

### **10.13. Food Service (revised: Apr-13)**

#### **10.13.1. Inmates kitchen workers**

1. Inmates assigned to food service work are trained in sanitation procedures.
2. B.C. *Public Health Act* and regulations apply.

#### **10.13.2. Food safety and security**

1. The warden ensures that supervision is provided for inmates assigned to food service work.
2. The warden ensures that the food services contractor has procedures to prevent tampering or contamination of meals prepared, served and delivered to inmates and other individuals.
3. Food service operations are subject to B.C. *Public Health Act* and regulations, workplace safety and fire services legislation and regulations.

#### **10.13.3. Inmate diet selection**

1. Inmates declare upon admission whether they need a regular, vegetarian or vegan diet.
2. Inmates may not change their diet selection once they have made the initial declaration, unless the change is determined by the centre's physician or nurse practitioner. Inmates may avoid food items that they dislike or cause them food intolerance.
3. When the centre's physician or nurse practitioner has determined that a life-threatening allergy or therapeutic reason requires a special diet, health care staff advise correctional staff of the special diet by:
  - Sending an email to the food services manager and deputy warden of programs or designate; and
  - Entering a medical alert on CORNET using the code Special Diet.
4. Correctional managers may request confirmation from health care staff that the special diet is medically necessary.

#### **10.13.4. Therapeutic and ethnic diets**

1. Through the food services contractor, the Corrections Branch provides for therapeutic diets prescribed for an inmate by the centre's physician or nurse practitioner.
2. Ethnic diets respecting religious or cultural traditions are available to inmates. These diets are approved by the warden or designate, and a notation of approval is made on file.
3. An established diet is maintained when an inmate transfers to another centre unless a change in the inmate's circumstances indicates a need for reassessment.

#### **10.13.5. Meal service**

1. Inmates are provided meals in accordance with the approved Corrections Branch Menu and Canada Food Guide.
2. The preparation and delivery of food services comply with the B.C. *Public Health Act* and regulations.
3. Each centre develops procedures to ensure that meals supplied by the food services contractor are consistent with the food services agreement and the Corrections Branch Menu.

**10.13.6. Corrections Branch raised livestock, poultry and food items**

1. Food that is produced within the Corrections Branch for consumption is of good quality and delivered in edible condition.
2. Food products, including livestock and poultry raised for consumption, are processed to the legislative and regulatory requirements of agriculture and health.

**10.13.7. Discipline**

Food is not used as a reward or for disciplinary purposes.

### **10.6.3. Diet**

1. When an inmate has special requirements to observe dietary laws and practices established by their religion, the warden or designate, in consultation with the chaplain or appropriate religious leader, makes reasonable attempts to accommodate the diet, to the point of undue hardship, and considering the safety and security of the institution. A notation of approval is made on the inmate's file.
2. An established diet is maintained when an inmate transfers to another centre unless a change in the inmate's circumstances indicates a need for reassessment. A reassessment by the chaplain is not required following a transfer to another centre. Inmates cannot be removed from their religious diet for not following their diet.
3. Religious diets are accommodated in as timely a manner as reasonably possible. However, under some circumstances (for example, depending on local resources) there may be a delay in implementation. In these circumstances, inmates are consulted and offered options in managing their diet, including offering a regular vegetarian or vegan meal. The inmate may remove items from a meal at their discretion.

