

Menus by PDN

2025 | Week 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Choice of hot and cold cereal, toast, yogurt, and fruit offered daily with breakfast.</i>						
Cream Cheese & Chive Omelet Toast Orange Slices	Pancakes w/ Blueberries Sausage	Breakfast Burrito w/ Eggs, Sausage, Cheese & Salsa Orange Slices	French Toast Sausage Fresh Berries	Fried Eggs Bacon Toast Fresh Fruit	Summer Breakfast Skillet w/ Bacon Cinn Raisin Toast Orange Slices	Half Bagel w/ Fresh Fruit & Honey Yogurt Dip
Herb Marinated Roast Beef Mashed Potatoes & Gravy Fresh Roasted Carrots	Braised Bourbon Pork w/ Carrots & Green Onions Rice Green Beans	Loaded Baked Potato w/ Ham, Broccoli, Cheddar, & Sour Cream Marinated Tomatoes	Baked Chicken Tender w/ Honey Mustard Glaze Jo-Jo Potatoes Roasted Brussel Sprouts	Chicken Fajita w/ Peppers & Onions Cheddar Cheese & Sour Cream Chips & Salsa	Coconut Fried Shrimp w/ Sweet Chili Sauce Vegetable Fried Rice Steamed Peas	Grilled Hamburger w/ Fried Onions, Lettuce, Tomato & Pickles French Fries Three Bean Salad
Antipasto Chicken Sandwich w/ Peppers & Cheese on Sourdough Cauliflower Salad	Tomato Basil Soup Grilled Cheese Sandwich Grapes	Ricotta Stuffed Shells w/ Spinach & Meat Sauce Garden Salad Garlic Bread	Tuscan Bean Soup Fish Sandwich w/ Homemade Tartar Sauce on Hoagie Pickle & Coleslaw	Savory Meatloaf w/ Sweet & Tangy Sauce American Fried Potatoes Seasoned Corn	Summer Vegetable Soup Chunky Turkey Salad & Fresh Fruit w/ Croissant	Roasted Salmon with Tomatoes, Spinach, and Lemon Orzo Broccoli
<i>Choice of ice cream, cookie and fresh fruit are also offered with dessert of the day.</i>						
Cherry Crumb Pie	Rice Krispie Bar	Angel Food Cake w/ Lemon Cream	Mango Rice Pudding	Tres Leche Cake	Turtle Brownie	Root Beer Float

** Beverages offered at every meal include milk, fruit juice, tea, and coffee.
Shading denotes lighter meal

Cream Cheese Omelet

Serving size: 4 oz

25	50	100	Servings
25	50	100	Omelets, 3 oz plain frozen, thawed
1 ½ lb.	3 lb.	6 lb.	Cream cheese, soft
½ Tb	1 Tb	2 Tb	Garden seasoning, no salt
1 Tb	2 Tb	4 Tb	Chives, dried or
2 Tb	¼ c	½ c	Chives, fresh chopped
			Salsa
			Chives for garnish

Method

1. Beat together soft cream cheese with garden seasoning and chives.
2. Place omelets on lined sheets pans and unfold.
3. Place 1 oz cream cheese mixture onto each omelet and fold over.
4. Bake at 325f low fan about 15 minutes. Minimum internal temperature should reach 135f.
5. Shingle in sprayed steam pans, cover and hold at 135f.
6. Serve with salsa and a sprinkle of chives.

Notes:

Allergens used in recipe: milk, check omelet & salsa package for allergens

Food Safety Reminders

Wash hands with soap and water before starting.
Wash anything that touches raw meat or eggs.
Gently scrub produce under running water.

Use separate cutting boards for meat and produce.
Wear gloves when handling ready-to-eat food.
Follow proper cook-to and holding temperatures.

Herb Marinated Roast Beef

Serving size: 3 oz

20	40	80	Servings
6 lb.	12 lb.	24 lb.	Beef flat, raw
½ C	1 C	2 C	Olive oil
1 Tb	2 Tb	¼ C	No salt garden seasoning
2 tsp	1 Tb	2 Tb	Thyme
2 tsp	1 Tb	2 Tb	Rosemary
1 tsp	2 tsp	1 Tb	Black pepper
2 tsp	1 Tb	2 Tb	Garlic, minced
¼ C	½ C	1 C	Onions, fresh minced
2 oz.	4 oz.	8 oz.	Beef base
½ gal	1 gal	2 gal	Water

Notes:

Roasting beef to 180f – 200f will ensure it is fork tender.

