

**5-day Cycle Menu Planning Worksheet:**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b>					
Fruit/juice (1 ea)	1. Apple Juice 2. Strawberries*	1. Cranberry Juice 2. Orange*	1. Grapefruit juice* 2. Pear**	1. Orange Juice* 2. Cantaloupe**	1. Strawberry Juice 2. Raspberries*
Hot Cereal (1)	1. Peaches and Cream Oatmeal 2. Asst. Cold Cereal	1. Baked Butter Grits 2. Asst. Cold Cereal	1. Raisin Oatmeal 2. Asst. Cold Cereal	1. Baked Cheese Grits 2. Asst. Cold Cereal	1. Maple Apple Oatmeal 2. Asst. Cold Cereal
Entrees (2)	1. Chicken and Spinach Crepe 2. Pecan Waffles	1. Mushroom and Cheese Omelet 2. Apple Pancakes	1. Roasted Pepper and Basil Frittata 2. Batter-Fried French Toast	1. Egg and Turkey Sausage Bake 2. Fruit Cheese Crepe	1. Scotch Woodcock Creamed Eggs 2. Cinnamon French Toast
Sides (3)	1. Oven-Fried Potatoes 2. Bagel w/ Cream Cheese 3. French Breakfast Puff 1. Asst. Bread/Toast	1. Chicken Apple Sausage 2. English Muffin 3. Coffee Cake 1. Asst. Bread/Toast	1. Lyonnaise Potatoes 2. Mixed Berries Yogurt 3. Banana Fritters 1. Asst. Bread/Toast	1. Turkey Sausage in egg bake 2. Soy Pigs in Blankets 3. Carrot Cake 1. Asst. Bread/Toast	1. Hashed Brown Potatoes 2. Strawberry yogurt 3. Turkey Bacon strips 1. Asst. Bread/Toast
Toast (1)					
<b>Lunch:</b>					
Soup/Salad (1 ea)	1. Carrot-Apple-Celery Salad**	1. Spinach Mushroom Salad**	1. Tossed Vegetable Salad	1. Spinach Cheese Salad**	1. Tender Greens and Fruit Salad
Entrees (2)	2. Vegetable Soup 1. Blackened Chicken Breast	2. Minestrone Soup 1. Lasagna	2. Garden Chili 1. South Western Style Steak Wrap	2. Chicken Noodle Soup 1. Herb Marinated Chicken Breast	2. Split Pea Soup 1. Poached Salmon
Vegetables (2)	2. Vegetarian Pocket Sandwich w/ Hummus and Swiss Cheese	2. Garden Pizza 1. Seasoned Zucchini	2. Taco Salad (Soy Meat) 1. Creamy Coleslaw	2. Swiss Broccoli Pasta 1. Baked eggplant	2. Tofu Kabobs 1. Seasoned Fresh Asparagus
Starch (2)	2. Vegetables on Garden Pizza entree	2. Vegetables on Garden Pizza entree	2. Vegetables in Taco Salad entrée.	2. Broccoli in Swiss Broccoli Pasta entree	2. Vegetables on Kabob entree
Desserts (2)	1. Steamed Broccoli* and carrots**	1. Noodle Sheets in Lasagna entree	1. Macaroni and Cheese	1. Lemon Orzo	1. Risotto
Bread (1)	2. Vegetables in Vegetarian Pocket Sandwich entree 1. Tomato Cilantro Rice 2. Pita bread from Vegetarian Pocket Sandwich entree 1. Date bars 2. Raspberry Alaska Pie 1. Asst. Bread/Rolls	2. Flour/Dough in Garden Pizza Entree 1. Orange-Filled Angel Food Cake 2. Butter Tea Cookies 1. Asst. Bread/Rolls	2. Tortilla bowl in taco salad entrée. 1. Apple Sauce Cake 2. Chocolate chip cookies 1. Asst. Bread/Rolls	2. Noodles in Swiss Broccoli Pasta entree 1. Vanilla Ice Cream w/ Strawberry/blueberry topping 2. Marshmallow Krispie Squares 1. Asst. Bread/Rolls	2. Brown Rice 1. Pineapple Cashew Cake 2. Frozen Mocha Almond Pie 1. Asst. Bread/Rolls



