

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