

EMERGENCY MENU – DAY ONE

Meal	Portion Size	Regular Diet	Regular/Minced	Regular/Pureed	Modified Diabetic Diet	Modified Diabetic /Minced	Modified Diabetic /Pureed	Gluten Free Diet	Renal Diet	Thickened Fluids (as per diet order)
Breakfast	125 mL	Juice	√	√	√	√	√	√	√ no OJ	√ Thickened
	250 mL	UHT Milk	√	√	√	√	√	√	√	√ Thickened
	175 mL	Cold Cereal	√	√ soaked in milk	√	√	√ soaked in milk	Puffed Rice Cereal	√	√ soaked in milk
	1 slice	Bread	√	P Bread**	√	√	P Bread**	√ Gluten Free	√ white bread	√
	30 g	Peanut Butter	√	√	√	√	√	√	√	√
	1 pkg	Jam	√	√	Diet Spread	Diet Spread	Diet Spread	√	√	√
	175 mL	Tea/Coffee	√	√	√	√	√	√	√	√ Thickened
Snack	125 mL	Juice/Water	√	√	Diet Drink/Water	Diet Drink/Water	Diet Drink/Water	√	√ no OJ	√ Thickened
Lunch	125 mL	Juice	√	√	√	√	√	√	√ no OJ	√ Thickened
	125mL	UHT Milk	√	√	√	√	√	√	√	√
	125 mL	Cream of tomato	√	√	√	√	√	√GF soup choice	Chicken noodle	√
	2 each	Crackers	√	-	√	√	-	Rice Crackers	√	√
	1 whol	Tuna Sandwich	√	#12 scp P* Tuna & P Bread**	√	√	√	√ on Gluten-Free Bread	√ white bread	√
125 mL	Ice cream	√	√	√	√	√	√	√	Vanilla pudding	
Snack	125 mL	Juice	√	√	Diet Drink	Diet Drink	Diet Drink	√ GF cookies (as available)	√ no OJ	√ Thickened
	2 each	Strawberry Wafer Cookies	√	Applesauce	√	√	Applesauce	√	√	√
Supper	125 mL	Juice	√	√	√	√	√	√	√	√ Thickened
	170 g	Beef Stew	√ mashed	√ #6 scp P*	√	√ mashed	√ #6 scp P*	√ Sliced beef	√	√
	125 mL	Squash	√ mashed	√ #8 scp P*	√	√ mashed	√ #8 scp P*	√	Green beans	√
	1 slice/ 5 mL	Bread Slice with margarine	√	P Bread**	√	√	P Bread**	√ Gluten Free	√ white bread	√
125 mL	Fruit Cocktail	#8 scp Fruit Sauce	#8 scp Fruit Sauce	√	#8 scp Fruit Sauce	#8 scp Fruit Sauce	√	√	√	
Snack	125 mL	Juice	√	√	Diet Drink	Diet Drink	√	√ GF cookies as available	√ no OJ	√ Thickened
	2 each	Digestive cookies	√	√ soak in UHT milk	√	√	√ soak in UHT milk	√	√	√

Legend: UHT = Ultra High Temperature (shelf stable); scp = scoop; P* = baby food in jar; P Bread** = crustless bread soaked in UHT milk

- Notes:**
- (1) Ensure that there is an adequate supply of enteral formula for those residents on enteral feedings;
 - (2) *** strain soup if no power available to puree
 - (3) Repeat cycle menu as needed for emergency
 - (4) As an alternate to UHT milk, SMP reconstituted could be used if potable water is available and acceptable cleaning processes are possible/being used.