**BC CORRECTIONS MALE MODERATE ACTIVITY MENU    GLUTEN FREE**

WEEK	Revised October 2017													
1	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<b>Breakfast</b>	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Boiled egg	2	Scrambled Eggs	2
	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Bacon (strip)	2	GF Turkey Sausage	1
	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Hash Browns	5 oz	Hash Browns	5 oz
	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Gluten Free Bread	2	Gluten Free Bread	2
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Jam (portion)	1	Jam (portion)	1
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ketchup (portion)	2	Ketchup (portion)	2
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Coffee	8 oz	Coffee	8 oz
<b>Beverage Break</b>	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Sugar (portion)	1	Sugar (portion)	1
	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1
	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea
	Tomato & Rice Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Barley Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1
	Turkey Sausage GF	1	Grilled Ham & Cheese Sandwich GF Bread	1.5	Sloppy Joes (as per Specs)	1	Chicken Salad Sandwich GF Bread	1.5	Pizza Style Meat & Cheese Sandwich-HOT! GF Bread 3 Slices	1.5	Tuna Salad Sandwich (as per Specs) GF Bread	1	Cheese Sandwich (as per specs) GF Bread	1
	GF Falafel	4 ea			GF Bread	2								
	Vegetable Sticks	3 oz	Vegetable Sticks	3 oz	Vegetable Sticks	3 oz	Tossed Salad	1	Cabbage Salad with Dressing	3 oz				
	Sour Cream 1/2 oz	1	Ketchup (portion)	1			Dressing (portion)	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	Fruit Drink	8 oz
<b>Beverage Break</b>	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	GF Penne	8 oz	Beef Vegetable Stir Fry	3 oz	Black Bean Patty GF Gravy	1 2 oz	Baked Fish (Unbreaded)	3 oz	GF Chicken Cutlet GF Gravy	3 oz 2 oz	Falafel Nuggets GF Gravy	6 2 oz	Roast Chicken Breast	3 oz
	Italian Sauce	2 oz	Steamed Rice	6 oz	Boiled Potato	8 oz	French Fries	8 oz	Mashed Potatoes	8 oz	Steamed Rice	6 oz	Steamed Rice	6 oz
	Tossed Salad with Dressing (portion)	3 oz 1	Carrots	5 oz	Peas	2.5 oz	Green Beans	2.5 oz	Carrots	2.5 oz	Mixed Vegetables	5 oz	Broccoli	2.5 oz
	GF Bread	3			Kernel Corn	2.5 oz	Coleslaw with Dressing Ketchup (portion)	3 oz 1	Turnips	2 5 oz			Carrots	2.5 oz
	Margarine	2	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3
	Apple Sauce	4 oz	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2
	Milk	8 oz	Canned Pineapple	4 oz	<b>Fresh Fruit</b>	1	<b>Fresh Fruit</b>	1	<b>Fresh Fruit</b>	1	Jello	3 oz	<b>Fresh Fruit</b>	1
<b>Dinner</b>	Tea	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
	Creamer (pwdr)	1	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Milk	8 oz	Milk	8 oz
	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Tea	8 oz	Tea	8 oz
			Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
											Sugar (portion)	1	Sugar (portion)	1

WEEK														
2	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Boiled Eggs	2	Scrambled Eggs	2
	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Bacon (strip)	2	GF Turkey Sausage	1
	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Hash Browns	5 oz	Hash Browns	5 oz
	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Gluten Free Bread	2	Gluten Free Bread	2
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Jam (portion)	1	Jam (portion)	1
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ketchup (portion)	2	Ketchup (portion)	2
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Coffee	8 oz	Coffee	8 oz
Beverage Break	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Sugar (portion)	1	Sugar (portion)	1
Lunch	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1
	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea
	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1
	Roast Beef Sandwich	1.5	Egg Salad Sandwich	1.5	GF Hot Dogs	2	Chicken Salad (Plate)	3 oz	Grilled Cheese Sandwich.	1.5	Cheese Sandwich GF Bread	1	Ham Sandwich GF Bread	1
	GF Bread				GF Bread	2	GF Bread	1	GF Bread					
					French Fries	4 oz	GF Penne Salad	4 oz	French Fries	4 oz				
	Coleslaw with Dressing	3 oz	Vegetable Sticks	3 oz			Vegetable Sticks	3 oz						
	Mustard (portion)	1			Mustard (portion)	2	Margarine (portion)	2	Ketchup (portion)	2			Mustard (portion)	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	Fruit Drink	8 oz
Beverage Break	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1
Dinner	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	Vegetarian Curry	6 oz	Roasted Chicken Breast	3 oz	Black Bean Patty	1	Baked Fish	3 oz	Roast Beef	3 oz	Chicken Vegetable Stir Fry	6 oz	GF Chicken Cutlet	4 oz
					GF Gravy	2 oz	(Unbreaded)		GF Gravy	oz			Tomato Sauce	2 oz
	Steamed Rice	6 oz	Mashed Potatoes	8 oz	Baked Potato	8 oz	Rice Pilaf	6 oz	Mashed Potatoes	8 oz	Steamed Rice	6 oz	Steamed Rice	6 oz
	Chef's Vegetables	5 oz	Green Beans	2.5oz	Kernel Corn	2.5 oz	Turnips	2.5 oz	Carrots	2.5 oz	Steamed Cabbage & Carrots	5 oz	Peas	2.5 oz
			Steamed Cabbage	2.5oz	Peas	2.5 oz	Carrots	2.5 oz	Green Beans	2.5 oz			Turnips	2.5 oz
	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2
Dinner	Canned Pineapple	4 oz	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Apple Sauce	4 oz	Fresh Fruit	1	Jello	3 oz
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Tea	8 oz	Tea	8 oz
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Creamer (powdr)	1	Creamer (powdr)	1
											Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS MALE MODERATE ACTIVITY MENU **GLUTEN FREE**

