

Summary of Nutritional Analysis of Menu

Moderate Activity Men's Menu

February 14, 2005

Average of 7 days: 5 weekdays & 2 weekend days, randomly selected

Includes 3 meals plus 1 coffee and 1 tea break per day

Nutrient	Amount Provided by Menu	Recommendation	Comment
Calories	3296 calories	2965	Adequate. These menus provide 11 percent more calories than are required by the average male in custody.
Protein	116 grams	60 grams	More than adequate. Menu provides 193 percent of the recommended protein intake.
Dietary Fibre	34 grams	34 grams	Adequate. Menu meets the new, and higher recommendations for dietary fibre. This assumes intakes of some white bread and some brown bread. Fibre is present in whole grains, legumes, vegetables and fruit (i.e. plant foods).
Fat	121 grams	99 grams or less	High. Provides 22% more than the recommended fat intake. Note that typical Canadian diets are high in fat.
Cholesterol	359 grams	300 g or less	High. Provides 20% more than the maximum recommended cholesterol intake. (No need to increase portions of meat, eggs, dairy and cheese on menus!)
Vitamins	See Bar Graph	See Rec. Daily Nutrients Chart	Menus provide adequate intakes. <i>Note that intakes for vitamin E, a fat soluble vitamin, are below recommended levels; this could be accomplished by changing brand of margarine as Ontario has done.</i>
Minerals:			Adequate. Note that actual intakes for chromium and molybdenum are higher than shown in analysis, due to analysis database lacking complete data on these nutrients for a few food sources on menu. Chromium is found in whole grains, soyfoods such as TVP, and vegetables.
Calcium	1475 mg	1000 mg	
Iron	26 mg	8 mg	
Zinc	15 mg	11 mg	
Other		See Rec. Daily Nutrients Chart	

Moderate Activity Men's Menu (cont'd)

Essential Fats			Typical of Current North American Pattern. People require 3% of daily caloric intake from omega-6 fatty acids (about 10 grams per day for the caloric level of these menus) and about 0.5% of daily caloric intake from omega-3 fatty acids (about 1.8 grams per day for these menus). Intakes of omega-6 fatty acids are more than adequate. <i>Intakes of omega-3 fatty acids are slightly below recommended intakes. This could be increased by increasing number of times fish is on menus (which apparently inmates don't like) or by using ground flaxseed in baked items as an egg replacer. (1 Tbsp of ground flaxseed plus 3 Tbsp of water can be used to replace 1 egg in baking.)</i>
Omega-6 fatty acids	13 grams	10 grams	
Omega-3 fatty acids	1.3 grams	1.8 grams	
Distribution of Calories between Protein, Fat and Carbohydrate	14% of Calories from Protein	10-15% of Calories from Protein	Typical of Current North American Pattern. These Moderate Activity Men's Menus have been steadily improving gradually, over the years and they continue to improve. Drastic menu changes might have met with more resistance.
	32% of Calories from Fat	15-30% of Calories from Fat	
	54% of Calories from Carbohydrate	50-75% of Calories from Carbohydrate	

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Corr Moderate Men 2005 Average

August 5, 2005

Total Weight: 18629.49 g (657.12 oz-wt.)
 Serving Size: 2661.36 g (93.87 oz-wt.)
 Serves: 7.00
 Cost: --

% comparison to: Corrections Man Moderate Activity**Bar Graph**

Nutrient	Value	Goal %	0	25	50	75	100
Basic Components							
Calories	3276.84	111%					
Calories from Fat	1079.32	121%					
Calories from Saturated Fat	314.65	118%					
Protein	115.32 g	191%					
Carbohydrates	445.48 g	104%					
Dietary Fiber	33.67 g	99%					
Fat - Total	119.92 g	121%					
Cholesterol	358.72 mg	120%					
Vitamins							
Vitamin A IU	11871.06 IU	264%					
Vitamin A RE	2000.12 mcg	222%					
Thiamin-B1	2.48 mg	207%					
Riboflavin-B2	2.88 mg	222%					
Niacin-B3	31.30 mg	196%					
Vitamin-B6	2.32 mg	178%					
Vitamin-B12	5.16 mcg	215%					
Biotin	41.82 mcg	139%					
Vitamin C	139.08 mg	155%					
Vit E Alpha-Tocopherol	4.74 mg						
Folate	525.65 mcg	131%					
Pantothenic Acid	6.14 mg	123%					
Minerals							
Calcium	1472.62 mg	147%					
Copper	1.79 mg	199%					
Iodine	151.35 mcg	101%					
Iron	26.11 mg	326%					
Magnesium	432.71 mg	103%					
Manganese	5.89 mg	256%					
Phosphorus	1938.17 mg	277%					
Potassium	4050.14 mg	116%					
Selenium	149.61 mcg	272%					
Sodium	5540.10 mg	231%					
Zinc	15.32 mg	139%					

Corrections Man Moderate Activity

August 5, 2005

Gender: Male
Activity Level: Active
Height: 5 ft 10 in
Weight: 166 lbs
Age: 34.25 yrs
BMI: 23.82

Recommended Daily Nutrients**Basic Components**

Calories 2965.06
Protein 60.24 g
Carbohydrates 429.93 g
Dietary Fiber 34.10 g
Fat - Total 98.84 g
Saturated Fat 29.65 g
Mono Fat 36.24 g
Poly Fat 32.95 g
Cholesterol 300.00 mg
Vitamins
Vitamin A IU 4500.00 IU
Vitamin A RE 900.00 mcg
Thiamin-B1 1.20 mg

Riboflavin-B2 1.30 mg
Niacin-B3 16.00 mg
Niacin Equiv. 16.00 mg
Vitamin-B6 1.30 mg
Vitamin-B12 2.40 mcg
Biotin 30.00 mcg
Vitamin C 90.00 mg
Vitamin D IU 200.00 IU
Vitamin D mcg 5.00 mcg
Vit E-Alpha Equiv. 15.00 mg
Folate 400.00 mcg
Vitamin K 120.00 mcg
Pantothenic Acid 5.00 mg
Minerals

Calcium 1000.00 mg
Chromium 30.00 mcg
Copper 0.90 mg
Fluoride 4.00 mg
Iodine 150.00 mcg
Iron 8.00 mg
Magnesium 420.00 mg
Manganese 2.30 mg
Molybdenum 45.00 mcg
Phosphorus 700.00 mg
Potassium 3500.00 mg
Selenium 55.00 mcg
Sodium 2400.00 mg
Zinc 11.00 mg

