

NUTRITIONAL MANAGEMENT SERVICES LIMITED

Spring / Summer Week 2

Sunday Lunch Choice 1

	Regular		High Energy/Protein		Modified Diabetic	
All Menus	Cold Beverages	4 oz	Cold Beverages	4 oz	Cold Beverages	4 oz
	Hot Beverages	8 oz	Hot Beverages	8 oz	Hot Beverages	8 oz
	Milk, 2%	4 oz	Milk, 2%	4 oz	Milk, 2%	4 oz
				15 ml		
Regular	Protein	3 oz		3 oz		3 oz
	Condiment	1 oz		1 oz		1 oz
	Starch	1 #10 scoop		1 #10 scoop		1 #12 scoop
	Starch	1 slice		1 slice		
	Vegetable	1 #8 scoop		1 #8 scoop		1 #8 scoop
	Dessert	1 slice		1 slice		.5 slice
Chop	Protein (Chop)	3 oz		3 oz		3 oz
	Condiment	1 oz		1 oz		1 oz
	Starch	1 #10 scoop		1 #10 scoop		1 #12 scoop
	Starch	1 slice		1 slice		
	Vegetable	1 #8 scoop		1 #8 scoop		1 #8 scoop
	Dessert	1 slice		1 slice		.5 slice
Soft	Protein (G)	1 #10 scoop		1 #10 scoop		1 #10 scoop
	Condiment	1 oz		1 oz		1 oz
	Starch	1 #10 scoop		1 #10 scoop		1 #12 scoop
	Starch	1 slice		1 slice		
	Vegetable	1 #8 scoop		1 #8 scoop		1 #8 scoop
	Dessert	1 slice		1 slice		.5 slice
Ground	Protein (G)	1 #10 scoop		1 #10 scoop		1 #10 scoop
	Condiment	1 oz		1 oz		1 oz
	Starch	1 #10 scoop		1 #10 scoop		1 #12 scoop
	Starch	1 slice		1 slice		
	Vegetable (G)	1 #10 scoop		1 #10 scoop		1 #10 scoop
	Dessert (G)	1 #10 scoop		1 #10 scoop		1 #20 scoop
Puree	Protein (P)	1 #10 scoop		1 #10 scoop		1 #10 scoop
	Condiment	1 oz		1 oz		1 oz
	Starch	1 #10 scoop		1 #10 scoop		1 #12 scoop
	Starch (P)	1 #16 scoop		1 #16 scoop		
	Vegetable (P)	1 #10 scoop		1 #10 scoop		1 #10 scoop
	Dessert (P)	1 #10 scoop		1 #10 scoop		1 #20 scoop