Revised October 2017

WEEK														
3	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Boiled Eggs	2	Scrambled Eggs	2
	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Bacon (strip)	2	GF Turkey Sausage	1
	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Hash Browns	5 oz	Hash Browns	5 oz
	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Gluten Free Bread	2	Gluten Free Bread	2
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Jam (portion)	1	Jam (portion)	1
											Ketchup (portion)	2	Ketchup (portion)	2
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
Beverage Break	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	Brown Sugar (ptn)	1			Brown Sugar (ptn)	1			Brown Sugar (ptn)	1				
	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1
	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea
	Tomato & Rice Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Barley Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1
	GF Pizza -Meat, Vegetable & Cheese	6 oz	Roast Beef Sandwich	1.5	Egg & Cheese (Plate)	1	GF Black Bean Patty with lettuce, tomato, onion GF Bread 2 slices	1	Sandwich -Ham & Cheese Lettuce & Tomato GF Bread	1.5	Tuna Salad Sandwich GF Bread	1	Cheese Sandwich GF Bread	1
			GF Pasta Salad	4 oz	GF Potato Salad	4 oz								
	Vegetable Sticks	3 oz	Vegetable Sticks	3 oz	Vegetable Sticks	3 oz	French Fries	4 oz	Coleslaw with Dressing	3 oz				
Dinner					GF Bread	2								
			Mustard (portion)	1	Margarine (portion)	2	Ketchup (portion)	1	Mustard (portion)	1				
	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Mustard (portion)	1	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
			Fresh Fruit	1			Fruit Drink	1			Fresh Fruit	1	Fresh Fruit	1
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	Baked Chicken Breast	3 oz	Baked GF Penne (Lasagna Style)	8 oz	Baked Fish (Unbreaded)	3 oz	Tofu Vegetable Stew	6 oz	Roast Beef	3 oz	GF Wieners	2	Roast Turkey	3 oz
	GF Gravy								GF Gravy	2 oz	GF Gravy	oz	GF Gravy	2 oz
	Baked Potato	8 oz			Mashed Potatoes	8 oz	Steamed Rice	6 oz	Mashed Potatoes	8 oz	Boiled Potato	8 oz	Mashed Potatoes	8 oz
Dinner	Green Beans	2.5 oz	Italian Vegetables	5 oz	Kernel Corn	2.5 oz	Carrots	2.5 oz			Green Beans	2.5 oz	Turnips	2.5 oz
	Coleslaw with Dressing	3 oz			Peas	2.5 oz	Turnips	2.5 oz	Steamed Cabbage & Carrots	5 oz	Corn	2.5 oz	Carrots	2.5 oz
	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3
	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2
	Fresh Fruit	1	Canned Pineapple	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Jello	3 oz	Apple Sauce	4 oz
											Fruit Drink	8 oz	Fruit Drink	8 oz
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

WEEK	Revised October 2017													
4	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Steel Cut Oats	1 cup	Boiled Eggs	2	Scrambled Eggs	2
	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Bacon (strip)	2	GF Turkey Sausage	1
	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Hash Browns	5 oz	Hash Browns	5 oz
	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Gluten Free Bread	2	Gluten Free Bread	2
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Jam (portion)	1	Jam (portion)	1
											Ketchup (portion)	2	Ketchup (portion)	2
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Brown Sugar (ptn)	1			Brown Sugar (ptn)	1			Brown Sugar (ptn)	1					
Beverage Break	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1
	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea
Lunch	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1
	Salami & Cheese Sandwich	1.5	GF Penne & Cheese Casserole	6 oz	Chicken Salad Sandwich	1.5	Cold Meat Plate	3 oz	Tuna Salad Sandwich GF	1.5	Hummus Sandwich	1	Ham Sandwich GF	1
	GF Bread	1.5			GF Bread				Bread		GF Bread		Bread	
	Coleslaw with Dressing	3 oz	Green Peas	4 oz	GF Pasta Salad	4 oz	GF Potato Salad	4 oz	Cabbage Salad with Dressing	3 oz				
	Vegetable Sticks	3 oz			Vegetable Sticks	3 oz	Tossed Salad with Dressing	1	Vegetable Sticks	3 oz				
			GF Bread	2			GF Bread	2						
			Margarine portion	2			Margarine portion	2					Mustard (portion)	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	Fruit Drink	8 oz	
		Fresh Fruit	1			Fresh Fruit	1			Fresh Fruit	1	Fresh Fruit	1	
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Beef Stew	6 oz	GF Chicken Cutlet	4 oz	Chili	6 oz	Chicken Breast	3 oz	Falafel Nuggets	6	Chicken Breast	4 oz	Roast Beef	3 oz
			Tomato Sauce	2 oz			Cacciatore	2 oz			GF Gravy	2 oz	GF Gravy	2 oz
	Mashed Potatoes	8 oz	Steamed Rice	oz	Baked Potato	8 oz	GF Penne	8 oz	Steamed Rice	6 oz	Baked Potato	8 oz	Mashed Potatoes	8 oz
	Chef's Vegetable	5 oz	Kernel Corn	2.5 oz	Mixed Vegetables	5 oz	Broccoli	5 oz	Chefs Vegetable	5 oz	Green Beans	2.5 oz	Carrots	2.5 oz
			Carrots	2.5 oz							Carrots	2.5 oz	Brussel Sprouts	2.5 oz
	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3
	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2
	Fresh Fruit	1	Canned Pineapple	4 oz	Apple Sauce	4 oz	Fresh Fruit	1	Fresh Fruit	1	Jello	3 oz	Fresh Fruit	1
											Fruit Drink	1	Fruit Drink	1
	Milk	8 oz	Milk	1	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Tea	8 oz	Tea	1	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

