¾ c pasta alfredo ½ c cabbage 2 ea bread ½ c bread pudding 1 ea mustard (pk or tsp) 1 c fortified beverage 1 c dried beans (AE)	4 oz country patty ¾ c dried beans ¾ c rice pilaf ½ c carrots ½ c marinated veg medley 2 ea bread 1 c fortified beverage 1 c dried beans (AE)

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gravy  
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Food Service Director

**MENU SUBJECT TO CHANGE DUE TO PRODUCTION PROBLEMS, PRODUCT AVAILABILITY, OR SECURITY ISSUES**

**STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS  
ADULT MASTER MENU  
WEEK 4**

FACILITY OR  
INSTITUTION NAME: \_\_\_\_\_

MONTH OF  
OPERATION: \_\_\_\_\_

October 22, 2017

*Angela Gaskins*  
FL Department of Corrections Approval  
Angela Gaskins, Bureau Chief

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Brenda Patterson, R.D., L.D./N  
Lead Public Health Nutrition Consultant

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
3 oz eggs		2 oz breakfast sausage patty		3 oz eggs	2 oz breakfast sausage patty	
1 c grits	¼ c cereal	1 c grits	1 c oatmeal	1 c grits	1 c oatmeal	1 c oatmeal
¼ c lyonnaise potatoes		¼ c hashbrown potatoes		¼ c lyonnaise potatoes	¼ c hashbrown potatoes	
2 ea biscuits or bread	2 ea pancakes	2 ea biscuits or bread	2 ea blueberry coffee cake	2 ea biscuits	2 ea biscuits or bread	2 ea coffee cake
½ c fruit juice	1 ea fresh fruit	½ c fruit juice	1 ea fresh fruit	½ c fruit juice	½ c fruit juice	1 ea fresh fruit
1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee	1 c coffee
1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage	1 c breakfast beverage
½ oz jelly (# 60 disher)	2 oz syrup	½ oz jelly (# 60 disher)		½ oz jelly (# 60 disher)	½ oz jelly (# 60 disher)	
2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk	2 ea sugar pk
½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)	½ oz margarine (# 60 disher)
No Alternate Entrée	No Alternate Entrée	2 oz cheese (AE)	No Alternate Entree	No Alternate Entree	2 oz cheese (AE)	No Alternate Entree
<b>LUNCH</b>						
1 c chili mac	½ c BBQ diced chicken	1 c yakisoba	4 oz country patty	½ c sloppy joe	¼ c chicken salad	1 c cheesy meat casserole
¼ c dried beans	¼ c chili beans ¼ c rice	¼ c dried beans	¼ c dried beans ¼ c rice pilaf	¼ c dried beans ¼ c rice	¼ c pasta salad	
½ c marinated veg medley	½ c carrot coins	½ c california blend ½ c coleslaw	½ c carrot coins	½ c green beans	½ c tossed salad	½ c carrots ½ c coleslaw
1 ea cornbread	2 ea bread	1 ea cornbread	2 ea bread	2 ea bread	2 ea bread	1 ea cornbread
1 ea cookie			1 ea mustard (pk or tsp) 1 ea ketchup (pk or tsp)	1 ea fresh fruit	1 ea dressing	1 ea cookie
1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea	1 c fortified tea
1 c dried beans (AE)	1 c chili beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)	1 c dried beans (AE)
½ c pasta (AE)		½ c pasta (AE)				½ c pasta (AE)
<b>DINNER</b>						
4 oz salisbury patty	1 c cheesy meat casserole	1 ea oven fried chicken leg ¼	¼ c Italian meat sauce	1 ea beef patty	3 oz smoked turkey sausage	2 ea poultry hotdogs
2 oz gravy				¼ c scalloped potatoes	¼ c dried beans	¼ c baked beans
¼ c dried beans	½ c greens	¼ c black eyed peas	¼ c pasta	¼ c mixed vegetables	¼ c fiesta rice	¼ c macaroni & cheese
¼ c mashed potatoes	½ c squash with onions	¼ c rice	½ c mixed vegetables			
½ c cabbage		½ c broccoli	½ c tossed salad	½ c tossed salad	½ c coleslaw	½ c marinated veg medley
				2 ea pickle slices		
2 ea bread	1 ea cornbread ½ c bread pudding	2 ea bread	1 ea garlic biscuit	1 ea dressing	2 ea bread	2 ea bread
			1 ea cake with icing	1 ea cake with fruit	1 ea cake	
			1 ea dressing	1 ea mustard (pk or tsp)	2 ea mustard (pk or tsp)	2 ea mustard (pk or tsp)
1 c fortified beverage	1 c fortified beverage	½ c pudding	1 c fortified beverage	1 ea ketchup (pk or tsp)	1 c fortified beverage	2 ea ketchup (pk or tsp)
1 c dried beans (AE)	1 c dried beans (AE)	1 c fortified beverage	1 c dried beans (AE)	1 c fortified beverage	1 c dried beans (AE)	1 c fortified beverage
	½ c pasta (AE)	4 oz peanut butter (#10 disher) (AE)		4 oz peanut butter (#10 disher) (AE)		1 c baked beans (AE)

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