

## Protein Restricted Diet Menu

Be sure to check the Acceptable/Not Acceptable list on the previous page to assure proper menu planning.

### Breakfast

Canned Fruit	4 oz
Sliced Bread	1 slice
<b><u>Dry Cereal</u></b>	1 box
<b>-or-</b>	
<b><u>Hot Cereal</u></b>	4 oz
Egg	1 each
Margarine	
1 tbsp Coffee	
Sugar	
Diet Jelly	1 tbsp

### Lunch

Meat Group	2 oz
Starch Group	4 oz
Sliced Bread	1 slice
Vegetables	4 oz
Canned Fruit	4 oz Beverage
Margarine	1 tbsp

### Dinner

Meat Group	2 oz
Starch Group	4 oz
Sliced Bread	1 slice
Vegetables	4 oz
Canned Fruit	4 oz Beverage
Margarine	1 tbsp

### P.M. Snack

Canned Fruit	4 oz
Fruit Punch	8 oz

**NOTE: When dessert is served to the offenders, offenders on the Protein Restricted Diet will be served fruit.**

**Milk shall not be served to patients (offenders) on a Protein Restricted Diet.**