**BC CORRECTIONS MALE MODERATE ACTIVITY MENU    GLUTEN FREE WORK PLAN**

Revised February 2015

- 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% whole-wheat (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 wieners 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 1/2 cup of raw vegetables (such as onion, potato or other vegetables) per Inmate. In addition they can include 3 oz of cooked grains, beans, pasta or lentils per portion.
- 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 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 Transfer Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.
- 36 **Work 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: 7 grams. The margarine used must be one that provides vitamin E and D.
- 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    GLUTEN FREE**

WEEK	Revised October 2017													
1	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	1	Orange Juice	1	Apple Juice	1	Orange Juice	1	Apple Juice	1	Orange Juice	1	Apple Juice	1
	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Boiled egg	2	Scrambled Eggs	2
	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Bacon	2	Turkey Sausage	1
	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Hash Browns	4	Hash Browns	4
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2
	Jam	2	Jam	2	Jam	2	Jam	2	Jam	2	Gluten Free Bread	2	Gluten Free Bread	2
	Peanut Butter	1	Peanut Butter	1	Peanut Butter	2	Peanut Butter	1	Peanut Butter	1	Jam	1	Jam	1
	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Ketchup	2	Ketchup	2
	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Milk	1	Milk	1
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Coffee	1	Coffee	1
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Creamer	1	Creamer	1
	Brown Sugar	1			Brown Sugar	1			Brown Sugar	1	Sugar	1	Sugar	1
Beverage Break	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1
	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1
Lunch	Tomato & Rice Soup	1	Cream of Veg Soup	1	Green Pea Soup	1	Barley Soup	1	Lentil Soup	1	Soup D'Jour	1	Navy Bean Soup	1
	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1
	Turkey Sausage	1	Grilled Ham & Cheese Sandwich	1.5	Sloppy Joes	1	Chicken Salad Sandwich	1.5	Pizza Style Meat & Cheese Sandwich	1.5 GF	Tuna Salad Sandwich	1	Cheese Sandwich	1
	Falafel Nuggets	4												
	Vegetable Sticks	1	Vegetable Sticks	1	Vegetable Sticks	1	Tossed Salad	1	Cabbage Salad	1				
	Sour Cream	1	Ketchup	1			Dressing	1						
	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1
Beverage Break	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1
Dinner	Penne	1	Beef Vegetable Stir Fry	1	Black Bean Patty Gravy	1	Baked Fish	1	Chicken Cutlet Gravy	1	Falafel Nuggets Gravy	6	Roasted Chicken Breast	1
	Italian Sauce	1	Steamed Rice	1	Boiled Potato	1	French Fries	1	Mashed Potatoes	1	Steamed Rice	1	Steamed Rice	1
	Tossed Salad	1	Carrots	1	Peas	1	Green Beans	1	Carrots	1	Mixed Vegetables	1	Broccoli	1
	Dressing	1			Kernel Corn	1	Coleslaw	1	Turnips	1			Carrots	1
							Ketchup	1						
	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2
	Apple Sauce	1	Canned Pineapple	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Jello	1	Fresh Fruit	1
											Fruit Drink	1	Fruit Drink	1
	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1
	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1

