

**NUTRITIONAL MANAGEMENT SERVICES LIMITED**
**Spring / Summer Week 2**
**Sunday Lunch Choice 1**

	<b>Regular</b>		<b>High Energy/Protein</b>		<b>Modified Diabetic</b>	
<b>All Menus</b>	Cold Beverages	4 oz	Cold Beverages	4 oz	Cold Beverages	4 oz
	Hot Beverages	8 oz	Hot Beverages	8 oz	Hot Beverages	8 oz
	Milk, 2%	4 oz	Milk, 2%	4 oz 15 ml	Milk, 2%	4 oz
<b>Regular</b>	Protein	3 oz		3 oz		3 oz
	Condiment	1 oz		1 oz		1 oz
	Starch	1 #10 scoop		1 #10 scoop		1 #12 scoop
	Starch	1 slice		1 slice		
	Vegetable	1 #8 scoop		1 #8 scoop		1 #8 scoop
	Dessert	1 slice		1 slice		.5 slice
<b>Chop</b>	Protein (Chop)	3 oz		3 oz		3 oz
	Condiment	1 oz		1 oz		1 oz
	Starch	1 #10 scoop		1 #10 scoop		1 #12 scoop
	Starch	1 slice		1 slice		
	Vegetable	1 #8 scoop		1 #8 scoop		1 #8 scoop
	Dessert	1 slice		1 slice		.5 slice
<b>Soft</b>	Protein (G)	1 #10 scoop		1 #10 scoop		1 #10 scoop
	Condiment	1 oz		1 oz		1 oz
	Starch	1 #10 scoop		1 #10 scoop		1 #12 scoop
	Starch	1 slice		1 slice		
	Vegetable	1 #8 scoop		1 #8 scoop		1 #8 scoop
	Dessert	1 slice		1 slice		.5 slice
<b>Ground</b>	Protein (G)	1 #10 scoop		1 #10 scoop		1 #10 scoop
	Condiment	1 oz		1 oz		1 oz
	Starch	1 #10 scoop		1 #10 scoop		1 #12 scoop
	Starch	1 slice		1 slice		
	Vegetable (G)	1 #10 scoop		1 #10 scoop		1 #10 scoop
	Dessert (G)	1 #10 scoop		1 #10 scoop		1 #20 scoop
<b>Puree</b>	Protein (P)	1 #10 scoop		1 #10 scoop		1 #10 scoop
	Condiment	1 oz		1 oz		1 oz
	Starch	1 #10 scoop		1 #10 scoop		1 #12 scoop
	Starch (P)	1 #16 scoop		1 #16 scoop		
	Vegetable (P)	1 #10 scoop		1 #10 scoop		1 #10 scoop
	Dessert (P)	1 #10 scoop		1 #10 scoop		1 #20 scoop