EMERGENCY MENU – DAY TWO

Meal	Portion Size	Regular Diet	Regular/Minced	Regular/Pureed	Modified Diabetic Diet	Modified Diabetic /Minced	Modified Diabetic /Pureed	Gluten Free Diet	Renal	Thickened Fluids (as per diet order)
Breakfast	125 mL	Juice	√	√	√	√	√	√	√ no OJ	√ Thickened
	250 mL	UHT Milk	√	√	√	√	√	√	√	√ Thickened
	175 mL	Cold Cereal	√	√ soaked in milk	√	√	√ soaked in milk	Gluten free corn flakes	√	√ soaked in milk
	1 slice	Bread	√	P Bread**	√	√	P Bread**	√ Gluten Free	√ white bread	√
	30 g	Cheese Spread	√	√	√	√	√	√	√ Peanut butter	√
	1 pkg	Jam	√	√	√	√	√	√	√	√
	175 mL	Tea/Coffee	√	√	√	√	√	√	√	√ Thickened
Snack	125 mL	Juice/Water	√	√	Diet Drink/Water	Diet Drink/Water	Diet Drink/Water	√	√ no OJ	√ Thickened
Lunch	125 mL	Juice	√	√	√	√	√	√	√ no OJ	√ Thickened
	125 mL	Minestrone Soup	√	-	√	√	-	√ GF soup choice	√	-
	2 each	Crackers	√	-	√	√	-	√ Rice Crackers	√	√
	1 whole	Chicken Salad Sandwich	√	#12 scp P* Chicken & P Bread**	√	√	#12 scp P* Chicken & P Bread**	√ on Gluten-Free Bread	√ white bread	√
	125 mL	Sliced Beets	√ mashed	#8 scp P* Sweet Potatoes	√	√ mashed	#8 scp P* Sweet Potatoes	√	√ Carrot sticks	√
125 mL	Peaches	#8 scp Peach Sauce	#8 scp Peach Sauce	√	#8 scp Peach Sauce	#8 scp Peach Sauce	√	√	√	
Snack	125 mL	Juice	√	√	Diet Drink	Diet Drink	Diet Drink	√	√ no OJ	√ Thickened
	125 mL	Rice Krispie Square	√	√ Pudding Cup	√	√	√ Pudding Cup	√	√	√
Supper	125 mL	Juice	√	√	√	√	√	√	√	√ Thickened
	170 g	Spaghetti & Tomato Sauce	√ cut fine	√ #6 scp P*	√	√ cut fine	√ #6 scp P*	√ Gluten free pasta	√ with alfredo	√
	125 mL	Peas	√ #8 scp P*	√ #8 scp P*	√	√ #8 scp P*	√ #8 scp P*	√ peas	√	√
	1 slice/5 mL	Bread and Margarine	√	√ P Bread**	√	√	√ P Bread**	√ Gluten Free	√	√
125 mL	Chocolate Pudding	√	√	√	√	√	√ Hunts snack pack pudding	√ 2 Chocolate Chip Cookies	√	
Snack	125 mL	UHT Milk	√	√	√	√	√	√ GF cookies as available	√	√ Thickened
	2 each	Graham crackers	√	√ soak in UHT milk	√	√	√ soak in UHT milk		√	√

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EMERGENCY MENU – DAY THREE

Meal	Portion Size	Regular Diet	Regular/Minced	Regular/Pureed	Modified Diabetic Diet	Modified Diabetic /Minced	Modified Diabetic /Pureed	Gluten Free Diet	Renal	Thickened Fluids (as per diet order)
Breakfast	125 mL	Juice	√	√	√	√	√	√	√ no OJ	√ Thickened
	250 mL	UHT Milk	√	√	√	√	√	√	√	√ Thickened
	175 mL	Cold Cereal	√	√ soaked in milk	√	√	√ soaked in milk	Cold Puffed Rice Cereal	√	√ soaked in milk
	1 slice	Bread	√	P Bread**	√	√	P Bread**	√ Gluten Free	√ white	√
	30 g	Peanut Butter	√	√	√	√	√	√	√	√
	1 pkg 175 mL	Jam Tea/Coffee	√ √	√ √	√ √	Diet Spread Diet Spread	Diet Spread Diet Spread	√ √	√ √	√ √ Thickened
Snack	125 mL	Juice/Water	√	√	Diet Drink/Water	Diet Drink/Water	Diet Drink/Water	√	√ no OJ	√ Thickened
Lunch	125 mL	Tomato Juice	√	√	√	√	√	√	Apple juice	√ Thickened
	125 mL	Cream of Mushroom Soup	√	√ - strained***	√	√	-	√ GF soup choice	√	√
	2 each	Crackers	√	-	√	√	√	Rice Crackers	√	√
	125 mL	Beans in Tomato Sauce	√	#8 scp P* Veg Casserole	√	√	#8 scp P* Veg Casserole	√ Heinz beans in tomato sauce	√ Whole sandwich on white bread	√
	1 slice/ 5 mL 125 mL	Bread and Margarine Vanilla Pudding	√ √	P Bread** √	√ √	√ √	P Bread** √	√ Gluten-Free √ Hunts snackpack pudding	- √	√ √
Snack	125 mL 125 mL	Juice Applesauce	√ √	√ √	Diet Drink √	Diet Drink √	Diet Drink √	√ √	√ no OJ √	√ Thickened √
Supper	125 mL	Juice	√	√	√	√	√	√	√	√ Thickened
	170 g	Chicken Stew	√ mashed	√ #6 scp P*	√	√ mashed	√ #6 scp P*	√ gluten free sliced chicken	√	√
	125 mL	Turnip	√ mashed	√ #8 scp P*	√	√ #8 scp P*	√ #8 scp P*	√	√	√
	1 slice/ 5 mL	Bread and Margarine	√	P Bread**	√	√	P Bread**	√	√ white	√
	125 mL	Canned pears	#8 scp Pear Sauce	#8 scp Pear Sauce	√	#8 scp Pear Sauce	#8 scp Pear Sauce	√	√	√
Snack	125 mL 2 each	UHT Milk Arrowroot cookies	√ √	√ √ soak in UHT milk	√ √	√ √	√ √ soak in UHT milk	√ GF cookies as available	√ no OJ √	√ Thickened √

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