BC CORRECTIONS MALE MODERATE ACTIVITY MENU **GLUTEN FREE**

Revised October 2017

WEEK														
2	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	1	Orange Juice	1	Apple Juice	1	Orange Juice	1	Apple Juice	1	Orange Juice	1	Apple Juice	1
	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Boiled egg	2	Scrambled Eggs	2
	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Bacon	2	Turkey Sausage	1
	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Hash Browns	4	Hash Browns	4
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2
	Jam	2	Jam	2	Jam	2	Jam	2	Jam	2	Gluten Free Bread	2	Gluten Free Bread	2
	Peanut Butter	1	Peanut Butter	1	Peanut Butter	2	Peanut Butter	1	Peanut Butter	1	Jam	1	Jam	1
	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Ketchup	2	Ketchup	2
	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Milk	1	Milk	1
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Coffee	1	Coffee	1
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Creamer	1	Creamer	1
	Brown Sugar	1			Brown Sugar	1			Brown Sugar	1	Sugar	1	Sugar	1
Beverage Break	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1
	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1
Lunch	Barley Soup	1	Cream of Veg Soup	1	Green Pea Soup	1	Tomato & Rice Soup	1	Lentil Soup	1	Soup D'Jour	1	Navy Bean Soup	1
	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1
	Roast Beef Sandwich	1.5	Egg Salad Sandwich	1.5	Chicken Hot Dogs	2	Chicken Salad Plate	1	Grilled Cheese Sandwich.	1.5	Cheese Sandwich	1	Ham Sandwich	1
					French Fries	1	Penne Salad	1	French Fries	1				
					GF Bread	2	GF Bread	2						
	Coleslaw	1	Vegetable Sticks	1	Mustard	2	Vegetable Sticks	1					Mustard	1
	Mustard	1			Ketchup	2	Margarine	2	Ketchup	2				
	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1
Beverage Break	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1
Dinner	Vegetarian Curry	1	Roast Chicken Breast	1	Black Bean Patty	1	Baked Fish	1	Roast Beef	1	Chicken Vegetable Stir Fry	1	Chicken Cutlet	1
					Gravy	1			Gravy	1			Tomato Sauce	1
	Steamed Rice	1	Mashed Potatoes	1	Baked Potato	1	Rice Pilaf	1	Mashed Potatoes	1	Steamed Rice	1		
	Chef's Vegetables	1	Green Beans	1	Kernel Corn	1	Turnips	1	Carrots	1	Steamed Cabbage & Carrots	1	Peas	1
			Steamed Cabbage	1	Peas	1	Carrots	1	Green Beans	1			Turnips	1
	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2
	Canned Pineapple	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Apple Sauce	1	Fresh Fruit	1	Jello	1
											Fruit Drink		Fruit Drink	
	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1
	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1

**BC CORRECTIONS MALE MODERATE ACTIVITY MENU    GLUTEN FREE**

WEEK	Revised October 2017														
3	Monday			Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	1	Orange Juice	1	Apple Juice	1	Orange Juice	1	Apple Juice	1	Orange Juice	1	Apple Juice	1	
	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Boiled egg	2	Scrambled Eggs	2	
	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Bacon	2	Turkey Sausage	1	
	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Hash Browns	4	Hash Browns	4	
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	
	Jam	2	Jam	2	Jam	2	Jam	2	Jam	2	Gluten Free Bread	2	Gluten Free Bread	2	
	Peanut Butter	1	Peanut Butter	1	Peanut Butter	2	Peanut Butter	1	Peanut Butter	1	Jam	1	Jam	1	
											Ketchup	2	Ketchup	2	
	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	
	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	
Brown Sugar	1			Brown Sugar	1			Brown Sugar	1						
Beverage Break	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	
	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	
Lunch	Tomato & Rice Soup	1	Cream of Veg Soup	1	Green Pea Soup	1	Barley Soup	1	Lentil Soup	1	Soup D'Jour	1	Navy Bean Soup	1	
	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	
	Pizza -Meat, Vegetable & Cheese	1	Roast Beef Sandwich	1.5	Egg & Cheese Plate	1	Black Bean Patty with Lettuce, Tomato, Onion	1	Ham, Cheese, Lettuce & Tomato Sandwich	1.5	Tuna Salad Sandwich	1	Cheese Sandwich	1	
			Pasta Salad	1	Potato Salad	1	French Fries	1							
	Vegetable Sticks	1	Vegetable Sticks	1	Vegetable Sticks	1	GF Bread	2	Coleslaw	1					
					GF Bread	2	Mustard	1							
					Margarine	2	Ketchup	1	Mustard	1					
Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1	Fruit Drink	1		
		Fresh Fruit	1			Fresh Fruit	1			Fresh Fruit	1	Fresh Fruit	1		
Beverage Break	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	
Dinner	Baked Chicken Breast	1	Baked Penne	1	Baked Fish	1	Tofu Vegetable Stew	1	Roast Beef	1	Wieners	2	Roast Turkey	1	
	Gravy							Gravy	1	Gravy	1	Gravy	1		
	Baked Potato	1			Mashed Potatoes	1	Steamed Rice	1	Mashed Potatoes	1	Boiled Potato	1	Mashed Potatoes	1	
	Green Beans	1	Italian Vegetables	1	Kernel Corn	1	Carrots	1	Steamed Cabbage & Carrots	1	Green Beans	1	Turnips	1	
	Coleslaw	1			Peas	1	Turnips	1			Corn	1	Carrots	1	
	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	
	Fresh Fruit	1	Canned Pineapple	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Jello	1	Apple Sauce	1	
											Fruit Drink	1	Fruit Drink	1	
	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	
	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	