<b>Dinner:</b>					
Soup/Salad (1 ea)	1. Tossed Vegetable Salad	1. Fresh Sliced Tomato and Cucumbers*	1. Spinach Salad**	1. Tomato Basil and Romaine Salad*	1. Spinach Salad**
Entrees (2)	2. Broccoli and Cheese Soup	2. Cream of Cauliflower Soup	2. French Onion Soup	2. Potato Chowder	2. Lentil Soup
Vegetables (2)	1. Beef Stroganoff	1. Herb-Marinated Chicken Breast	1. Salisbury Steak	1. Cheese-Stuffed Chicken Breast	1. Swiss Steak
Starch (2)	2. Vegetable Couscous w/ Tofu	2. Vegetable and Tofu Jambalaya	2. Lemon Baked Fish	2. Vegetarian Spaghetti	2. Sweet and Sour Tofu
Desserts (2)	1. Seasoned Fresh Asparagus	1. Parsley Buttered Carrots	1. Seasoned Peas	1. Seasoned Brussel Sprouts	1. Almond Buttered Broccoli
Bread (1)	2. Vegetables in Vegetable Couscous entree	2. Vegetables in Jambalaya entree	2. Marinated Garden Salad (Carrots, cauliflower, broccoli)	2. Cabbage Stuffed Tomato	2. Roasted Bell Peppers
	1. Noodles in Beef Stroganoff Entree	1. Scalloped Potatoes with Onion	1. Roasted Garlic Mashed Potatoes	1. Quinoa Palif	1. Fried Rice
	2. Couscous in Vegetable Couscous entree	2. Rice in Jambalaya entree	2. Brown rice	2. Garlic Bread	2. Steamed Rice
	1. Old-Fashioned Strawberry Shortcake	1. Fruit Cobbler	1. Cheesecake	1. Baked Custard	1. Cream Puffs
	2. Banana Cream Pudding	2. Vanilla Ice Cream	2. Baked Apples	2. Fruit and Cheese Desert	2. Apple Dumplings
	1. Asst. Bread/Rolls	1. Asst. Bread/Rolls	1. Asst. Bread/Rolls	1. Asst. Bread/Rolls	1. Asst. Bread/Rolls

Coffee / Tea / Milk Available

Assorted Bread/Toast/Rolls Available

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



Monday's Front-of-the-House Menu

***Breakfast***

*Fruit and Juice*

Apple Juice  
Fresh Strawberries

*Cereal*

*Cold cereals served with choice of skim,  
2%, or soy milk.*

Peaches and Cream Oatmeal  
Granola Cereal  
Muesli with Fresh Blueberries

*Entrees*

Chicken and Spinach Soufflé Crepe  
Warm Pecan Waffles (*optional maple syrup*)

*Sides*

Oven-Fried Potatoes and Chives  
Warm Bagel with Cream Cheese  
French Breakfast Puff

*Bakery*

*Served with choice of butter, strawberry  
jam, or grape jam.*

Whole Grain Toast  
White Toast

***Lunch***

*Soup and Salad*

Carrot-Apple-Celery Salad  
Garden Vegetable Soup

*Entrees*

Blackened Cajun Chicken Breast  
Vegetarian Pocket Sandwich with Hummus  
and Swiss Cheese

*Vegetables*

Steamed Broccoli Florets & Baby Carrots

*Sides*

Tomato Cilantro Rice

*Desserts*

Date Bars  
Raspberry Alaska Pie

*Bakery*

*Served with choice of butter or olive oil.*

Whole Wheat Roll  
White Dinner Roll

***Condiments***

*Available at each meal*

Salt  
Pepper

***Dinner***

*Soup and Salad*

Tossed Mixed Greens and Vegetables Salad  
Broccoli and Cheese Soup

*Entrees*

Beef Stroganoff  
Vegetable Couscous with Tofu

*Vegetables*

Seasoned Fresh Asparagus

*Dessert*

Old-Fashioned Strawberry Shortcake  
Banana Cream Pudding

*Bakery*

*Served with choice of butter or olive oil.*

Whole Grain Roll  
White Dinner Roll  
Garlic Bread

***Beverages***

*Served all day.*

Tea – Regular or Decaf  
Coffee – Regular or Decaf  
Lemon Iced Tea  
Strawberry Lemonade  
Water