Summary of Nutritional Analysis of Menu

Men's High Activity Menu

Average of 7 days: 5 weekdays & 2 weekend days

Includes 3 meals plus 1 coffee and 1 tea break per day

Nutrient	Amount Provided by Menu	Recommendation	Comment
Calories	3731	3662	Adequate. The safety factor in this menu allows 2% more calories than are required by a 160-pound man, and would, for example, meet the requirements of a 190-pound inmate at a similar (high) activity level.
Protein	129 grams	60 grams	More than adequate. Provides about twice the recommended intake of 0.8 grams protein per kg body weight. Endurance athletes may have higher than normal requirements, in the range of 90 grams protein. These menus provide more than enough protein.
Dietary Fiber	38 grams	27 to 40 grams*	Adequate. This assumes intakes of some white bread and some whole wheat bread. Fiber is found in whole grains, legumes, vegetables and fruit.
Fat	151 grams	122 grams or less	High. Provides 24% more than the maximum recommended fat intake. About 20 percent of this fat comes from the allowance of margarine. (Note that this came down from 42% above recommended fat intake on 1998 menus.) Increasing the proportion of Textured Soy Protein (TVP) in certain menu items would help, by cutting fat, saturated fat and cholesterol.
Cholesterol	410 grams	300 mg or less	High. Provides 37% more than the maximum recommended cholesterol intake, (related to higher risk of cancer and of coronary artery disease.)
Vitamins	See Bar Graph	See Rec. Daily Nutrients Chart	Adequate. Note that 75% is generally considered adequate, because recommended levels include a safety margin. Actual intakes for biotin and pantothenic acid are higher than shown in analysis, because analysis database lacks complete data on these nutrients for a few food sources on menu.
Minerals:			Adequate. Note that 75% is generally considered adequate, because recommended levels include a safety margin. <i>Actual</i> intakes for chromium, copper and molybdenum are higher than shown in analysis, due to analysis database lacking complete data on these nutrients for a few food sources on menu. Chromium is found in whole grains, soyfoods, TVP, vegetables. Copper is found in soyfoods, whole grains, fruits, vegetables, and nuts.
Calcium	1550 grams	1000 mg	
Iron	27 grams	10 mg	
Zinc	16 grams	15 mg	
Other		See Rec. Daily Nutrients Chart	

*Alternative recommendation (World Health Organization) is 15 to 22 grams of fiber per day per 1000 calories, which would mean at least 52 grams fiber for menus at this caloric level.

Men's High Activity Menu (cont'd)

Essential Fats Omega-6 fatty acids	17 grams	12 grams	Typical of Current North American Pattern. People require two essential fatty acids: about 3% of daily caloric intake from omega-6 fatty acids (about 10 grams per day for the caloric level of these menus) and about 0.5% of daily caloric intake from omega-3 fatty acids (about 3 grams per day for these menus). Intakes of omega-6 fatty acids are adequate. Intakes of omega-3 fatty acids are adequate on these menus if tuna sandwiches are given once a week, in addition to the fish dinner that is already on the menu three times a month. Intakes of omega-3 fatty acids could be increased by: -adding 1 Tbsp of ground flaxseed per person to oatmeal or to muffins three times a week, -putting Red River cereal on the menu, or -replacing one additional meat/poultry meal per month with fish.
Omega-3 fatty acids	1.6 grams	2 grams	
Distribution of Calories between Protein, Fat and Carbohydrate	14% of Calories from Protein	10-15% of Calories from Protein	Typical of Current North American Pattern. A shift of some calories from fatty foods to whole grains would be a health benefit.
	36% of Calories from Fat	15-30% of Calories from Fat	
	50% of Calories from Carbohydrate	50-75% of Calories from Carbohydrate	

Soups

It is important that soups be hearty, and that they include 3 ounces of cooked grains, beans, pasta or potatoes per portion. Use vegetable soup stock.

Vegetarian Option Meals

The vegetarian option meals should provide high protein plant foods such as tofu, tempeh, veggie burgers, meat analog or beans in amounts that are equivalent to amounts of meat in items they replace. Meals such as Vegetable Goulash, Stir Fries, Spaghetti Sauce, and Vegetable Ratatouille can easily incorporate one or other of the following as ingredients, and still be very flavorful and appealing: tofu, tempeh, veggie burgers, veggie wieners, other meat analogs and various beans. (The vegetarian option does achieve this on most days.)

Macaroni and Cheese can include veggie wieners. (Note that cheese is not an iron source, in fact it decreases iron absorption.) However, if certain items, for example Caribbean Veggie Patties or Macaroni and Cheese are very well accepted by inmates, it is not necessary to replace them or to change the recipe, even though they don't contain these protein-and-iron containing ingredients. This is because protein and iron levels are generally high on vegetarian menus.

The Notes on Sandwich Fillings could include a more extensive list of vegetarian sandwich fillings for use at lunch. There are veggie "meat" slices, veggie "chicken" and "turkey" slices, and marinated tofu, in addition to hummus, cheese, egg and peanut butter.

If any vegetarian menu item might have wide appeal among inmates, it could be used as an item on the regular menu. This would improve the somewhat high fat and cholesterol levels on regular menu.

