

WEEK 1		MONDAY CYCLE 1 DAY 1			MILITARY HOSPITAL PLANT BASED MENU								DAYS 01-07	
					"S" recipes are Army IMT approved recipes						Blue indicates recipe modifications needed			
RECIPE NO.	BREAKFAST	G4G	SODIUM	RECIPE NO.	LUNCH	G4G	SODIUM	RECIPE NO.	DINNER	G4G	SODIUM			
E00100	HOT OATMEAL	Green	LOW	P-804-00	MIDWESTERN TOMATO RICE SOUP	Green		P-800-00	Carrot Soup	Green	LOW			
E02400	CEREAL, RTE, ASSORTED, HEALTHY (accidently vegan)	Yellow	LOW	T-010-00	Vegetable Sloppy Joes (Scratch cook or use vegan crumbles)	Yellow	LOW	T-176-00	Southwest Vegetable Stuffed Peppers (Brown Rice) OMIT Cheese	Green	LOW			
E02401	CEREAL, RTE, ASSORTED, SWEET (accidently vegan ones)	Red	LOW	Q04507	CRINKLE CUT FRIES	Red	MODERATE	Q-080-00	Hacienda Corn and Black Beans	Green	MODERATE			
Q04700	HOME FRIED POTATOES	Green	LOW	Q-300-00	Curried Lentils	Green	MODERATE	Q-076-00	South of the Border Broccoli	Green	HIGH			
M07500	FRUIT BAR	Green	N/A	M00901	COLESLAW W/VINEGAR DRESSING			M-071-00	Salsa Pasta Salad	Yellow	LOW			
D06200	BREAD BAR	Yellow	LOW	Q12600	MIXED VEGETABLES		MODERATE	Q04507	Mexican Rice (Brown, Long Grain, Oven)	Green	MODERATE			
				M80100	SALAD BAR	Green	N/A	M07500	FRUIT BAR	Green	N/A			
				M07500	FRUIT BAR	Green	N/A	D06200	BREAD BAR	Yellow	LOW			
				H-025-00	Abracadabra Bars	Red	LOW	M80100	SALAD BAR	Green	N/A			
								H-025-00	Abracadabra Bars	Red	LOW			

WEDNESDAY CYCLE 1 DAY 3				MILITARY HOSPITAL PLANT BASED MENU							
RECIPE NO.	BREAKFAST	G4G	SODIUM	RECIPE NO.	LUNCH	G4G	SODIUM	RECIPE NO.	DINNER	G4G	SODIUM
E00100	HOT OATMEAL	Green	LOW	P-028-00	Curried Vegetable Soup	Green	LOW	P-027-00	Lentil Vegetable Soup	Green	MODERATE
E02400	CEREAL, RTE, ASSORTED, HEALTHY (accidently vegan)	Yellow	LOW	S07000	Vegan Chili	Purple		T-006-00	Balsamic Vegetable Shepherd's Pie (Omit Dairy)	Green	
E02401	CEREAL, RTE, ASSORTED, SWEET (accidently vegan ones)	Red	LOW	Q-106-00	Brussels Sprouts (Roasted,Fresh)	Green	MODERATE	M-027-00	German Cole Slaw	Green	
M07500	FRUIT BAR	Green	N/A	E-303-00	Lemon Herb Quinoa	Green	MODERATE	Q10800	STEAMED CARROTS	Green	LOW
D06200	BREAD BAR	Yellow	LOW	Q12600	MIXED VEGETABLES	Green	MODERATE	Q-070-00	Garlic Roasted Potato Wedges	Green	LOW
				D-004-00	French Bread	Yellow	MODERATE	Q11600	PEAS (FROZEN)	Green	LOW
				M80100	SALAD BAR	Green	N/A	M80100	SALAD BAR	Green	N/A
				M07500	FRUIT BAR	Green	N/A	M07500	FRUIT BAR	Green	N/A
				G-011-00	Easy Chocolate Cake	Red	LOW	D06200	BREAD BAR	Yellow	LOW
								G-011-00	Easy Chocolate Cake	Red	LOW