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WEEK	Revised October 2017														
4	Monday			Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	1	Orange Juice	1	Apple Juice	1	Orange Juice	1	Apple Juice	1	Orange Juice	1	Apple Juice	1	
	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Steel Cut Oats	1	Boiled egg	2	Scrambled Eggs	2	
	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Gluten Free Bread	3	Bacon	2	Turkey Sausage	1	
	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Gluten Free Muffin	1	Hash Browns	4	Hash Browns	4	
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	
	Jam	2	Jam	2	Jam	2	Jam	2	Jam	2	Gluten Free Bread	2	Gluten Free Bread	2	
	Peanut Butter	1	Peanut Butter	1	Peanut Butter	2	Peanut Butter	1	Peanut Butter	1	Jam	1	Jam	1	
											Ketchup	2	Ketchup	2	
	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	
	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	
Brown Sugar	1			Brown Sugar	1			Brown Sugar	1						
Beverage Break	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	Coffee	1	
	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	
Lunch	Barley Soup	1	Cream of Veg Soup	1	Green Pea Soup	1	Tomato & Rice Soup	1	Lentil Soup	1	Soup D'Jour	1	Navy Bean Soup	1	
	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	Rice Cake	1	
	Salami & Cheese Sandwich	1.5	Penne & Cheese Casserole	1	Chicken Salad Sandwich	1.5	Cold Meat Plate Potato Salad	1 1	Tuna Salad Sandwich	1.5	Hummus Sandwich	1	Ham Sandwich	1	
	Coleslaw	1	Green Peas	1	Pasta Salad	1	GF Bread	2	Cabbage Salad	1					
	Vegetable Sticks	1	GF Bread	2	Vegetable Sticks	1	Tossed Salad Dressing	1 1	Vegetable Sticks	1					
			Margarine	2			Margarine	2					Mustard	1	
	Fruit Drink	1	Fruit Drink Fresh Fruit	1 1	Fruit Drink	1	Fruit Drink Fresh Fruit	1 1	Fruit Drink	1	Fruit Drink Fresh Fruit	1 1	Fruit Drink Fresh Fruit	1 1	
Beverage Break	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	
Dinner	Beef Stew	1	Chicken Cutlet	1	Chili	1	Chicken Breast Cacciatore	1	Falafel Nuggets	6	Chicken Cutlet	1	Black Bean Patty	1	
			Tomato Sauce	1							Gravy	1	Gravy	1	
	Mashed Potatoes	1	Steamed Rice	1	Baked Potato	1	Penne	1	Steamed Rice	1	Baked Potato	1	Mashed Potatoes	1	
	Chef's Vegetable	1	Kernel Corn	1	Mixed Vegetables	1	Broccoli	1	Chefs Vegetable	1	Green Beans	1	Carrots	1	
			Carrots	1							Carrots	1	Brussel Sprouts	1	
	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	GF Bread	3	
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	
	Fresh Fruit	1	Canned Pineapple	1	Apple Sauce	1	Fresh Fruit	1	Fresh Fruit	1	Jello	1	Fresh Fruit	1	
											Fruit Drink	1	Fruit Drink	1	
	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	Milk	1	
	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	Tea	1	
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	
Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1		