**Back of the House Menu – Day: Monday**

Breakfast	Portion Size	Food Item
Juice	1/2 cup	Apple Juice
Fruit	1 ¼ cup	Strawberries
Hot Cereal	6 oz	Peaches and Cream Oatmeal
Cold Cereal	1/4 cup	Granola Cereal
	1/4 cup	Muesli w/ Blueberries
Cereal Milk Options	1/2 cup	Skim
	1/2 cup	2%
	1/2 cup	Soy
Entrées	2 crepes	Chicken and Spinach Crepe
	1 waffle	Pecan Waffles
Sides	4 oz	Oven-Fried Potatoes
	1 Bagel	Bagel
	2 ¼ oz	French Breakfast Puff
Bread	1 Slice	Whole Grain Toast
	1 Slice	White Toast
Beverages	1 cup	Tea – Regular
	1 cup	Tea – Decaf
	1 cup	Coffee – Regular
	1 cup	Coffee – Decaf
	1 cup	Lemon Iced Tea
	1 cup	Strawberry Lemonade
	1 cup	Water
Condiments	1 Tbsp	Ketchup
	1 Tbsp	Maple Syrup
	1 Tbsp	Cream Cheese
	1 Tbsp	Strawberry Jam
	1 Tbsp	Grape Jam
	1 packet	Salt
	1 packet	Pepper
Lunch	Portion Size	Food Item
Soup	1 cup	Vegetable Soup



Salad	1/3 cup	Carrot-Apple-Celery Salad
Entrées	6 oz	Blackened Chicken Breast
	1 sandwich	Vegetarian Pocket Sandwich with Swiss Cheese and Hummus
Vegetables	3/4 cup	Steamed Broccoli and Carrots
Starch	4 oz	Tomato Cilantro Rice
Bread	1 small roll	Whole Wheat Roll
	1 small roll	White Dinner Roll
Desserts	2 ½ x 3 inches	Date Bars
	1 piece	Raspberry Alaska Pie
Beverages	1 cup	Tea – Regular
	1 cup	Tea – Decaf
	1 cup	Coffee – Regular
	1 cup	Coffee – Decaf
	1 cup	Lemon Iced Tea
	1 cup	Strawberry Lemonade
	1 cup	Water
Condiments	1 Tbsp	Butter
	1 Tbsp	Olive Oil
	1 packet	Salt
	1 packet	Pepper
Dinner	Portion Size	Food Item
Soup	1 cup	Broccoli and Cheese Soup
Salad	3 oz	Tossed Vegetable Salad
Entrées	6 oz stroganoff + 4 oz noodles	Beef Stroganoff
	4 oz	Vegetable Couscous with Tofu
Vegetables	3 oz	Seasoned Fresh Asparagus
Bread	1 small roll	Whole Grain Roll
	1 small roll	White Dinner Roll
	1 slice	Garlic Bread
Desserts	1 shortcake + 3/4 cup strawberries	Old-Fashioned Strawberry Shortcake
	1/2 cup	Banana Cream Pudding



Beverages	1 cup	Tea – Regular
	1 cup	Tea – Decaf
	1 cup	Coffee – Regular
	1 cup	Coffee – Decaf
	1 cup	Lemon Iced Tea
	1 cup	Strawberry Lemonade
	1 cup	Water
Condiments	1 Tbsp	Butter
	1 Tbsp	Olive Oil
	1 packet	Salt
	1 packet	Pepper



## Menu Project – Part 1

### *Menu Overview*

**1. Briefly describe your foodservice facility and its theme/philosophy (be creative!).**

The foodservice facility is located within a relaxing resort in beautiful San Diego, California. This resort is an in-house destination, specializing in providing companies with the perfect location for their business retreats. Company employees are provided with stress-free airport transportation, private or shared hotel rooms, a range of team building activities/workshops, and most importantly, delicious meals to reward their hard work.

Foodservice facility is fully equipped and ready to provide visitors with high quality meals.

**2. Who is your target population?**

The target population resides within companies, big or small, who work eagerly everyday to make improvements towards the future. Whether they build spaceships or work with children, this resort was created with doers in mind, in hope to provide a space for recharging and team bonding.

**3. What special needs does your population group have, if any?**

Surveys are provided to each company upon reservation to gather employee information regarding diet restrictions or possible food allergies. The company with the upcoming reservation has a few vegetarians and a few non-pork eaters.

**4. Any financial limitations your facility has that affects menu choices?**

Limitations and meal budgets depend on retreat package purchased by the company who is visiting. The company with the upcoming reservation purchased one of the more expensive packages in order to offer it's employees more variety.