THURSDAY CYCLE 1 DAY 4				MILITARY HOSPITAL PLANT BASED MENU							
RECIPE NO.	BREAKFAST	G4G	SODIUM	RECIPE NO.	LUNCH	G4G	SODIUM	RECIPE NO.	DINNER	G4G	SODIUM
E00100	HOT OATMEAL	Green	LOW	T-005-00	Vegetable Gumbo (Brown Rice)	Green	MODERATE	P00701	MINESTRONE	Green	LOW
E02400	CEREAL, RTE, ASSORTED, HEALTHY (accidently vegan)	Yellow	LOW	E01000	RED BEANS AND RICE (Omit Bacon)	Green	MODERATE	S06800	Black Bean and Sweet Potato Burrito	Grey	
E02401	CEREAL, RTE, ASSORTED, SWEET (accidently vegan ones)	Red	LOW	Q-001-00	Roasted Brussels, Carrots, Parsnips	Green	MODERATE	E-011-00	Mexican Rice (Brown, Long Grain, Oven)	Green	MODERATE
Q-046-01	Cottage Fried Potatoes	Green	LOW	E00505	STEAMED BROWN RICE	Green	LOW	Q10500	BROCCOLI (FRZN)	Green	LOW
M07500	FRUIT BAR	Green	N/A	Q-066-00	Baked Sweet Potatoes	Green	LOW	M-002-03	Spinach,Cranberry,Sesame, Vinaigrette Salad	Green	LOW
D06200	BREAD BAR	Yellow	LOW	Q-108-00	Carrots (Roasted, Fresh)	Green	HIGH	M07500	FRUIT BAR	Green	N/A
				Q10901	ROASTED CAULIFLOWER (FRESH)	Green	MODERATE	I-035-00	FRUIT DUMPLINGS	Red	LOW
				M80100	SALAD BAR	Green	N/A	I-001-00	Two Crust Pie Shell (Mixer Method)	Red	LOW
				M07500	FRUIT BAR	Green	N/A				
				D06200	BREAD BAR	Yellow	LOW				
				I-035-00	FRUIT DUMPLINGS	Red	LOW				
				I-001-00	Two Crust Pie Shell (Mixer Method)	Red	LOW				

FRIDAY CYCLE 1 DAY 5				MILITARY HOSPITAL PLANT BASED MENU							
RECIPE NO.	BREAKFAST	G4G	SODIUM	RECIPE NO.	LUNCH	G4G	SODIUM	RECIPE NO.	DINNER	G4G	SODIUM
E00102	CEREAL, CREAM OF WHEAT	Yellow	LOW	P-030-00	Black Bean Soup	Green	HIGH	P-302-00	Potato Kale and White Bean Soup	Green	MODERATE
E02400	CEREAL, RTE, ASSORTED, HEALTHY (accidently vegan)	Yellow	LOW	S06700	Southwest Wrap	Purple		T-203-00	Vegetable Curry with Brown Rice	Green	MODERATE
E02401	CEREAL, RTE, ASSORTED, SWEET (accidently vegan ones)	Red	LOW	Q-072-00	Sesame Glazed Green Beans	Green	MODERATE	Q-015-00	Oriental Stir-Fry Cabbage	Green	MODERATE
Q04602	HASHED BROWN POTATOES	Yellow	MODERATE	Q-111-00	Corn on the Cob (Frozen)	Green	LOW	B00202	EGG ROLLS (purchased vegan)	Red	MODERATE
M07500	FRUIT BAR	Green	N/A	Q-305-00	Roasted Sweet Potato Wedges (Skin On)	Green	MODERATE	Q-070-00	Garlic Roasted Potato Wedges	Green	LOW
D06200	BREAD BAR	Yellow	LOW	E00502	TOSSSED GREEN RICE	Yellow	LOW	E00505	STEAMED BROWN RICE	Green	LOW
				M80100	SALAD BAR	Green	N/A	Q06401	SAVORY SUMMER SQUASH	Green	MODERATE
				M07500	FRUIT BAR	Green	N/A	M80100	SALAD BAR	Green	N/A
				D06200	BREAD BAR	Yellow	LOW	M07500	FRUIT BAR	Green	N/A
				J-023-00	Baked Cinnamon Apple Slices	Yellow		D06200	BREAD BAR	Yellow	LOW
								J-023-00	Baked Cinnamon Apple Slices	Yellow	