BC CORRECTIONS MALE MODERATE ACTIVITY MENU SPECIFICATIONS

Revised May 2006

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats: 1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Milk will be 100% powdered skim milk made according to package directions and fortified with vitamins A and D.
- 5 Creamer for coffee will be non-dairy creamer.
- 6 Muffins 4 oz raw batter each; Cookies 3 oz raw batter each; Cake 4 oz raw batter each / 3 oz as served. Applesauce and canned fruit 4 oz weight; Pudding 3 oz weight.
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches will contain 2 oz weight of filling: ham, salami, turkey, bologna, chicken loaf, Bavarian meat loaf, cheese, peanut butter, sliced meats from leftovers, egg or tuna salad (2 oz egg or tuna).
- 10 In sandwiches, each slice of bread is to be spread with margarine or salad dressing. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Meat and/or cheese sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato = 1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Tossed Salad 3 oz weight; Carrot & Raisin Salad 3 oz weight including dressing.
- 15 Chicken Salad Plate will contain 3 oz of diced chicken white and dark; Turkey Salad Plate 3 oz of diced turkey; Egg & Cheese Plate will have 1-1/2 eggs and 1-1/2 oz of cheese.
- 16 Pizza will contain 1.5 oz meat, 1 oz of vegetable and 1.5 oz of cheese per serving.
- 17 All weiners will be chicken 8 to 1 kg unless otherwise stated.
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (8 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with corn starch or wheat.
- 21 All meats and vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle.
- 22 Mashed Potato 1 cup=8 fluid oz; French Fries & Hash Browns 1/2 cup=4 fluid oz; Boiled & Oven Roast Potato 8 oz cooked weight; Rice 6 oz cooked weight; Noodles & Pasta 1 cup=8 fluid oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe.
- 24 Beef Chow Mien will contain 3 oz of meat and 3 oz of vegetables plus noodles per serving.
- 25 All 1/4 chicken servings will be chicken leg & thigh 8-10 oz. (Edible portion will be at least 3 oz meat.)
- 26 Hot Hamburger Sandwich will consist of 1 x slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked burger patty/roast beef.
- 27 Meat Loaf will contain 1-1/2 oz meat and 1-1/2 oz beef flavored rehydrated TVP or 3 oz beef.
- 28 French Meat Pie will contain 1-1/2oz meat and 1-1/2 oz beef flavored rehydrated TVP or 3oz. beef, 3-1/2oz of vegetables and 5 oz pasta per serving and be made according to recipe.
- 29 Chili will consist of 3 oz of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe
- 30 Meat/Vegetable Stir Fry will contain 3oz of meat per serving
- 31 Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) with vegetables and 5 oz pasta per serving and be made according to recipe.
- 32 Apart from tuna in sandwiches, the only fish permitted to be served on the menu will be 3 oz Baked Fish (battered pollock)
- 33 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between cheese, peanut butter, meat and other variations.
- 34 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of milk, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 35 **Bag (court) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.
- 36 **Crew Lunches will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit. Egg Salad and Tuna Salad Mix are NOT to be served in Crew Lunches.**
- 37 *** Secure Moderate Activity Centres providing outside Crew Lunches will contain 3 sandwiches.**
- 38 **Condiments will be as follows:**

Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams;

Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Table Syrup: 42 ml; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E

No Changes are to be made to this menu without authorization from the Corrections Contract Manager.

Unavoidable local substitutions must be reported to the local liaison warden.

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

WEEK ONE	Revised June 2006						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice Oatmeal Cooked with Bran Toast, (slice) Muffin (4oz) Margarine (portion) Jam (portion) Peanut Butter (ptn)	6 oz 1 cup 3 1 3 2 1	6 oz 1 cup 3 1 3 2 1	6 oz 1 cup 3 1 3 2 1	6 oz 1 cup 3 1 3 2 1	6 oz 1 cup 3 1 3 2 1	6 oz 2 2 5 oz 2 2 1 2
	Milk Coffee Creamer (pwdr) Sugar (portion) Brown Sugar (ptn)	8 oz 8 oz 1 1 2	8 oz 8 oz 1 1 2	8 oz 8 oz 1 1 2	8 oz 8 oz 1 1 2	8 oz 8 oz 1 1 2	8 oz 8 oz 1 1 2
Beverage Break	Coffee Creamer (pwdr) Sugar (portion)	8 oz 1 1	8 oz 1 1	8 oz 1 1	8 oz 1 1	8 oz 1 1	8 oz 1 1
	Tomato & Rice Soup Crackers (each) 2oz Beef Sausage Pirogies (1oz) Sour Cream Veggie Sticks Fruit Drink Seasonal Fresh Fruit	8 oz 4 2 4 ea 1/2 oz 6x3" 8 oz 1	8 oz 4 1.5 6 oz 8 oz	8 oz 4 1.5 3oz WT	8 oz 4 1 8 oz	8 oz 4 1 8 oz	8 oz 4 1 8 oz
Lunch							
Beverage Break	Tea Creamer (pwdr) Sugar (portion)	8 oz 1 1	8 oz 1 1	8 oz 1 1	8 oz 1 1	8 oz 1 1	8 oz 1 1
	Rotini (cooked) Italian Sauce Tossed Salad Dressing (portion) Garlic Toast (slice) Apple Sauce (canned) Canned Pineapple Milk Tea Creamer (pwdr) Sugar (portion)	8 oz 6 oz 3oz WT 1 3 4 oz 8 oz 8 oz 1 1	3 oz 2 oz 8 oz 2.5oz 2.5oz 3 3 oz 8 oz 8 oz 1	3 oz 2 oz 8 oz 2.5oz 2.5oz 3 3 oz 8 oz 8 oz 1	3 oz 2 oz 8 oz 2.5oz 2.5oz 3 3 oz 8 oz 8 oz 1	3 oz 2 oz 8 oz 2.5oz 2.5oz 3 3 oz 8 oz 8 oz 1	3 oz 2 oz 8 oz 2.5oz 2.5oz 3 3 oz 8 oz 8 oz 1
Dinner							