# BC CORRECTIONS KOSHER MENU

Revised October 2017

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<b>Breakfast</b>	Kosher Juice	2 packs	Kosher Juice	2 packs	Kosher Juice	2 packs	Kosher Juice	2 packs	Kosher Juice	2 packs	Kosher Juice	2 packs	Kosher Juice	2 packs
	Oatmeal	1 pack	Corn Flakes	1 pack	Oatmeal	1 pack	Raisin Bran	1 pack	Oatmeal	1 pack	Corn Flakes	1 pack	Raisin Bran	1 pack
	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1
	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread (slice)	2	Bread (slice)	2
	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	1	Jam (portion)	1
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1
	Milk box	1	Milk box	1	Milk box	1	Milk box	1	Milk box	1	Milk box	1	Milk box	1
	Instant coffe	1	Instant coffe	1	Instant coffe	1	Instant coffe	1	Instant coffe	1	Instant coffe	1	Instant coffe	1
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	2	Sugar (portion)	2	Sugar (portion)	2	Sugar (portion)	2	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	1
<b>Beverage Break</b>	Instant coffee	1	Instant coffee	1	Instant coffee	1	Instant coffee	1	Instant coffee	1	Instant coffee	1	Instant coffee	1
	Creamer/sugar (ptn)	1	Creamer/sugar (ptn)	1	Creamer/sugar (ptn)	1	Creamer/sugar (ptn)	1	Creamer/sugar (ptn)	1	Creamer/sugar (ptn)	1	Creamer/sugar (ptn)	1
<b>Lunch</b>	Kosher Soup	1	Kosher Soup	1	Kosher Soup	1	Kosher Soup	1	Kosher Soup	1	Kosher Soup	1	Kosher Soup	1
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	DARK CHICKEN	1 PORT.	WIENERS AND BEANS	1 PORT.	FISH STICKS	1 PORT.	MEATLOAF	1 PORT.	CABBAGE ROLLS	1 PORT.	TUNA CASSEROLLE	1 PORT.	ROAST BEEF	1 PORT.
	Kosher Juice	2	Kosher Juice	2	Kosher Juice	2	Kosher Juice	2	Kosher Juice	2	Kosher Juice	2	Kosher Juice	2
<b>Beverage Break</b>	Green Tea (bag)	1	Green Tea (bag)	1	Green Tea (bag)	1	Green Tea (bag)	1	Green Tea (bag)	1	Green Tea (bag)	1	Green Tea (bag)	1
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
<b>Dinner</b>	BEEF STEW	1 PORT.	CHICKEN CACCIATORE	1 PORT.	SALISBURY STEAK	1 PORT.	SWEET AND SOUR CHICKEN	1 PORT.	BEEF STIR FRY	1 PORT.	SWEET AND SOUR MEATBALLS	1 PORT.	ROAST TURKEY	1 PORT.
	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3
	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2
	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1
	Milk box	1	Milk box	1	Milk box	1	Milk box	1	Milk box	1	Milk box	1	Milk box	1
	Green Tea (bag)	1	Green Tea (bag)	1	Green Tea (bag)	1	Green Tea (bag)	1	Green Tea (bag)	1	Green Tea (bag)	1	Green Tea (bag)	1
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
											Kosher Juice	2 packs	Kosher Juice	2 packs

Each inmate receives 1 loaf of kosher bread every second day.

# BC CORRECTIONS KOSHER MENU

Revised October 2017

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
<b>Breakfast</b>	Kosher Juice	1	Kosher Juice	1	Kosher Juice	1	Kosher Juice	1	Kosher Juice	1	Kosher Juice	1	Kosher Juice
	Oatmeal	1	Corn Flakes	1	Oatmeal	1	Raisin Bran	1	Oatmeal	1	Corn Flakes	1	Raisin Bran
	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Boiled egg	2	Boiled egg
	Bread	3	Bread	3	Bread	3	Bread	3	Bread	3	Fresh Fruit	1	Fresh Fruit
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Bread	2	Bread
	Jam	2	Jam	2	Jam	2	Jam	2	Jam	2	Margarine	2	Margarine
	Peanut Butter	1	Peanut Butter	1	Peanut Butter	1	Peanut Butter	1	Peanut Butter	1	Jam	1	Jam
	Milk box	1	Milk box	1	Milk box	1	Milk box	1	Milk box	1			
	Instant coffe	1	Instant coffe	1	Instant coffe	1	Instant coffe	1	Instant coffe	1	Milk box	1	Milk box
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Instant coffe	1	Instant coffe
	Sugar	2	Sugar	2	Sugar	2	Sugar	2	Sugar	2	Creamer	1	Creamer
<b>Beverage Break</b>	Instant coffee	1	Instant coffee	1	Instant coffee	1	Instant coffee	1	Instant coffee	1	Sugar	1	Sugar
	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1	Creamer/sugar	1			
<b>Lunch</b>	Kosher Soup	1	Kosher Soup	1	Kosher Soup	1	Kosher Soup	1	Kosher Soup	1	Kosher Soup	1	Kosher Soup
	Crackers	4	Crackers	4	Crackers	4	Crackers	4	Crackers	4	Crackers	4	Crackers
	DARK CHICKEN	1	WIENERS AND BEANS	1	FISH STICKS	1	MEATLOAF	1	CABBAGE ROLLS	1	TUNA CASSEROLLE	1	ROAST BEEF
	Kosher Juice	1	Kosher Juice	1	Kosher Juice	1	Kosher Juice	1	Kosher Juice	1	Kosher Juice	1	Kosher Juice
<b>Beverage Break</b>	Green Tea		Green Tea		Green Tea		Green Tea		Green Tea		Green Tea		Green Tea
	Creamer		Creamer		Creamer		Creamer		Creamer		Creamer		Creamer
<b>Dinner</b>	Sugar		Sugar		Sugar		Sugar		Sugar		Sugar		Sugar
	BEEF STEW	1	CHICKEN CACCIATORE	1	SALISBURY STEAK	1	SWEET AND SOUR CHICKEN	1	BEEF STIR FRY	1	SWEET AND SOUR MEATBALLS	1	ROAST TURKEY
	Bread	3	Bread	3	Bread	3	Bread	3	Bread	3	Bread	3	Bread
	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine	2	Margarine
	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit	1	Fresh Fruit
	Milk box	1	Milk box	1	Milk box	1	Milk box	1	Milk box	1	Milk box	1	Milk box
	Green Tea	1	Green Tea	1	Green Tea	1	Green Tea	1	Green Tea	1	Green Tea	1	Green Tea
	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer	1	Creamer
	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar	1	Sugar
<b>Dinner</b>											Kosher Juice	1	Kosher Juice

Each inmate receives 1 loaf of Kosher bread every second day.