SATURDAY CYCLE 1 DAY 6				MILITARY HOSPITAL PLANT BASED MENU							
RECIPE NO.	BREAKFAST	G4G	SODIUM	RECIPE NO.	LUNCH	G4G	SODIUM	RECIPE NO.	DINNER	G4G	SODIUM
E00100	HOT OATMEAL	Green	LOW	P-300-00	Herbed Tomato and Red Lentil Soup	Green	LOW	P03000	BLACK BEAN SOUP	Green	HIGH
E02400	CEREAL, RTE, ASSORTED, HEALTHY (accidently vegan)	Yellow	LOW		Grilled Eggplant Rollatini (use oil in lieu of margarine)	Purple		T-011-00	meatballs instead of scratch cooking vegetarian ones & omit cheese on top	Green	
E02401	CEREAL, RTE, ASSORTED, SWEET (accidently vegan ones)	Red	LOW	E-805-00	Rice Pilaf, Using Mix	Yellow	MODERATE	O-004-00	Marinara Sauce	Green	HIGH
Q04603	LYONNAISE POTATOES	Green	LOW	Q-074-00	Squash and Carrot Medley (Fresh)	Green	LOW	E-004-15	Rotini, Whole Wheat (Boiled)	Green	LOW
M07500	FRUIT BAR	Green	N/A	Q-116-00	Peas (Frozen)	Green	LOW	Q10500	STEAMED BROCCOLI	Green	LOW
D06200	BREAD BAR	Yellow	LOW	Q-054-02	O'Brien Potatoes (Dehydrated, Sliced)	Green	MODERATE	Q-005-01	Savory Style Beans	Green	LOW
				M80100	SALAD BAR	Green	N/A	Q10900	Roasted Cauliflower (Fresh)	Green	LOW
				M07500	FRUIT BAR	Green	N/A	M80100	SALAD BAR	Green	N/A
				D06200	BREAD BAR	Yellow	LOW	M07500	FRUIT BAR	Green	N/A
				H-025-00	Abracadabra Bars	Red	LOW	D06200	BREAD BAR	Yellow	LOW
								H-025-00	Abracadabra Bars	Red	LOW

WEEK 2	MONDAY CYCLE 2 DAY 8				MILITARY HOSPITAL PLANT BASED MENU				DAYS 08-14			
					"S" recipes are Army IMT approved recipes					Blue indicates recipe modifications needed		
RECIPE NO.	BREAKFAST	G4G	SODIUM		RECIPE NO.	LUNCH	G4G	SODIUM	RECIPE NO.	DINNER	G4G	SODIUM
E00100	HOT OATMEAL		LOW		P-302-00	Potato Kale and White Bean Soup		MODERATE	P00102	BARLEY SOUP (omit beef & use vegetable broth)		LOW
E02400	CEREAL, RTE, ASSORTED, HEALTHY (accidently vegan)		LOW		Q-073-01	ORIENTAL VEGETABLE STIR FRY		HIGH	E01000	RED BEANS AND RICE (omit bacon)		MODERATE
E02401	CEREAL, RTE, ASSORTED, SWEET (accidently vegan ones)		LOW		E00505	STEAMED BROWN RICE		LOW	Q-503-00	Okra Melange		MODERATE
L08903N	BREAKFAST SAUSAGE PATTY VEGETARIAN				Q50200	ITALIAN ROASTED POTATOES		MODERATE	Q04800	OVEN ROASTED RED SKINNED POTATOES		
Q-046-01	Cottage Fried Potatoes		LOW		Q10800	STEAMED CARROTS		LOW	E00505	STEAMED BROWN RICE		MODERATE
M07500	FRUIT BAR		N/A		Q-072-00	Sesame Glazed Green Beans		MODERATE	Q12600	MIXED VEGETABLES		MODERATE
D06200	BREAD BAR		LOW		J-006-02	Banana Fruit Cup		N/A	J-006-02	Banana Fruit Cup		N/A
					M80100	SALAD BAR		N/A	M80100	SALAD BAR		N/A
					M07500	FRUIT BAR		N/A	M07500	FRUIT BAR		N/A
					D06200	BREAD BAR		LOW	D06200	BREAD BAR		LOW

