

Elder care of Michigan diabetic calorie diet

	Breakfast	Lunch	Dinner	snack
Sunday 2-26-23	Cereal or oatmeal 1 cup Apple sauce 1/2c Toast 1-piece w/ 1 tsp. butter or jam OJ 4 oz. glass	Chicken salad wrap 2 oz. Pretzel 1/2 c Mixed veggie ½ c Pears ½ c	Oven Baked chicken 3 oz. Potato salad 1 c Green Beans ½ c Fruit cocktail ½ c	Morning snack apple 1/2c with yogurt ½ c Night snack 1 banana muffin
Monday 2-27-23	Pancakes 2 each w/ 2 tsp syrup Pattie Sausage 2 oz. Yogurt 1/2c OJ 4 oz. glass	Grilled ham 2oz. and cheese 1 slice on wheat bread 1 cup tomato soup Peaches ½ c Cauliflower florets ½ c	Swedish meatballs 3oz. Noodles ½ c Asparagus ½ c Fresh black berries 1/2c	Morning snack- 2 Graham crackers and peanut butter 1 tbsp. Night snack- strawberry Jell-O ½ c
Tuesday 2-28-23	Scrambled eggs ½ c each Bacon 2 oz. Toast 1-piece w/ 1tsp. of butter or jam Blueberries OJ 4 oz. glass	Italian sliders 2 oz. 1 slice of Swiss cheese 2tbsp of mayo French Fries ½ c Carrots ½ c Peaches ½ c	BBQ pork chop 3 oz. herb and garlic rice ½ c Seasoned turnip greens ½ c Apricots ½ c	Morning snack ½ c popcorn Night snack chocolate pudding ½ c
Wednesday 2-22-23	Sausage biscuits & gravy ½ c w/ 2 biscuits Fruit cocktail ½ c OJ 4 oz. glass	Chili 1 cup 1 piece of corn bread Side salad ½ c 2 tbsp. dressing Raspberries ½ c	Taco Pizza 1 piece each Zucchini ½ c Pineapple ½ c	Morning snack 1 fruit bar Night snack 1 scoop of ice cream
Thursday 3-1-23	Fried Eggs 2 each Bacon 2 oz. Orange slices ½ c OJ 4 oz. glass	Tuna Casserole 1 cup Peas ½ c Apple sauce ½ c	Chicken Alfredo 1 cup Broccoli ½ c Strawberries ½ c	Morning snack Cheese crackers Night snack 2 Peanut Butter cookies
Friday 3-2-23	Egg Bake 1 piece Sausage Links 2 oz. Toast 1-piece w/ 1 tsp. butter or jam Pears 1/2c OJ 4 oz. glass	Philly/s 2 oz. on whole wheat sub bun ½ cc onion rings Brussel sprouts ½ c Grapes ½ c	Lemon pepper fish 3 oz. w/ sweet potato mash ½ c Sugar snap beans ½ c Mango ½ c	Morning snack Rice Crispy 1 bar Night snack fruit smoothie 1 cup
Saturday 3-3-23	Cereal or oatmeal 1 cup Fresh mixed fruit cup Bagel ½ 2 tbsps. cream cheese	Hot turkey 2 Oz sandwich w/ stuffing ½ c Green beans ½ c cranberries ½ c	Basil Balsamic Pork chop 3 oz. Roasted potatoes 1/2c Water melon ½ c Mixed veggies ½ c	Morning snack 2 banana bread Night snack 1 brownie

**All meals
are
served
with
resident
choice 8
oz. glass
of water,
tea, juice,
coffee, or
milk.**

**2 oz. of
meat is
served in
the
morning
and
afternoon
and 3 oz.
for
dinner.**

**Morning
snack is
serve at
1pm and
night
snack is
served at
7 pm.**