To reheat sliced beef, place slices in a 2” deep pan and cover with beef broth. Steam until the internal temperature of beef reaches 165f. Hold covered at 135f.

The number of servings is based on a 30% shrink.

Method

1. Combine no salt garden seasoning with rosemary, thyme and pepper. Mix with olive oil.
2. Mince garlic and onion and stir into olive oil mixture.
3. Make slits into beef and cover with marinade.
4. Cover with plastic and refrigerate overnight.
5. Discard marinade and place beef in 4” or 6” deep pans with fat side up.
6. Whisk together beef base and water. Pour beef broth over roast. Use enough broth to fill pan 2”. Reserve remaining broth for gravy or holding.
7. Cover with parchment and foil. Roast beef at 325° until internal temperature reaches at least 180f. This will take several hours.
8. Allow roast to sit 15 minutes before slicing or chill overnight and slice next day. Save drippings for gravy.
9. Serve 3 oz beef with gravy or horseradish sauce.

Allergens used in recipe: check beef base for allergens

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Mashed Potatoes

Serving size: 4 oz

25	50	100	Servings
6 lb.	12 lb.	24 lb.	Potatoes, diced parboiled
6 oz	12 oz	24 oz	Butter, unsalted melted
1 ½ c	3 c	6 c	Milk, 2 % warmed
½ Tb	1 Tb	2 Tb	Salt
½ tsp	1 tsp	2 tsp	White Pepper

Method

1. Steam or boil the potatoes, until very tender approximately 30 minutes. Drain potatoes well.
2. Place potatoes in the bowl of a stand mixer and begin to mix **using the paddle attachment**. Slowly add the milk and butter and mix until creamy. Add seasoning as potatoes are being whipped.
3. Transfer to sprayed steam pans and hold at 135f for service.
4. Add additional warm milk while holding if the potatoes become too stiff.

Notes:

Allergens used in recipe: milk

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Beef Gravy with Roux

Serving size: 2 oz

½ gal	1 gal	2 gal	Servings
6 c	3 qt	6 qt	Beef stock & drippings
2 c	1 qt	2 qt	Water
As needed	As needed	As needed	Beef base, low sodium
¼ tsp	½ tsp	1 tsp	Thyme leaves
¾ tsp	1 ½ tsp	1 Tb	Garlic & herb blend, no salt
½ tsp	1 tsp	2 tsp	Black pepper
As needed	As needed	As needed	Salt
			Roux:
2 oz	4 oz	8 oz	Flour
2 oz	4 oz	8 oz	Butter

Method

1. Combine water and drippings to make desired amount of stock.
2. Add low sodium beef base to taste.
3. Season stock and bring to a boil.
4. Thicken with small amounts of roux until it is the consistency desired.
5. Simmer on low 15 minutes, or longer, to allow flavors to blend.
6. If low sodium base is not available do not add additional salt.
7. Hold gravy at 135f.

Notes:

Allergens used in recipe: milk, wheat flour, check beef base for allergens

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Beef Gravy with Slurry

Serving size: 2 oz

½ gal	1 gal	2 gal	Servings
5 c	10 c	20 c	Beef stock & drippings
1 ½ c	3 c	6 c	Water
As needed	As needed	As needed	Beef base, low sodium
¼ tsp	½ tsp	1 tsp	Thyme leaves
¾ tsp	1 ½ tsp	1 Tb	Garlic & herb blend, no salt
½ tsp	1 tsp	2 tsp	Black pepper
As needed	As needed	As needed	Salt
			Slurry:
1 c	2 c	4 c	Cold milk or water
½ c	1 c	2 c	Cornstarch

Method

1. Combine water and drippings to make desired amount of stock.
2. Add low sodium beef base to taste.
3. Season stock and bring to a boil.
4. Slowly whisk in slurry until it is the consistency desired.
5. Simmer on low 15 minutes, or longer, to allow flavors to blend.
6. If low sodium base is not available, do not add additional salt.
7. Hold gravy at 135f.

Notes:

Allergens used in recipe: check beef base for allergens

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Roasted Carrots

Serving size: 4 oz

25	50	100	Servings
6 lb.	12 lb.	24 lb.	Fresh or frozen baby carrots, slim cut
¼ C	½ C	1 C	Vegetable Oil
1 Tb	2 Tb	4 Tb	Garden Seasoning, no salt

Method

1. Steam fresh carrots for 5-8 minutes in a perforated pan.
2. Toss carrots with oil and seasoning and place on sprayed sheets pan.
3. Roast carrots at 350f until tender but not mushy, internal temperature of 135f.
4. Place carrots in a steam pan for holding.
5. Prepare carrots just prior to service and hold at 135f.