TUESDAY CYCLE 2 DAY 9				MILITARY HOSPITAL PLANT BASED MENU							
RECIPE NO.	BREAKFAST	G4G	SODIUM	RECIPE NO.	LUNCH	G4G	SODIUM	RECIPE NO.	DINNER	G4G	SODIUM
E-001-02	Hot Farina	Yellow	LOW	P02500	Mexican Onion Corn Soup (Dehydrated Mix)	Green	LOW	P-028-00	Curried Vegetable Soup	Green	LOW
L08903N	BREAKFAST SAUSAGE PATTY VEGETARIAN			T-007-00	Quinoa and Black Bean Burrito (omit cheese)	Green	MODERATE	T-189-00	Italian Broccoli Pasta (Whole Wheat Pasta) (omit cheese)	Green	HIGH
E02400	CEREAL, RTE, ASSORTED, HEALTHY (accidently vegan)	Yellow	LOW	E 803 00	Aztec Rice	Green	MODERATE	Q-078-00	Potatoes and Herbs	Green	LOW
E02401	CEREAL, RTE, ASSORTED, SWEET (accidently vegan ones)	Red	LOW	Q03801	REFRIED BEANS	Yellow	MODERATE	Q-062-00	Creole Summer Squash	Green	MODERATE
Q04602	HASHED BROWN POTATOES	Yellow	MODERATE	Q07601	SOUTH OF THE BORDER MEDLEY	Green	MODERATE	Q11600	PEAS (FROZEN)	Green	LOW
M07500	FRUIT BAR	Green	N/A	Q-110-00	Corn, Whole Kernel (Frozen)	Green	MODERATE	M80100	SALAD BAR	Green	N/A
D06200	BREAD BAR	Yellow	LOW	M80100	SALAD BAR	Green	N/A	M07500	FRUIT BAR	Green	N/A
				M07500	FRUIT BAR	Green	N/A	D06200	BREAD BAR	Yellow	LOW
				D06200	BREAD BAR	Yellow	LOW	H-025-00	Abracadabra Bars	Red	LOW
				H-025-00	Abracadabra Bars	Red	LOW				

WEDNESDAY CYCLE 2 DAY 10				MILITARY HOSPITAL PLANT BASED MENU							
RECIPE NO.	BREAKFAST	G4G	SODIUM	RECIPE NO.	LUNCH	G4G	SODIUM	RECIPE NO.	DINNER	G4G	SODIUM
E00100	HOT OATMEAL	Green	LOW	P-804-00	MIDWESTERN TOMATO RICE SOUP	Green	LOW	P03000	BLACK BEAN SOUP	Green	HIGH
E02400	CEREAL, RTE, ASSORTED, HEALTHY (accidentally vegan)	Yellow	LOW	N80300	BLACK BEAN BURGER (purchase vegan)	Green	MODERATE	Q-810-00	CAPONATA		
E02401	CEREAL, RTE, ASSORTED, SWEET (accidentally vegan ones)	Red	LOW	Q-070-00	Garlic Roasted Potato Wedges	Green	LOW	Q-108-00	Carrots (Roasted, Fresh)	Green	HIGH
L08903N	BREAKFAST SAUSAGE PATTY VEGETARIAN			Q-005-01	Savory Style Beans	Green	LOW	E-303-00	Lemon Herb Quinoa	Green	MODERATE
Q04700	HOME FRIED POTATOES	Green	LOW	Q12600	MIXED VEGETABLES	Green	MODERATE	Q-106-01	Roasted Brussels Sprouts (Frozen)	Green	MODERATE
M07500	FRUIT BAR	Green	N/A	Q06500	HERBED BROCCOLI	Green	MODERATE	Q-504-02	ROASTED PEPPER HOME FRIED POTATOES		
D06200	BREAD BAR	Yellow	LOW	M80100	SALAD BAR	Green	N/A	H01100	PEANUT BUTTER COOKIES (use proposed egg free recipe)	Red	LOW
				M07500	FRUIT BAR	Green	N/A	M80100	SALAD BAR	Green	N/A
				M00901	COLESLAW W/VINEGAR DRESSING	Yellow	MODERATE	M00901	COLESLAW W/VINEGAR DRESSING	Yellow	MODERATE
				D06200	BREAD BAR	Yellow	LOW	M07500	FRUIT BAR	Green	N/A
				N05300	SANDWICH CONDIMENTS	Yellow	LOW	D06200	BREAD BAR	Yellow	LOW
				I-022-01	Cherry Pie (Pie Filling)	Red	MODERATE				
				I-001-00	Two Crust Pie Shell (Mixer Method)	Red	LOW				

