

Worksheet for 5-day Cycle Menu Planning:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/juice (1 ea)	1. Fortified orange juice*	1. Apple juice	1. Fortified grapefruit juice*	1. Grape juice	1. Fortified cranberry juice*
Hot Cereal (1)	2. Included in Oatmeal	2. Included in Crepes	2. Apples	2. Included in Quinoa	2. Included in Pancakes
Entrees (2)	1. Oatmeal with blueberries	1. Grits	1. Oatmeal with ground flax seeds	1. Quinoa with apples and cinnamon	1. Oatmeal with figs
Sides (3)	2. Asst. Cold Cereal	2. Asst. Cold Cereal	2. Asst. Cold Cereal	2. Asst. Cold Cereal	2. Asst. Cold Cereal
Toast (1)	1. Buckwheat pancakes	1. Strawberry Crepes*	1. Whole wheat waffle	1. French Toast	1. Blueberry pancakes
Beverage (1)	2. Scrambled eggs	2. Poached eggs	2. Tomato cheese scrambled eggs	2. Breakfast burrito with eggs and salsa	2. Hard boiled eggs
	1. Roasted potatoes	1. Fresh melon fruit**	1. Hash brown	1. Fresh berries (strawberries, blueberries, raspberries)*	1. Bananas
	2. Cranberry scone	2. Banana nut muffin	2. Canadian bacon	2. Turkey ham	2. Chocolate chip muffins
	3. Turkey sausage links	3. Smoked ham	3. Blueberry muffins	3. Banana nut bread	3. Turkey bacon
	4. Asst. Toast	4. Asst. Toast	4. Asst. Toast	4. Asst. Toast	4. Asst. Toast
	C.T.M.	C.T.M.	C.T.M.	C.T.M.	C.T.M.
Lunch:					
Soup/Salad (1 ea)	1. Roasted vegetable soup	1. Split pea soup	1. Minestrone soup	1. Corn chowder	1. Chicken noodle soup
Entrees (2)	2. Macaroni salad	2. Fruit salad	2. Kale salad with balsamic dressing	2. Tomato basil salad	2. Cucumber salad
Vegetables (2)	1. Lemon grilled tofu	1. Whole wheat, grass fed beef burger	1. Mango chicken breast**	1. Vegetable and lamb shish kabobs	1. Chicken Fajitas
Starch (2)	2. Broccoli pork saute	2. Macaroni and cheese	2. Vegetables in minestrone soup	2. Seitan wheat sandwiches	2. Brussels sprout casserole
Desserts (2)	1. Included in veggie soup	1. Included in pea soup	1. Included in pasta	1. Included in corn soup	1. Grilled red, yellow, green peppers
Bread (1)	2. Steamed Carrots**	2. Steamed squash	2. Steamed baby spinach*	2. Included in shish kabobs	2. Included in casserole
Beverage (1)	1. Brown rice	1. Included in macaroni	1. Included in pasta	1. Included in sandwich	1. Included in noodle soup
	2. Included in macaroni salad	2. Baked sweet potato fries**	2. Beans and rice	2. Couscous	2. Herbed potato salad
	1. Apple pie	1. Wholewheat banana bread	1. Lemon bars*	1. Oatmeal raisin cookies	1. Flax seed cookies
	2. Chocolate chip cookies	2. Dark chocolate cupcake	2. Fresh blueberries	2. Carrot cake	2. Frozen yogurt with fruit
	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread
	C.T.M.	C.T.M.	C.T.M.	C.T.M.	C.T.M.

Dinner:					
Soup/Salad (1 ea)	1. Chili soup 2. Cobb salad	1. Clam chowder 2. Caesar salad	1. Bean and lentil soup 2. Avocado egg salad	1. Roasted butternut squash soup** 2. Greek salad	1. Miso soup with tofu 2. Garden salad
Entrees (2)	1. Vegetable curry 2. Meatloaf	1. Vegetable lasagna 2. Mushroom onion quiche	1. Miso glazed salmon 2. Stuffed bell peppers	1. Roasted Chicken 2. Tomato mushroom marinara sauce on whole wheat pasta	1. Vegetable beef stew 2. Ratatouille
Vegetables (2)	1. Included with curry 2. Roasted eggplant	1. Included in lasagna 2. Roasted asparagus	1. Steamed broccoli and cauliflower 2. Included in bell pepper	1. Steamed peas 2. Included in pasta	1. Included in beef stew 2. Included in Ratatouille
Starch (2)	1. Basmati rice 2. Scalloped potatoes	1. Mashed potatoes 2. Sourdough bread	1. Included in bean soup 2. Garlic quinoa	1. Included in pasta 2. Baked beans	1. Baked potato 2. Included in rice dessert
Desserts (2)	1. Peanut butter mousse 2. Dark chocolate covered strawberries	1. Low-fat cheesecake 2. Banana pudding	1. Dark chocolate brownies 2. Watermelon slices	1. Angel Food Cake 2. Rose gelatin with berries	1. Coconut brown rice pudding 2. Roasted pears
Bread (1)	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread
Beverage (1)	C.T.M.	C.T.M.	C.T.M.	C.T.M.	C.T.M.

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

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