Notes:

Allergens used in recipe: N/A

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Antipasto Chicken Sandwich

Serving size: 4 oz

24	48	96	Servings
6 lb.	12 lb.	24 lb.	Chicken breasts, 4 oz thin, flattened
2 C	4 C	8 C	Roasted red pepper, drained
1 C	2 C	4 C	Artichoke hearts, drained
1 C	2 C	4 C	Banana peppers, drained
1 Tb	2 Tb	¼ C	Italian seasoning
1 tsp	2 tsp	4 tsp	Garlic, granulated
12	24	48	Provolone cheese, slices
24	48	96	Sourdough bread slices
1 ½ C	3 C	6 C	Mayonnaise
1 C	2 C	4 C	Dijon mustard
			Lettuce leaves

Notes:

Method

1. Combine Italian seasoning and granulated garlic.
2. Lay flattened chicken breasts on a sprayed sheet pan and sprinkle with seasoning.
3. Chop the drained roasted red pepper, artichokes, and banana peppers into ¼ inch pieces. Combine the chopped vegetables.
4. Roast the chicken at 375f about 8 minutes until chicken registers 165f. Roasting time will depend on thickness of chicken.
5. Place 1 oz chopped vegetables on each chicken breast and top with ½ slice provolone cheese.
6. Return to the oven until the cheese is melted.
7. Hold cooked chicken at 135f in a small amount of chicken stock to keep it moist.
8. To serve, spread mayonnaise on the bottom piece sourdough bread, and Dijon mustard on the top. Place lettuce on bottom piece of bread and place chicken on the lettuce. Top with the remaining piece of bread. Cut in half on the diagonal and secure with a sandwich pick if needed.

Allergens used in recipe: milk, eggs, wheat flour

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Cauliflower Salad

Serving size: 3 oz

25	50	100	Servings
15 C	30 C	60 C	Cauliflower, diced small, about 5 heads
8	15	30	Hard Cooked Eggs, diced
6 Tb	¾ C	1 ½ C	Dill or sweet pickles, diced fine
¼ C	½ C	1 C	Red onion, diced fine
2 Tb	¼ C	½ C	Apple cider vinegar
2 C	3 ¾ C	7 ½ C	Mayonnaise, light
1 ½ Tb	3 Tb	6 Tb	Dijon mustard
½ tsp	1 tsp	2 tsp	Salt
½ tsp	1 tsp	2 tsp	Celery seed
1 tsp	2 tsp	4 tsp	Dill weed, dried

Method

1. Cut cauliflower into small bite sized pieces. Steam cauliflower until fork tender. Once cooked, immediately place cauliflower on sheet pans and place in cooler to chill.
2. Whisk together the vinegar, mayonnaise, mustard, and seasonings.
3. In a large bowl combine chilled cauliflower, eggs, pickles, and onion.
4. Add dressing and mix gently until combined. Chill to 41f or below before serving.
5. Hold at 41f or below.
6. Serve 3 oz with a #12 green scoop.

Notes:

Allergens used in recipe: eggs, check mustard for allergens

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Follow proper cook-to and holding temperatures.

Cherry Crumb Pie

Serving size: 1/9th Pie

27	54	108	Servings
			Crumb Topping:
1 lb.	2 lb.	4 lb.	Butter, unsalted, cold & cubed
2 C	4 C	8 C	Flour
3 C	6 C	12 C	Brown Sugar
1½ C	3 C	6 C	Oats (see notes)
1½ C	3 C	6 C	Almonds (optional)
½ tsp	1 tsp	2 tsp	Almond extract (optional)
3	6	12	Pie Shells, 10"
¾ #10 can	1½ #10 can	3 #10 can	Cherry Pie Filling

Method

1. Combine dry ingredients in mixer with paddle attachment.
2. Add butter and extract.
3. Combine topping ingredients until crumbly.
4. Fill pie shells with 24 oz pie filling.
5. Top pies with 18 oz crumb topping.
6. Bake at 350° for 40-45 minutes until topping is lightly browned and filling is bubbly.
7. Check during baking and rotate.
8. Save any remaining crumb topping for crisp.

Notes:

If not using almonds, double the amount of oats.

Allergens used in recipe: milk, wheat flour, tree nuts, check pie shell & pie filling for allergens

Food Safety Reminders

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Gently scrub produce under running water.