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

WEEK TWO	Revised June 2006						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice Oatmeal Cooked with Bran Toast, (slice) Muffin (4oz) Margarine (portion) Jam (portion) Peanut Butter (ptn)	Orange Juice Corn Flakes Toast, (slice) Bran Muffin (4oz) Margarine (portion) Jam (portion) Peanut Butter (ptn)	Apple Juice Cr. Of Wheat Brown Toast, (slice) Muffin (4oz) Margarine (portion) Jam (portion) Peanut Butter (ptn)	Orange Juice Raisin Bran Toast, (slice) Muffin (4oz) Margarine (portion) Jam (portion) Peanut Butter (ptn)	Apple Juice Oatmeal Cooked with Bran Toast, (slice) Muffin (4oz) Margarine (portion) Jam (portion) Peanut Butter (ptn)	Orange Juice Fried Eggs Bacon (strip) Hash Browns Toast, (slice) Margarine (portion) Jam (portion)	Apple Juice Scrambled Eggs Breakfast Sausages Pancakes (4") Toast, (slice) Margarine (portion) Jam (portion)
	Milk Coffee Creamer (powdr) Sugar (portion) Brown Sugar (ptn)	Milk Coffee Creamer (powdr) Sugar (portion) Brown Sugar (ptn)	Milk Coffee Creamer (powdr) Sugar (portion) Brown Sugar (ptn)	Milk Coffee Creamer (powdr) Sugar (portion) Brown Sugar (ptn)	Milk Coffee Creamer (powdr) Sugar (portion) Brown Sugar (ptn)	Ketchup (portion) Milk Coffee Creamer (powdr) Sugar (portion)	Syrup Milk Coffee Creamer (powdr) Sugar (portion)
	8 oz 8 oz 1 1 1	8 oz 8 oz 1 2 2	8 oz 8 oz 1 1 1	8 oz 8 oz 1 2 2	8 oz 8 oz 1 1 1	8 oz 8 oz 1 1 1	42 ml. 8 oz 8 oz 1 1
Beverage Break	Coffee Creamer (powdr) Sugar (portion)	Coffee Creamer (powdr) Sugar (portion)	Coffee Creamer (powdr) Sugar (portion)	Coffee Creamer (powdr) Sugar (portion)	Coffee Creamer (powdr) Sugar (portion)	Coffee Creamer (powdr) Sugar (portion)	Coffee Creamer (powdr) Sugar (portion)
Lunch	Barley Soup Crackers (each) Roast Beef Sandwich Mustard (portion) Coleslaw Fruit Drink	Cream of Veg Soup Crackers (each) Turkey Salad (Plate) Pasta Salad Veggie Sticks Bread (slice) / Marg. Fruit Drink	Green Pea Soup Crackers (each) Chicken Hot Dogs/ w Buns French Fries Mustard (portion) Ketchup (portion) Fruit Drink	Tomato & Rice Soup Crackers (each) Egg Salad Sandwich Carrot Sticks Fruit Drink	Lentil Soup Crackers (each) Grilled Cheese Sandwich. French Fries Ketchup Fruit Drink	Soup D'Jour Crackers (each) Bavarian Meat Loaf Sandwich (as per Specs) Mustard (portion) Fruit Drink	Navy Bean Soup Crackers (each) Ham Sandwich (as per Specs) Mustard (portion) Fruit Drink
	8 oz 4 1.5 1 3 oz 8 oz	8 oz 4 3 oz 4 oz 6x3" 2 ea 8 oz	8 oz 4 2 4 oz 2 2 8 oz	8 oz 4 1.5 6x3" 8 oz	8 oz 4 1.5 4 oz 2 8 oz	8 oz 4 1 8 oz 8 oz	8 oz 4 1 8 oz
Beverage Break	Tea Creamer (powdr) Sugar (portion)	Tea Creamer (powdr) Sugar (portion)	Tea Creamer (powdr) Sugar (portion)	Tea Creamer (powdr) Sugar (portion)	Tea Creamer (powdr) Sugar (portion)	Tea Creamer (powdr) Sugar (portion)	Tea Creamer (powdr) Sugar (portion)
Dinner	Rotini (cooked) Italian Sauce Marinated Veg. Salad Garlic Toast (slice) Seasonal Fresh Fruit Milk Tea Creamer (powdr) Sugar (portion)	Roast Chicken 1/4 Mashed Potatoes Cauliflower Cabbage Bread (slice) Margarine (portion) Vanilla Ice Cream Milk Tea Creamer (powdr) Sugar (portion)	Hot Hamburger Sand. on Texas Bread Baked Potato (lge) Gravy Kernel Corn Peas Sour Cream Bread (slice) Margarine (portion) Vanilla Ice Cream Milk Tea Creamer (powdr) Sugar (portion)	Baked Fish Boston Brown Potato Kernel Corn Peas Bread (slice) Margarine (portion) White Cake Milk Tea Creamer (powdr) Sugar (portion)	Meat Loaf Oven Roast Potatoes Gravy Carrot Coins Green Beans Bread (slice) Margarine (portion) Canned Apple Sauce Milk Tea Creamer (powdr) Sugar (portion)	Chicken & Veg. Stir Steamed Rice Lettuce/Tomato Salad Dressing (portion) Soya Sauce (portion) Bread/Margarine Vanilla Pudding Fruit Drink Milk Tea Creamer (powdr) Sugar (portion)	Veal Cutlet/ 2oz gravy Boiled Potatoes Diced Carrot & Turnip Peas Bread (slice) Margarine (portion) Fruited Jell-O Fruit Drink Milk Tea Creamer (powdr) Sugar (portion)
	8 oz 6 oz 3oz 3 1 8 oz 8 oz 1 1	8 oz 8 oz 2.5oz 2.5oz 3 3 oz 8 oz 8 oz 1 1	3 oz 1 8oz 2 oz 2.5oz 2.5oz 1/2 oz 3 3 oz 8 oz 8 oz 1 1	3 oz 8 oz 2.5oz 2.5oz 3 3 3 oz 8 oz 8 oz 1 1	5 oz 8 oz 2oz 2.5oz 2.5oz 3 3 4 oz 8 oz 8 oz 1 1	6 oz 6 oz 4oz 1 1 3 ea 3 oz 8oz 8 oz 8 oz 1 1	3 oz 8oz 2.5oz 3 3 8oz 8 oz 8 oz 1 1

