

MEALS FOR THE WEEK OF _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>
<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>
<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>

OAR #: 309-040-0050 (5) (a) Three nutritious meals will be served daily at times consistent with those in the community. Each daily menu will include food from the four basic food groups and fresh fruit and vegetables in season unless otherwise specified in writing by the physician. There shall be no more than a 14 hour span between the evening meal and breakfast, unless snacks and liquids are served as supplements. Consideration shall be given to cultural and ethnic backgrounds of residents in food preparation.