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Week 1 Grocery Checklist

Produce

- Basil, Fresh
- Berry, Blackberries
- Berry, Blueberries
- Berry, Raspberries
- Berry, Strawberries
- Broccoli Florets, Fresh
- Brussels Sprouts, Fresh
- Carrot, Baby
- Carrot, Shredded
- Carrots
- Cauliflower Florets, Fresh
- Celery
- Chives, Fresh
- Cilantro, Fresh
- Coleslaw Mix
- Corn, Frozen
- Garlic, Fresh
- Grapes, Green
- Grapes, Red
- Green Beans, Fresh
- Green Beans, Frozen
- Lemons
- Lettuce, Leaf
- Lettuce, Mixed Greens
- Lettuce, Romine
- Mango, Diced, Frozen
- Melon, Cantaloup
- Melon, Honeydew
- Onion, Green
- Onion, Red
- Onion, White
- Parsley, Fresh
- Pepper & Onion Blend, Frozen
- Pepper, Green
- Pepper, Red
- Potato, Diced Parboiled
- Potato, Diced Red Skin-On Parboiled
- Potato, Frozen Breakfast Cubed
- Potato, Russet 100ct
- Potato, Sliced Homefry
- Potato, Wedge Cut, Frozen
- Rosemary, Fresh
- Shallot, Fresh
- Spinach, Fresh
- Squash, Yellow
- Squash, Zucchini
- Sweet Green Peas, Frozen
- Tomato, Fresh
- Tomato, Sun-Dried
- Vegetable Base, Low Sodium

Bread / Misc Freezer

- Hamburger Buns
- Flour Tortilla, 6"
- Flour Tortilla, 8"
- Hoagie Buns, 6"
- Pie Shells, 10"
- Sourdough
- Stuffed Shells, Frozen 1.75 oz
- Texas Toast
- Wheat Bread

Dry Goods

- All-Purpose Flour
- Almond Extract
- Angel Food Cake Mix
- Apple Juice
- Artichoke Hearts
- Baking Powder
- Baking Soda
- Banana Peppers
- Caramel Sauce
- Cherry Pie Filling
- Chocolate Cake Mix
- Chocolate Chips
- Coconut Milk
- Coconut, Shredded
- Cornstarch
- Diced Tomatoes, No Salt
- Dijon Mustard
- Dill Pickle Slices
- Dressing, Coleslaw
- Dressing, Italian
- Dressing, Ranch, Light
- Evaporated Milk
- Great Northern Beans
- Honey
- Ketchup
- Kidney Beans
- Lemon Juice
- Lemon Pudding Mix, Instant
- Lime Juice
- Maple Syrup
- Marinara Sauce, Low Sodium
- Marshmallows
- Mayonnaise
- Nuts, Almonds
- Nuts, Pecans
- Nuts, Walnuts
- Olive Oil
- Panko Crumbs
- Pasta, Orzo
- Quick Oats
- Rice Krispies Cereal
- Rice Pudding

Dry Goods Cont'd

- Rice, Parboiled
- Roasted Red Pepper
- Salsa, Mild
- Soy Sauce, Low Sodium
- Stone Ground Mustard
- Sugar, Brown
- Sugar, Powdered
- Sugar, White
- Sweet Chili Sauce
- Sweet Condensed Milk
- Sweet Pickle Relish
- Tartar Sauce
- Tomato Paste, no salt
- Tomato Sauce, no salt
- Vanilla Extract
- Vinegar, Apple Cider
- Vinegar, Balsamic
- Vinegar, Rice
- White Cake Mix
- Worcestershire Sauce
- Yellow Cake Mix
- Yellow Mustard

Spices

- Basil, Dried
- Black Pepper, Ground
- Cajun Seasoning
- Celery Seed
- Chili Powder, Mild
- Chives, Dried
- Cinnamon, Ground
- Cumin, Ground
- Dill Weed, Dried
- File Powder
- Garden Seasoning, no salt
- Garlic & Herb Blend, no salt
- Garlic, Granulated
- Garlic, Minced
- Garlic, Powder
- Ginger, Dried
- Italian Seasoning
- Mustard, Dried
- Nutmeg, Ground
- Onion, Minced
- Onion, Powder
- Oregano, Dried
- Paprika, Smoked
- Parsley, Dried
- Rosemary, Dried
- Salt
- Thyme, Dried
- White Pepper, Ground

