

Worksheet for 5-day Cycle Menu Planning:

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--|--|--|---|---|
| Breakfast: | | | | | |
| Fruit/juice (1 ea) | 1. Strawberries 2. Orange Juice* | 1. Pineapple & bananas 2. Cranberry juice* | 1. Kiwis* 2. Carrot Juice | 1. Berry Grape Medley 2. Pineapple Juice* | 1. Apricots & Peaches 2. Tomato Juice** |
| Hot Cereal (1) | 1. Oatmeal 2. Asst. Cold Cereal | 1. Cream of Wheat 2. Asst. Cold Cereal | 1. 10 grain hot cereal 2. Asst. Cold Cereal | 1. Grits 2. Asst. Cold Cereal | 1. Wheat Berry Pudding 2. Asst. Cold Cereal |
| Entrees (2) | 1. French Toast 2. Zucchini hash browns | 1. Strawberry Pancakes 2. Frittata | 1. Crepe with compote 2. Breakfast Sandwich | 1. Parfait 2. Spanish Omelet | 1. Blueberry Waffles 2. Veggie Scramble |
| Sides (3) | 1. Blueberry Bran Muffin 2. Hard boiled egg 3. Scone 4. Asst. Toast C.T.M. | 1. Banana nut bread 2. Bacon 3. Seasonal Fruit 4. Asst. Toast C.T.M. | 1. English Muffin 2. Sausage 3. Protein power smoothie 4. Asst. Toast C.T.M. | 1. Bagel cream cheese 2. Country Potatoes 3. Croissant w/ Jam 4. Asst. Toast C.T.M. | 1. Seared greens 2. Yogurt 3. Apple Strudel 4. Asst. Toast C.T.M. |
| Toast (1) | | | | | |
| Beverage (1) | | | | | |
| Lunch: | | | | | |
| Soup/Salad (1 ea) | 1. Avocado Soup 2. Corn and Bean Salad | 1. Leek onion soup 2. Tabbouleh | 1. Split Pea Soup 2. Waldorf Salad | 1. Creamy tomato soup 2. Strawberry Spinach Salad | 1. Lentil Spinach Soup 2. Arugula salad |
| Entrees (2) | 1. Veggie Tacos 2. Sandwich | 1. Pasta and Meatballs 2. Mediterranean Wrap | 1. Kebabs 2. Stir fried veggies, beans, and rice | 1. lettuce wraps 2. Felafel Panini | 1. Grilled Salmon 2. Chana Masala |
| Vegetables (2) | 1. Assorted salsas 2. lettuce tomato | 1. Asparagus 2. Seared spinach | 1. bell peppers 2. cauliflower | 1. tomatoes 2. lettuce | 1. Steamed mushrooms 2. Eggplant |
| Starch (2) | 1. chips 2. in entree | 1. in entree 2. in entree | 1. Quinoa 2. Bulgar wheat | 1. hummus 2. in entree | 1. Cous Cous 2. Wild Rice |
| Desserts (2) | 1. Brownie with nuts 2. Flan | 1. Oatmeal Raisin Cookie 2. Apple Sauce | 1. chocolate tapioca pudding 2. Jello with fruit | 1. Peanutbutter cookie 2. Banana pie | 1. White chocolate macadamia nut cookie 2. Raspberries |
| Bread (1) | 1. Asst. Bread C.T.M. | 1. Asst. Bread C.T.M. | 1. Asst. Bread C.T.M. | 1. Asst. Bread C.T.M. | 1. Asst. Bread C.T.M. |
| Beverage (1) | | | | | |
| Dinner: | | | | | |
| Soup/Salad (1 ea) | 1. Minestrone 2. Cesar Salad | 1. Triple Bean Soup 2. Coleslaw | 1. Chicken quinoa soup 2. Garden salad | 1. Healing miso soup 2. Avocado kale salad | 1. Beet soup 2. Creamy cucumber salad |
| Entrees (2) | 1. Veggie Pizza 2. Veg Lasagna | 1. Burger 2. Tofu Pad Thai | 1. Fettuccine Alfredo shrimp 2. Baked beans | 1. Broccoli and Beef 2. Mac and Cheese | 1. Turkey w/ gravy 2. Lentil Loaf |
| Vegetables (2) | 1. in entree 2. in entree | 1. Cabbage 2. Peas | 1. Carrots ** 2. Kale and spinach | 1. Roasted root veggies 2. Green cabbage w/ mushrooms | 1. Corn 2. Green beans |
| Starch (2) | 1. in entree 2. in entree | 1. in entree 2. in entree | 1. Red Rice 2. Creamed Corn | 1. White rice OR 2. Brown rice | 1. Mashed potatoes 2. Sweet Potatoes |
| Desserts (2) | 1. Carrot Cake** 2. Fruit Kebabs | 1. Corn Bread Muffin 2. Fruity Slaw | 1. Strawberry rhubarb pie 2. Chocolate muffin | 1. Chocolate torte 2. Blueberry pie | 1. Cranberry sauce* 2. Baked spiced pears |
| Bread (1) | 1. Asst. Bread C.T.M. | 1. Asst. Bread C.T.M. | 1. Asst. Bread C.T.M. | 1. Asst. Bread C.T.M. | 1. Asst. Bread C.T.M. |
| Beverage (1) | | | | | |

C.T.M. = Coffee / Tea / Milk

*Vitamin C-containing food **Vitamin A-containing food