


Sample “Always on the Menu”

“Always on the Menu” or “À La Carte Menu” can be adapted for any site, depending on the residents’ preferences. These items are simple to prepare, easy to chew, and widely accepted.

Options should be available to help individuals meet their nutrition needs if they do not like the first or second choice menu items at a particular meal.

Always Available	Always on the menu at lunch and supper
<ul style="list-style-type: none"> • 100% fruit juice • Boiled eggs • Cheese portion • Coffee/tea • Cold cereal with milk • Cottage cheese • Fresh or canned fruit • Milk • Muffin • Pudding • Pureed fruit (applesauce) • Toast (with margarine, jam, or peanut butter) • Yogurt cup 	<ul style="list-style-type: none"> • Assorted sandwiches (cheese) • Baked beans in tomato sauce • Mashed potatoes • Soft vegetables (cooked carrots, peas) • Raw vegetables • Soup with crackers • Tossed garden salad • White rice • Whole wheat buns 