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

Revised June 2006

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice Oatmeal Cooked with Bran	Orange Juice Corn Flakes	Apple Juice Cr. Of Wheat	Orange Juice Raisin Bran	Apple Juice Oatmeal Cooked with Bran	Orange Juice Fried Eggs	Apple Juice Scrambled Eggs
	3 1	3 1	3 1	3 1	3 1	2 5 oz	2 2
	Toast, (slice) Muffin (4oz)	Toast, (slice) Bran Muffin (4oz)	Brown Toast, (slice) Muffin (4oz)	Toast, (slice) Muffin (4oz)	Toast, (slice) Muffin (4oz)	Bacon (strip) Hash Browns	Breakfast Sausages Pancakes (4")
	3 3	3 3	3 3	3 3	3 3	2 2	2 2
	Margarine (portion) Jam (portion)	Margarine (portion) Jam (portion)	Margarine (portion) Jam (portion)	Margarine (portion) Jam (portion)	Margarine (portion) Jam (portion)	Margarine (portion) Jam (portion)	Margarine (portion) Jam (portion)
	2 1	2 1	2 1	2 1	2 1	2 2	2 2
	Peanut Butter (ptn) Milk	Peanut Butter (ptn) Milk	Peanut Butter (ptn) Milk	Peanut Butter (ptn) Milk	Peanut Butter (ptn) Milk	Margarine (portion) Jam (portion)	Ketchup (portion) Syrup
	8 oz 8 oz	8 oz 8 oz	8 oz 8 oz	8 oz 8 oz	8 oz 8 oz	2 8 oz	42 ml. 8 oz
	Coffee Creamer (powdr)	Coffee Creamer (powdr)	Coffee Creamer (powdr)	Coffee Creamer (powdr)	Coffee Creamer (powdr)	Milk Coffee	Milk Coffee
	1 1	1 1	1 1	1 1	1 1	8 oz 8 oz	8 oz 8 oz
Beverage Break	Sugar (portion) Brown Sugar (ptn)	Sugar (portion) Brown Sugar (ptn)	Sugar (portion) Brown Sugar (ptn)	Sugar (portion) Brown Sugar (ptn)	Sugar (portion) Brown Sugar (ptn)	Creamer (powdr) Sugar (portion)	Creamer (powdr) Sugar (portion)
	1 1	2 1	1 1	2 1	1 1	1 1	1 1
	Coffee Creamer (powdr)	Coffee Creamer (powdr)	Coffee Creamer (powdr)	Coffee Creamer (powdr)	Coffee Creamer (powdr)	Creamer (powdr) Sugar (portion)	Coffee Creamer (powdr)
	1 1	1 1	1 1	1 1	1 1	8 oz 8 oz	8 oz 8 oz
	Sugar (portion) Tomato & Rice Soup	Sugar (portion) Cream of Veg Soup	Sugar (portion) Green Pea Soup	Sugar (portion) Barley Soup	Sugar (portion) Lentil Soup	Creamer (powdr) Sugar (portion)	Creamer (powdr) Sugar (portion)
	1 8 oz	1 8 oz	1 8 oz	1 8 oz	1 8 oz	1 1	1 1
	Crackers (each) Hot Beef Sandwich on Texas Bread	Crackers (each) Hot Beef Sandwich on Texas Bread	Crackers (each) Egg & Cheese (Plate)	Crackers (each) Hamburger & Bun with lettuce, tomato,	Crackers (each) Sub. Sandwich (1) with cold cuts & cheese (3oz) served with lettuce & tomato	Soup D'Jour Crackers (each)	Navy Bean Soup Crackers (each)
	4 6oz	4 3 oz	4 1	4 3 oz	4 3 oz	8 oz 4	8 oz 4
	Pizza -one Meat (1.5 oz), one Vegetable (1 oz) & one cheese (1.5 oz).	Gravy Mashed Potatoes	Potato Salad Veggie Sticks	French Fries Mustard/Ketchup (ptn)	with cold cuts & cheese (3oz) served with lettuce & tomato Coleslaw	Tuna Salad Sandwich (as per Specs)	Chicken Bologna Sandwich (as per Specs)
	1 6x3"	1 4 oz	1 2	1 1 ea	1 3 oz	1 8 oz	1 8 oz
Dinner	Celery Sticks	Mashed Potatoes	Bread (slice)	Mustard/Ketchup (ptn)	Coleslaw	Fruit Drink	Mustard (portion)
	8 oz	8 oz	2	1 ea	1	8 oz	1
	Fruit Drink	Cooked Carrots	Margarine (portion)	Fruit Drink	Mustard (portion)	Seasonal Fresh Fruit	Fruit Drink
	1	1 ea	2	8 oz	1	1	8 oz
	Seasonal Fresh Fruit	Fruit Drink	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	1	8 oz	1	1	1	1	1
	Tea	Tea	Tea	Tea	Tea	Tea	Tea
	8 oz	8 oz	8 oz	8 oz	8 oz	8 oz	8 oz
	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)
	1	1	1	1	1	1	1
Beverage Break	Sugar (portion) Southern Baked 1/4 Chicken	Sugar (portion) Lasagna	Sugar (portion) Baked Fish	Sugar (portion) Beef/Pepper Stir Fry	Sugar (portion) French Meat Pie	Sugar (portion) Beef Sausages	Sugar (portion) Roast Turkey
	1 8 oz	1 8 oz	1 3 oz	1 6 oz	1 6 oz	1 4 oz	1 3 oz
	Oven Roast Potatoes	Italian Mixed Veg	Mashed Potato	Steamed Rice	Mashed Potatoes	Boiled Potatoes	Sage Dressing
	8 oz	5 oz	8 oz	6 oz	8 oz	8 oz	2 oz
	Green Beans	Garlic Toast (slice)	Kernel Corn	Broccoli Pieces	Gravy	Peas & Corn Mix	Mashed Potatoes
	5 oz	3	2.5 oz	5 oz	2 oz	5 oz	8 oz
	Raisin Coleslaw	3	Peas	Tossed Salad	Boiled Cabbage	Mustard (portion)	Gravy
	3 oz	3	1	1	3	3	2 oz
	Bread (slice)	Bread (slice)	Dressing (portion)	Dressing (portion)	Bread (slice)	Bread (slice)	Carrot Coins
	3	3	1	1	3	3	5 oz
Dinner	Margarine (portion)	Margarine (portion)	Margarine (portion)	Soya Sauce (portion)	Margarine (portion)	Margarine (portion)	Bread/ Margarine
	3	3	3	3 ea	3	3	3 ea
	Chocolate Pudding	Canned Pineapple	Spice Cake	Ice Cream	O'meal Raisin Cookie	White cake	Canned Apple Sauce
	4 oz	3 oz	3 oz	3 oz	3 oz	3 oz	4 oz
	Milk	Milk	Milk	Milk	Milk	Fruit Drink	Fruit Drink
	8 oz	8 oz	8 oz	8 oz	8 oz	8 oz	8oz
	Tea	Tea	Tea	Tea	Tea	Milk	Milk
	8 oz	8 oz	8 oz	8 oz	8 oz	8 oz	8 oz
	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Tea	Tea
	1	1	1	1	1	8 oz	8 oz
Beverage Break	Sugar (portion) Apple Juice	Sugar (portion) Orange Juice	Sugar (portion) Apple Juice	Sugar (portion) Orange Juice	Sugar (portion) Apple Juice	Sugar (portion) Orange Juice	Sugar (portion) Apple Juice
	1 6 oz	1 6 oz	1 6 oz	1 6 oz	1 6 oz	1 6 oz	1 6 oz
	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)
	1	1	1	1	1	1	1
	Sugar (portion)	Sugar (portion)	Sugar (portion)	Sugar (portion)	Sugar (portion)	Sugar (portion)	Sugar (portion)
	1	1	1	1	1	1	1
	Tea	Tea	Tea	Tea	Tea	Tea	Tea
	8 oz	8 oz	8 oz	8 oz	8 oz	8 oz	8 oz
	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)	Creamer (powdr)
	1	1	1	1	1	1	1