**5. Explain how these factors/parameters in question 1-4 affect your menu with examples from your menu.**

The menu choices offered to each party will always depend on the retreat package purchased and the survey responses collected by the company that is visiting. Packages lower in price offer simpler food choices and/or fewer meals. For example, a lower priced package might offer waffles for breakfast three times a week. Packages higher in prices can offer a variety of gourmet options for breakfast, lunch, and dinner. For example, waffles might be offered on one day, but will not be repeated throughout the week unless it is made with a new variation, such as adding raisins.



## **6. Menu Explanations and Assumptions:**

Because the company's survey responses indicated that a few people were vegetarian and a few did not eat pork, every meal, Monday-Friday, will offer a non-vegetarian/non-pork option as well as a vegetarian option. The usual pork sausage and bacon will be substituted with chicken sausage, turkey sausage, and turkey bacon. To offer a higher variety of vegetarian options, some recipes, such as the taco salad and the kabobs, are substituting their meats for soy meat or tofu.

Every breakfast, lunch, and dinner will offer different entrees from previous days. Some sides, such as rice, will be repeated if they are paired best with specific entrees, but will be made using different variations.

Some lunches and dinners will follow specific themes, such as Wednesday's lunch, which will offer Southwestern style foods.

Bagels, cream cheese, yogurts, ice cream, garlic bread, and a variety of salad dressings are purchased and not made on site.

## **7. Explain overall planning including appearance and presentation of play/tray. We need to visualize how you see the food served on the plate or tray.**

Each plate is cooked and served by highly experienced and professional chefs, who not only cook delightful foods, but can make dishes look artistic and appealing. Well suited garnishes are always chosen by the chef for each plate. Most of the dishes are small portion sizes, so that visitors can fully enjoy every bite of each course. Eating utensils will be prewrapped in cloth napkins and placed on dining tables, ready to be used by visitors.

## **8. Briefly state how your menu meets the nutritional needs of your population (you will conduct an in-depth nutrition analysis in Part 2). Use the Dietary Guidelines for Americans as a reference.**

As recommended in the Dietary Guidelines for Americans, these menu options focus on a variety of nutrient-dense foods across and within all food groups. Our meals offer a variety of vegetables, including legumes, carrots, spinach, and more. The protein sources include egg, beef, chicken, and soy. Food choices high in vitamin C and A can be found throughout the menu. Desserts are also served as small portion sizes in order to limit the intake of added sugars.



List of Recipes Used from *Food for Fifty*

1. Peaches and Cream Oatmeal (Cooked Breakfast Cereal) – Page 413
2. Chicken and Spinach Crepe (Chicken Crepe) – Page 449
3. Pecan Waffles (Waffles) – Page 130
4. Oven-Fried Potatoes (Cottage Fried Potatoes) – Page 662
5. French Breakfast Puff – Page 116
6. Baked Butter Grits (Baked Cheese Grits) – Page 415
7. Mushroom and Cheese Omelet (Baked Omelet) – Page 274
8. Apple Pancakes (Pancakes) – Page 128
9. English Muffin Bread – Page 141
10. Coffee Cake – Page 120
11. Raisin Oatmeal (Cooked Breakfast Cereal) – Page 413
12. Roasted Pepper and Basil Frittata – Page 278
13. Batter-Fried French Toast (French Toast) – Page 133
14. Lyonnaise Potatoes (Cottage Fried Potatoes) – Page 662
15. Banana Fritters (Fritters) – Page 134
16. Baked Cheese Grits – Page 415
17. Egg and Turkey Sausage Bake (Egg and Sausage Bake) – Page 277
18. Soy Pigs in a Blanket (Sausage Roles) – Page 359
19. Carrot Cake – Page 171
20. Maple Apple Oatmeal (Cooked Breakfast Cereal) – Page 413
21. Scotch Woodcock Creamed Eggs (Creamed Eggs) – Pages 273
22. Cinnamon French Toast (French Toast) – Page 133
23. Hashed Brown Potatoes (Cottage Fried Potatoes) – Page 662
24. Carrot-Apple-Celery Salad (Carrot Raisin Salad) – Page 475
25. Vegetable Soup (Vegetable Beef Soup) – Page 602
26. Blackened Chicken Breast (Grilled Chicken Breast) – Page 441
27. Vegetarian Pocket Sandwich (Chicken Pocket Sandwich) – Page 539
28. Tomato Cilantro Rice – Page 405
29. Date Bars – Page 215
30. Raspberry Alaska Pie (Ice Cream Pie) – Page 245
31. Spinach Mushroom Salad (Basic Mixed Green Salad) – Page 473
32. Minestrone Soup – Page 610
33. Lasagna – Page 380
34. Garden Pizza (Pizza) – Page 341
35. Seasoned Zucchini (Seasoned Zucchini or Summer Squash) – Page 674
36. Yellow Angel Food Sponge Cake – Page 167
37. Butter Tea Cookies – Page 218
38. Tossed Vegetable Salad – Page 474
39. Garden Chili – Page 608
40. Southwestern Style Steak Wrap (Deli Wrap) – Page 541
41. Taco Salad (Chef's Salad Bowl) – Page 498
42. Creamy Coleslaw- Page 478
43. Whole Kernel Corn – Page 648
44. Cheese Topped Baked Potato (Baked Potatoes) – Page 657