Dairy / Eggs

- Butter, Unsalted
- Cheese, American, Slice
- Cheese, Cheddar, Shredded
- Cheese, Cheddar, Slice .75 oz
- Cheese, Cream Cheese
- Cheese, Parmesan, Shredded
- Cheese, Provolone, Slices
- Eggs, Hard Cooked
- Eggs, Liquid
- Eggs, Pasteurized
- Heavy Cream
- Milk, 2%
- Milk, Buttermilk
- Milk, Skim
- Omelets, Plain Frozen 3 oz
- Sour Cream
- Whipped Topping
- Yogurt, Greek

Beef

- Beef Base, Low Sodium
- Beef Flat, Raw
- Ground Beef, 81/19
- Ground Beef Patty

Pork

- Bacon Crumbles
- Breakfast Sausage, Raw
- Ham, Boneless, Low Sodium
- Pork Loin

Poultry

- Chicken Base, Low Sodium
- Chicken Breasts, 4 oz
- Chicken Tenders
- Turkey Breast, Cooked

Seafood

- Cod, Beer Battered 4 oz
- Salmon, 4 oz
- Shrimp, Breaded Coconut Raw, 21-25 Tail-on Frozen

Alcohol

- Bourbon
- White Wine

Cherry Crumb Pie		X	X		X				X		
Rice Krispie Bars		X							X		
Cake with Lemon Cream	X	X	X						X		
Coconut Mango Rice Pudding									X		
Tres Leches Cake	X	X	X								
Turtle Brownies		X			X				X		

* This recipe uses pre-packaged items that may contain allergens. Check the label.

Allergen matrix is based on the recipes as written by PDN and does not account for changes in ingredients.

The most accurate source for allergen information are food packaging labels.

Allergens required on food labels include egg, milk, wheat, peanut, tree nut, fish, shellfish, soy & sesame.

Use the additional columns for other common allergens like tomatoes, strawberries, etc.

Modified Textures - Preparation Tips & Menu Extensions

Texture Diets Key	
☑	food item is allowed as is
x	food item is restricted

Puréed Food
Thickened to hold its shape on a spoon and pass the fork drip test.
Liquid does not separate from solid.
Regular bread is not allowed.

Minced & Moist Food
Moistened w/ a smooth non-pouring sauce and hold it's shape on a spoon.
Liquid does not separate when the food is on a plate.
Pieces are no bigger than 4 mm and fit through the tines of a fork.
Regular bread is not allowed.

Soft & Bite Sized
When pushed with a fork the food is easily squashed and does not regain shape.
Liquid does not separate, use a thickened sauce if needed.
Pieces no bigger than 15 mm x 15 mm (about the width of a standard fork).
Regular bread is not allowed.

Preparation Tips
Purée bread using a thickener recipe or a modified bread mix.
Thicken sauce and stock to IDDSI level 4 extremely thick.
Drain excess liquid from fruit and vegetables before mincing and stir in thickened sauce if needed.
Do not serve food that will melt to thin liquid (i.e. Jello, ice cream, etc.); follow a recipe to thicken.
Milk cannot separate from cereal; fully soften cereal and drain excess liquid.
Purée lumpy foods (i.e. cottage cheese, oatmeal) so they are smooth and lump free.
Drain and/or thicken applesauce and yogurt depending on consistency; no chunky fruit.
Desserts are best puréed or defer to pudding, yogurt etc. Avoid cakes and cookies with nuts and other hard textures.

Week 01				
Sunday		SB 6	MM 5	PU 4
Breakfast	Cream Cheese & Chive Omelet Toast Orange Slice	Soft & Bite-Sized Puréed, no crust Soft & Bite-Sized Canned Fruit	Scrambled Eggs Puréed, no crust Minced Canned Fruit	Puréed Puréed, no crust Puréed Canned Fruit
Lunch	Herb Marinated Roast Beef Mashed Potatoes Gravy Fresh Roasted Carrots	Soft & Bite-Sized w/ gravy <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Soft & Bite-Sized, steamed	Minced w/ gravy <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Minced, steamed w/ stock	Puréed <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Puréed, steamed
Supper	Chicken Breast Artichokes Peppers Bread, Sourdough Cauliflower Salad	Soft & Bite-Sized w/ sauce x Soft & Bite-Sized Puréed Soft & Bite-Sized cooked cauliflower	Minced w/ sauce x x Puréed Minced cooked cauliflower w/ stock	Puréed x x Puréed Puréed cooked cauliflower
Dessert	Cherry Crumb Pie * * Purée w/ vanilla pudding and/or whipped topping for added flavor	Puréed pie filling	Puréed pie filling	Puréed pie filling
Menus planned for reduced sodium, limited concentrated sugar, and consistent carbohydrates.				