

SNACK MENU 2023 - SUNDAY

R/S/M = Regular, Soft & MincedAll = Regular, Soft, Minced & Puree

Fluids - All Snacks						
	200 ml	Low Calorie Drink	✓	✓	✓	✓
	200 ml	Tea/Coffee	✓	✓	✓	✓
	200 ml	Water	✓	✓	✓	✓

Choice	Texture	Meal Portion	DIET				
		Regular & Small	Regular	Mod. Diabetic	Restr. Diabetic Reducing	Low Lactose	Low Sodium

SUNDAY - MIDAFTERNOON SNACK (PM)							
1st	R/S/M	2-cookie	Wafer Cookie	✓	✓	✓	✓
	Puree	1-#16 scoop	Wafer Cookie (P)	✓	✓	✓	✓
2nd	All	1-cup	Fruitsation Applesauce Cup	✓	✓	✓	✓

SUNDAY - BEDTIME SNACK (HS)							
1st	R/S/M	1-Bar	Nutrigrain Bar	✓	✓	✓	✓
	Puree	1-#16 scoop	Nutrigrain Bar (P)	✓	✓	✓	✓
2nd	R/S/M	1-yogurt	Yogurt	✓	✓	✓ low lactose	✓
	Puree	1-yogurt	Yogurt -smooth (P)	✓	✓	✓ low lactose	✓

MONDAY - MIDAFTERNOON SNACK (PM)							
1st	R/S/M	2-cookie	Social Tea Cookie	✓	✓	✓	✓
	Puree	1-#16 scoop	Social Tea Cookie (P)	✓	✓	✓	✓
2nd	All	1-cup	Fruitsation Applesauce Cup	✓	✓	✓	✓

MONDAY - BEDTIME SNACK (HS)							
1st	R/S/M	1-slice 4-each	Cheese Crackers	✓	✓	✓	✓
	Puree	1-#16 scoop	Crackers (P) with cheese whiz	✓	✓	✓	✓
2nd	R/S/M	1-yogurt	Yogurt	✓	✓	✓ low lactose	✓
	Puree	1-yogurt	Yogurt -smooth (P)	✓	✓	✓ low lactose	✓

TUESDAY - MIDAFTERNOON SNACK (PM)							
1st	R/S/M	2-cookie	Chocolate Chip Cookie	✓	✓	✓	✓
	Puree	1-#16 scoop	Choc Chip Cookie (P)	✓	✓	✓	✓
2nd	All	1-cup	Fruitsation Applesauce Cup	✓	✓	✓	✓

TUESDAY - BEDTIME SNACK (HS)							
1st	R/S/M	1-scone	Savory Scone	✓	✓	✓	✓
	Puree	1-#16 scoop	Savory Scone (P)	✓	✓	✓	✓
2nd	R/S/M	1-yogurt	Yogurt	✓	✓	✓ low lactose	✓
	Puree	1-yogurt	Yogurt -smooth (P)	✓	✓	✓ low lactose	✓

WEDNESDAY - MIDAFTERNOON SNACK (PM)							
1st	R/S/M	2-cookie	Oatmeal Cookie	✓	✓	✓	✓
	Puree	1-#16 scoop	Oatmeal Cookie (P)	✓	✓	✓	✓
2nd	All	1-cup	Fruitsation Applesauce Cup	✓	✓	✓	✓

WEDNESDAY - BEDTIME SNACK (HS)							
1st	R/S/M	1-cookie	Fig Cookie	✓	✓	✓	✓
	Puree	1-#16 scoop	Fig Cookie (P)	✓	✓	✓	✓
2nd	R/S/M	1-yogurt	Yogurt	✓	✓	✓ low lactose	✓
	Puree	1-yogurt	Yogurt -smooth (P)	✓	✓	✓ low lactose	✓

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Fluids - All Snacks						
	200 ml	Low Calorie Drink	✓	✓	✓	✓
	200 ml	Tea/Coffee	✓	✓	✓	✓
	200 ml	Water	✓	✓	✓	✓

Choice	Texture	Meal Portion	DIET				
		Regular & Small	Regular	Mod. Diabetic	Restr. Diabetic Reducing	Low Lactose	Low Sodium

THURSDAY - MIDAFTERNOON SNACK (PM)

1st	R/S/M	1-cookie	Fruit Turnover Cookie	✓	✓	✓	✓
	Puree	1-#16 scoop	Fruit Turnover Cookie (P)	✓	✓	✓	✓
2nd	All	1-cup	Fruitsation Applesauce Cup	✓	✓	✓	✓

THURSDAY - BEDTIME SNACK (HS)

1st	R/S/M	1-slice	Fruit Bread	✓	✓	✓	✓
	Puree	1-#16 scoop	Fruit Bread (P)	✓	✓	✓	✓
2nd	R/S/M	1-yogurt	Yogurt	✓	✓	✓ low lactose	✓
	Puree	1-yogurt	Yogurt -smooth (P)	✓	✓	✓ low lactose	✓

FRIDAY - MIDAFTERNOON SNACK (PM)

1st	R/S/M	2-cookie	Digestive Cookie	✓	✓	✓	✓
	Puree	1-#16 scoop	Digestive Cookie (P)	✓	✓	✓	✓
2nd	All	1-cup	Fruitsation Applesauce Cup	✓	✓	✓	✓

FRIDAY - BEDTIME SNACK (HS)

1st	R/S/M	1-scone	Sweet Scone	✓	✓	✓	✓
	Puree	1-#16 scoop	Sweet Scone (P)	✓	✓	✓	✓
2nd	R/S/M	1-yogurt	Yogurt	✓	✓	✓ low lactose	✓
	Puree	1-yogurt	Yogurt -smooth (P)	✓	✓	✓ low lactose	✓

SATURDAY - MIDAFTERNOON SNACK (PM)

1st	R/S/M	2-mini	Mini Donut	✓	✓	✓	✓
	Puree	1-#16 scoop	Mini Donut (P)	✓	✓	✓	✓
2nd	All	1-cup	Fruitsation Applesauce Cup	✓	✓	✓	✓

BEDTIME SNACK (HS)

1st	R/S/M	1-muffin	Muffin	✓	✓	✓	✓
	Puree	1-#16 scoop	Muffin (P)	✓	✓	✓	✓
2nd	R/S/M	1-yogurt	Yogurt	✓	✓	✓ low lactose	✓
	Puree	1-yogurt	Yogurt -smooth (P)	✓	✓	✓ low lactose	✓