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

WEEK FOUR	Revised June 2006						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz Oatmeal Cooked with Bran 1 cup Toast, (slice) 3 Muffin (4oz) 1 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1	Orange Juice 6 oz Corn Flakes 1 cup Toast, (slice) 3 Bran Muffin (4oz) 1 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1	Apple Juice 6 oz Cr. Of Wheat 1 cup Brown Toast (slice) 3 Muffin (4oz) 1 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1	Orange Juice 6 oz Raisin Bran 1 cup Toast, (slice) 3 Muffin (4oz) 1 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1	Apple Juice 6 oz Oatmeal Cooked with Bran 1 cup Toast, (slice) 3 Muffin (4oz) 1 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1	Orange Juice 6 oz Fried Eggs 2 Bacon (strip) 2 Hash Browns 5 oz Toast, (slice) 2 Margarine (portion) 2 Jam (portion) 1	Apple Juice 6 oz Scrambled Eggs 2 Breakfast Sausages 2 Pancakes (4") 2 Toast, (slice) 2 Margarine (portion) 2 Jam (portion) 1
	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 2 Brown Sugar (ptn) 1	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 2 Brown Sugar (ptn) 1	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 2 Brown Sugar (ptn) 1	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Jam (ptn) 1 Ketchup (ptn) 2 Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Ketchup (portion) 2 Syrup 42 ml. Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1
	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1
	Barley Soup 8 oz Crackers (each) 4 Salami & Cheese sandwich 1.5	Cream of Veg Soup 8 oz Crackers (each) 4 Macaroni & Cheese Casserole 6 oz	Green Pea Soup 8 oz Crackers (each) 4 Cold Turkey Sand. 1.5	Tomato & Rice Soup 8 oz Crackers (each) 4 Cold Meat Plate 3 oz	Lentil Soup 8 oz Crackers (each) 4 Tuna Salad Sand. 1.5	Soup D'Jour 8 oz Crackers (each) 4 Turkey Loaf Sandwich (as per Specs) 1	Navy Bean Soup 8 oz Crackers (each) 4 Salami Sandwich 1
	Coleslaw 3 oz	Green Peas 4 oz	Pasta Salad 4 oz Veggie Sticks 6x3"	Potato Salad 4 oz Tossed Salad 3 oz Dressing (portion) 1 Veggie Sticks 6x3" Bread/ Margarine 2 ea	Cabbage Salad 3 oz Veggie Sticks 6x3"	Mustard (portion) 1	Mustard (portion) 1
	Fruit Drink 8 oz Seasonal Fresh Fruit 1	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1
	Beef Stew (3 oz Meat) 6 oz Mashed Potatoes 8 oz	Veal Cutlets 3 oz Mushroom Sauce 2 oz Steamed Rice 6 oz Kernel Corn 5 oz Carrot Raisin Salad 3 oz	Chili 6 oz Oven Baked Potatoes 8 oz Diced Carrots 2.5oz Green Beans 2.5oz	Chicken Cacciatore with 2oz sauce 1/4 Egg Noodles 8 oz Mixed Vegetables 2.5oz Broccoli Pieces 2.5oz	Meatballs 3oz Sweet & Sour Sauce 3oz Rice (cooked) 6oz Oriental Mixed Veg 5 oz	Oven Baked Chicken 1/4 Mashed Potatoes 8oz Green Beans 2.5oz Carrot Coins 2.5oz	Salisbury Steak 3 oz Scalloped Potatoes 8 oz Cauliflower 2.5oz Brussel Sprouts 2.5oz
	Margarine (portion) 2	Carrot Raisin Salad 3 oz	Green Beans 2.5oz	Broccoli Pieces 2.5oz	Oriental Mixed Veg 5 oz	Carrot Coins 2.5oz	Brussel Sprouts 2.5oz
	Lemon Pudding 3 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Bread/ Margarine 3 ea Canned Apple Sauce 4 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Bread (slice) 3 Margarine (portion) 3 Canned Pineapple 3 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Bread (slice) 3 Margarine (portion) 3 Caramel Pudding 3 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Bread (slice) 3 Margarine (portion) 3 Ice Cream 3 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Bread (slice) 3 Margarine (portion) 3 Chocolate Pudding 3 oz Fruit Drink 8oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Bread (slice) 3 Margarine (portion) 3 Spice Cake 3 oz Fruit Drink 8oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1