45. Macaroni and Cheese – Page 372
46. Apple Sause Cake – Page 173
47. Chocolate Chip Cookies – Page 202
48. Spinach Cheese Salad – Page 484
49. Cream of Chicken Soup – Page 617
50. Scalloped Chicken – Page 452
51. Swiss Broccoli Pasta – Page 377
52. Baked Eggplant – Page 651
53. Lemon Orzo – Page 371
54. Marshmallow Krispie Squares- Page 217
55. Tender Greens and Fruit Salad – Page 474
56. Split Peas Soup – Page 612
57. Poached Salmon – Page 300
58. Tofu Kabobs (Kabobs) – Page 331
59. Seasoned Fresh Asparagus – Page 633
60. Risotto – Page 404
61. Brown Rice (Cooking Rice) – Page 399
62. Coconut Pecan Bars – Page 214
63. Frozen Mocha Almond Pie – Page 246
64. Tossed Vegetable Salad – Page 474
65. Broccoli and Cheese Soup – Page 619
66. Beed Stroganoff – Page 338
67. Vegetable Couscous – Page 419
68. Seasoned Fresh Asparagus – Page 633
69. Old-Fashioned Strawberry Shortcake – Page 264
70. Banana Cream Pudding (Vanilla Cream Pudding) – Page 250
71. Fresh Sliced Tomato and Cucumber – Page 482
72. Cream of Cauliflower Soup (Basic Sause for Cream Soup) – Page 616
73. Herb-Marinaded Chicken Breast (Grilled Chicken Breast) – Page 441
74. Vegetable and Tofu Jambalaya – Page 431
75. Parsley Buttered Carrots – Page 646
76. Scalloped Potatoes with Onion (Scalloped Potatoes) – Page 664
77. Fruit Cobbler – Page 262
78. Spinach Salad (Basic Mixed Green Salad) – Page 473
79. French Onion Soup – Page 615
80. Salisbury Steak – Page 328
81. Lemon Baked Fish – Page 294
82. Seasoned Peas – Page 655
83. Marinated Garden Salad – Page 483
84. Roasted Garlic Mashed Potatoes (Mashed Potatoes) – Page 658
85. Brown Rice (Cooking Rice) – Page 399
86. Cheesecake – Page 253
87. Baked Apples – Page 260
88. Tomato Basil and Romaine Salad (Tomato Basil Salad) – Page 480
89. Potato Chowder (Corn Chowder) – Page 620
90. Cheese Stuffed Chicken Breast – Page 442



91. Vegetarian Spaghetti – Page 390
92. Seasoned Brussels Sprouts – Page 643
93. Cabbage Stuffed Tomato (Stuffed Tomato Salad) – Page 508
94. Quinoa Palif – Page 420
95. Baked Custard – Page 254
96. Fruit and Cheese Dessert – Page 265
97. Spinach Salad (Basic Mixed Green Salad) – Page 473
98. Lentil Soup (Split Pea Soup) – Page 612
99. Stir-Fried Beef with Sugar Snap Peas – Page 330
100. Sweet and Sour Tofu – Page 429
101. Almond Buttered Broccoli (Seasoned Broccoli) – Page 643
102. Roasted Bells Peppers – Page 655
103. Fried Rice – Page 402
104. Steamed Rice (Cooking Rice) – Page 399
105. Cream Puffs – Page 257
106. Apple Dumplings – Page 261