

## **Menu Plans (Non-Therapeutic)**

### **Prenatal Diet**

- A. For those offenders who are pregnant, a special menu should be provided.
- B. The Prenatal Diet is not a Therapeutic Diet but is a variation of the regular menu program.
- C. The Prenatal Diet **does not** require a **physician's order**.
- D. The Prenatal Diet provides additional calories and calcium required by these offenders.
- E. **Pregnant offenders shall be provided the extra sandwich and 8 oz. milk only if they request these items.**
- F. There is no p.m. snack provided on the Prenatal Diet.

### **Prenatal Diet Menu**

Pregnant offenders shall be provided either a regular, meat-free, or pork-free tray at each meal.

Pregnant offenders shall be provided access to an 8 oz. serving of milk at each meal.

Pregnant offenders shall be provided access to a sandwich at each meal in addition to their tray. **(See E above)**

- Breakfast      Peanut Butter and Jelly
- Lunch            Meat Sandwich
- Dinner            Cheese Sandwich