BC CORRECTIONS MALE HIGH ACTIVITY MENU SPECIFICATIONS

Revised May 2006

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats: 1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Milk will be 100% powdered skim milk made according to package directions and fortified with vitamins A and D.
- 5 Creamer for coffee will be non-dairy creamer.
- 6 Muffins 4 oz raw batter each; Cookies 3 oz raw batter each; Cake 4 oz raw batter each / 3 oz as served. Applesauce and canned fruit 4 oz weight; Pudding 3 oz weight.
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches will contain 2 oz weight of filling: ham, salami, turkey, bologna, chicken loaf, Bavarian meat loaf, cheese, peanut butter, sliced meats from leftovers, egg or tuna salad (2 oz egg or tuna).
- 10 In sandwiches, each slice of bread is to be spread with margarine or salad dressing. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Meat and/or cheese sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato = 1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Tossed Salad 3 oz weight; Carrot & Raisin Salad 3 oz weight including dressing.
- 15 Chicken Salad Plate will contain 3 oz of diced chicken white and dark; Turkey Salad Plate 3 oz of diced turkey; Egg & Cheese Plate will have 1-1/2 eggs and 1-1/2 oz of cheese.
- 16 Pizza will contain 1.5 oz meat, 1 oz of vegetable and 1.5 oz of cheese per serving.
- 17 All weiners will be chicken 8 to 1 kg unless otherwise stated.
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (8 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with cornstarch or wheat.
- 21 All meats and vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle.
- 22 Mashed Potato & French Fries 1 cup=8 fluid oz; Hash Browns 5 fluid oz; Boiled & Oven Roast Potato 8 oz cooked weight; Rice 6 oz cooked weight; Noodles & Pasta 1 cup=8 fluid oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe.
- 24 Beef Chow Mien will contain 3 oz of meat and 3 oz of vegetables plus noodles per serving.
- 25 All 1/4 chicken servings will be chicken leg & thigh 8-10 oz. (Edible portion will be at least 3 oz meat.)
- 26 Hot Hamburger Sandwich will consist of 1 x slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked burger pattie/roast beef.
- 27 Meat Loaf will contain 1-1/2 oz meat and 1-1/2 oz beef flavored rehydrated TVP or 3 oz beef.
- 28 French Meat Pie will contain 1-1/2oz meat and 1-1/2 oz beef flavored rehydrated TVP or 3oz. beef, 3-1/2oz of vegetables and 1-1/2 oz of pastry.
- 29 Chili will consist of 3 oz of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe.
- 30 Meat/Vegetable Stir Fry will contain 3oz of meat per serving.
- 31 Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) with vegetables and 5 oz pasta per serving and be made according to recipe.
- 32 Apart from tuna in sandwiches, the only fish permitted to be served on the menu will be 3 oz Baked Fish (battered pollock).
- 33 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between cheese, peanut butter, meat and other variations.
- 34 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of milk, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 35 **Bag (court) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.
- 36 **Crew Lunches will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit.**
- 37 * **Secure Moderate Activity Centres providing outside Crew Lunches will contain 3 sandwiches.**
- 38 **Condiments will be as follows:**

Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams;

Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Table Syrup: 42 ml; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E

No Changes are to be made to this menu without authorization from the Corrections Contract Manager.

Unavoidable local substitutions must be reported to the local liaison warden.

BC CORRECTIONS MALE HIGH ACTIVITY MENU

WEEK THREE	Revised June 2006							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	Apple Juice Oatmeal Cooked with Bran Toast, (slice) Muffin (4oz) Margarine (ptn) Jam (portion) Peanut Butter (ptn)	6 oz 1 cup 1 5 oz 3 1 4 2 3	6 oz 1 cup 2 3 3 2 1 42 ml.	6 oz 1 cup 1 5 oz 3 1 4 2	Apple Juice Oatmeal Cooked with Bran Toast, (slice) Muffin (4oz) Margarine (ptn) Jam (portion) Peanut Butter (ptn)	6 oz 1.5 cup 3 1 4 2 3	Orange Juice Fried Eggs Bacon (strip) Hash Browns Toast, (slice) Margarine (ptn) Jam (portion) Ketchup (portion)	6 oz 2 2 5 oz 2 2 1 2 42 ml.
	Milk Coffee Creamer (powdr) Sugar (portion) Brown Sugar (ptn)	8 oz 8 oz 1 1 1	8 oz 8 oz 1 1 1	8 oz 8 oz 1 1 2	Milk Coffee Creamer (powdr) Sugar (portion) Brown Sugar (ptn)	8 oz 8 oz 1 1 1	Milk Coffee Creamer (powdr) Sugar (portion)	8 oz 8 oz 1 1
	Coffee Creamer (powdr) Sugar (portion)	8 oz 1 1	8 oz 1 1	8 oz 1 1	Coffee Creamer (powdr) Sugar (portion)	8 oz 1 1	Coffee Creamer (powdr) Sugar (portion)	8 oz 1 1
	Tomato & Rice Soup Crackers (each)	8 oz 4	8 oz 4	8 oz 4	Lentil Soup Crackers (each)	8 oz 4	Soup D'Iour Crackers (each)	8 oz 4
	Pizza -one Meat (1.5oz) one vegetable (1oz) & cheese (1.5oz)	3 oz 1 2 oz	3 oz 1 4oz WT	3 oz 1 4oz WT	Sub. Sandwich (1) with cold cuts & cheese (3oz) served with lettuce & tomato	3 oz 1 3 oz	Tuna Salad Sandwich	2 Chicken Bologna Sandwich (as per Specs)
	Celery Stix	6x3"	6x3"	6x3"	French Fries Mustard/Ketchup (ptn)	3 oz 1 ea		
	Mashed Potatoes	4 oz	4 oz	4 oz	Coleslaw	3 oz		
	Cooked Carrots	4 oz	2 ea	2 ea	Mustard (portion)	1		2
	Bread/ Margarine	1 ea	8 oz	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
	Seasonal Fresh Fruit	8 oz	1	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1
Beverage Break	Tea Creamer (powdr) Sugar (portion)	8 oz 1 1	8 oz 1 1	8 oz 1 1	Tea Creamer (powdr) Sugar (portion)	8 oz 1 1	Tea Creamer (powdr) Sugar (portion)	8 oz 1 1
	Barley Soup Crackers (each) Southern Baked 1/4 Chicken	8 oz 4 8 oz 1	8 oz 4 8 oz 1	8 oz 4 8 oz 1	Lentil Soup Crackers (each) French Meat Pie Mashed Potatoes Gravy	8 oz 4 6 oz 8 oz 2 oz	Soup D'Iour Crackers (each) Beef Sausages Boiled Potatoes Peas & Corn Mix	8 oz 4 3 oz 8 oz 5 oz
Dinner	Green Beans	5 oz	3	2.5oz	Tossed Salad	3 oz wt	Mustard (portion)	1
	Raisin Coleslaw	3 oz			Dressing (portion)	1	Bread (slice)	3
	Bread (slice)	3	3	3	Soya Sauce (portion)	1	Margarine (ptn)	3
	Margarine (ptn)	3	3	3	Bread / Margarine	3 ea	White cake	3 ea
	Chocolate Pudding	4 oz	3 oz	3 oz	Ice Cream	3 oz	Fruit Drink	8oz
	Milk	8 oz	8 oz	8 oz	Milk	8 oz	Milk	8 oz
	Tea	8 oz	8 oz	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (powdr)	1	1	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	1	1	Sugar (portion)	1	Sugar (portion)	1
	Sugar (portion)	1	1	1	Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS MALE HIGH ACTIVITY MENU

WEEK FOUR	Revised June 2006						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz Oatmeal Cooked with Bran 1.5 cup Toast, (slice) 3 Muffin (4oz) 1 Margarine (portion) 4 Jam (portion) 2 Peanut Butter (ptn) 3	Orange Juice 6 oz Corn Flakes 1 cup Egg 1 Hash Browns 5 oz Toast, (slice) 3 Bran Muffin (4oz) 1 Margarine (portion) 4 Jam (portion) 2 Peanut Butter (ptn) 4 Syrup 2	Apple Juice 6 oz Cr. Of Wheat 1 cup Pancakes (4") 2 Brown Toast, (slice) 3 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1 Syrup 42 ml	Orange Juice 6 oz Raisin Bran 1 cup Egg 1 Hash Browns 5 oz Toast, (slice) 3 Muffin (4oz) 1 Margarine (portion) 4 Jam (portion) 2 Peanut Butter (ptn) 1 Syrup 2	Apple Juice 6 oz Oatmeal Cooked with Bran 1.5 cup Toast, (slice) 3 Muffin (4oz) 1 Margarine (portion) 4 Jam (portion) 2 Peanut Butter (ptn) 3	Orange Juice 6 oz Fried Eggs 2 Bacon (strip) 2 Hash Browns 5 oz Toast, (slice) 2 Margarine (portion) 2 Jam (portion) 2 Ketchup (portion) 1 Syrup 2	Apple Juice 6 oz Scrambled Eggs 2 Sausages (2oz) 2 Pancakes (4") 2 Toast, (slice) 2 Margarine (portion) 2 Jam (portion) 1 Ketchup (portion) 2 Syrup 42 ml.
	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 2	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 2	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1
	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1
	Barley Soup 8 oz Crackers (each) 4 Salami & Cheese sandwich 2	Cream of Veg Soup 8 oz Crackers (each) 4 Macaroni & Cheese Casserole 6 oz	Green Pea Soup 8 oz Crackers (each) 4 Cold Turkey Sand. 2	Tomato & Rice Soup 8 oz Crackers (each) 4 Cold Meat Plate 3 oz	Lentil Soup 8 oz Crackers (each) 4 Tuna Salad Sand. 2	Soup D'Jour 8 oz Crackers (each) 4	Navy Bean Soup 8 oz Crackers (each) 4
	Coleslaw 3 oz	Green Peas 4 oz	Pasta Salad 4 oz	Potato Salad 4 oz	Cabbage Salad 3 oz	Turkey Loaf Sandwich* 2	Salami Sandwich 2
	Fruit Drink 8 oz	Bread slice 2 Margarine portion 2 Fruit Drink 8 oz	Veggie Sticks 6x3" Veggie Stix 6x3" Bread/ Margarine 2 ea Fruit Drink 8 oz	Tossed Salad 3 oz wt Dressing (portion) 1 Veggie Stix 6x3" Bread/ Margarine 2 ea Fruit Drink 8 oz	Veggie Stix 6x3" Fruit Drink 8 oz Seasonal Fresh Fruit 1	Mustard (portion) 2 Fruit Drink 8 oz Seasonal Fresh Fruit 1	Mustard (portion) 2 Fruit Drink 8 oz Seasonal Fresh Fruit 1
	Seasonal Fresh Fruit 1	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1
	Barley Soup 8 oz Crackers (each) 4 Beef Stew (3 oz Meat) 6 oz	Cream of Veg Soup 8 oz Crackers (each) 4 Veal Cutlets 3 oz Mushroom Sauce 2 oz	Green Pea Soup 8 oz Crackers (each) 4 Chili 3 oz Oven Baked Potatoes 6 oz Diced Carrots 5 oz Green Beans 3 oz	Tomato & Rice Soup 8 oz Crackers (each) 4 Chicken Cacciatore with 2oz sauce 1/4 Egg Noodles 8 oz Mixed Vegetables 2.5oz Broccoli Pieces 2.5oz	Lentil Soup 8 oz Crackers (each) 4 Meatballs 3oz Sweet & Sour Sauce 3oz Rice (cooked) 6oz Oriental Mixed Veg 5oz	Soup D'Jour 8 oz Crackers (each) 4 Oven Baked Chicken 1/4 Mashed Potatoes 8oz Green Beans 2.5oz Carrot Coins 2.5oz Bread (slice) 3	Navy Bean Soup 8 oz Crackers (each) 4 Salisbury Steak 3 oz Scalloped Potatoes 8 oz Cauliflower 2.5oz Brussel Sprouts 2.5oz Bread (slice) 3
	Mashed Potatoes 8 oz Tea Biscuits (3oz) 2 Margarine (portion) 2 Lemon Pudding 3 oz	Steamed Rice 6 oz Kernel Corn 5 oz Carrot Raisin Salad 3 oz	Oven Baked Potatoes 6 oz Diced Carrots 5 oz Green Beans 3 oz Bread (slice) 3 Margarine (portion) 3 ea Canned Pineapple 4 oz Milk 8 oz Tea 8 oz	Egg Noodles 8 oz Mixed Vegetables 2.5oz Broccoli Pieces 2.5oz Bread (slice) 3 Margarine (portion) 3 Caramel Pudding 3 oz Milk 8 oz Tea 8 oz	Rice (cooked) 6oz Oriental Mixed Veg 5oz Bread (slice) 3 Margarine (portion) 3 Ice Cream 3 oz Milk 8 oz Tea 8 oz	Green Beans 2.5oz Carrot Coins 2.5oz Bread (slice) 3 Margarine (portion) 3 Chocolate Pudding 3 oz Fruit Drink 8oz Milk 8 oz Tea 8 oz	Brussel Sprouts 2.5oz Cauliflower 2.5oz Bread (slice) 3 Margarine (portion) 3 Spice Cake 3 oz Fruit Drink 8oz Milk 8 oz Tea 8 oz
	Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Bread/ Margarine 3 ea Canned Apple Sauce 4 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Margarine (portion) 3 Canned Pineapple 4 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Margarine (portion) 3 Caramel Pudding 3 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Margarine (portion) 3 Ice Cream 3 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Chocolate Pudding 3 oz Fruit Drink 8oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Spice Cake 3 oz Fruit Drink 8oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1
	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1