## Eurest Dining Services

## BC CORRECTIONS

## MENS HALAL MODERATE ACTIVITY MENU

WEEK ONE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1 cup	Fried Eggs	1	Scrambled Eggs	2
	Toast, (slice)	3	Toast, (slice)	3	Brown Toast, (slice)	3	Toast, (slice)	3	Toast, (slice)	3	Cheese Slice (H)	2	Breakfast Sausages (H)	2
	Muffin (4oz)	1	Bran Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Hash Browns	5 oz	Pancakes (4")	2
	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3			Toast, (slice)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2			Margarine (portion)	2
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1			Jam (portion)	1
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz			Ketchup (portion)	2
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz			Syrup (portion)	2
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1			Milk	8 oz
	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1			Coffee	8 oz
Brown Sugar (ptn)	1			Brown Sugar (ptn)	1		Brown Sugar (ptn)	1				Creamer (powdr)	1	
												Sugar (portion)	1	
Beverage Break	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Lunch	Tomato & Rice Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Barley Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Beef Sausage (H)	2	Grilled Cheese Sandwich (H)	1.5	Sloppy Joes (H)	6 oz	Sliced Chicken Sandwich (H)	1.5	Pizza Submarine (1.5 oz each Salami (H) & Cheese (H))	3	Tomato, Onion and green Pepper sandwich (H)	1.5	Corned Beef sandwich. (H)	1.5
	Falafle balls	4 each												
	Veggie Sticks	6x3"	Carrot Sticks	6x3"	Hamburger Bun	1	Tossed Salad	3oz WT	Cabbage Salad	3 oz Wt	Fruit Drink	8 oz	Mustard Portion	1
	Fruit Drink	8 oz	Fruit Drink	8 oz	Veggie Sticks	6x3"	Dressing (portion)	1	Dressing (portion)	1			Fruit Drink	8 oz
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					
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Rotini (cooked)	8 oz	Beef Chow Mein (H)	6 oz	Salisbury Steak (H)	3 oz	Baked Fish (H)	3 oz	Roast Chicken Breast (H)	3 oz	Meat Balls in BBQ Sauce (H)	3oz 1 oz	Roast Chicken Thigh (H)	3oz
	Italian Sauce	6 oz		Veg Gravy	2 oz	French Fries	8 oz	Veg Gravy	2 oz	Egg Noodles	8 oz	Steamed Rice	6 oz	
	Tossed Salad	3oz WT	Vegetable Fried Rice	6 oz	Boiled Potatoes	8 oz	Green Beans	5 oz	Mashed Potatoes	8 oz	Mixed Vegetables	5 oz	Broccoli Pieces	5 oz
	Dressing (portion)	1	Broccoli pieces	5 oz	Peas	2.5oz	Coleslaw	3oz WT	Carrot Coins	2.5oz			Coleslaw	3 oz WT
	Garlic Toast (slice)	3			Kernel Corn	2.5oz	Ketchup (portion)	1	Cauliflower	2.5oz	Bread (slice)	3	Soya Sauce (portion)	1
	Apple Sauce (canned)	4 oz	Soya Sauce (portion)	1	Bread (slice)	3	Tea Biscuit (3oz)	1	Bread (slice)	3	Margarine (portion)	3	Bread/ Margarine	3 ea
	Milk	8 oz	Bread/ Margarine	3 ea	Margarine (portion)	3	Margarine (portion)	1	Margarine (portion)	3	Seasonal Fresh Fruit	1	Marble Cake	3 oz
	Tea	8 oz	Canned Pineapple	4 oz	Chocolate Pudding	3 oz	Choc. Chip Cookie	3 oz	Caramel Pudding	3 oz	Fruit Drink	8oz	Fruit Drink	8oz
	Creamer (powdr)	1	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Sugar (portion)	1	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
			Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
			Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

Eurest Dining Services

BC CORRECTIONS

MENS HALAL MODERATE ACTIVITY MENU

WEEK	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
TWO														
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1 cup	Fried Eggs	1	Scrambled Eggs	2
	Toast, (slice)	3	Toast, (slice)	3	Brown Toast, (slice)	3	Toast, (slice)	3	Toast, (slice)	3	Cheese Slice (H)	2	Breakfast Sausages (H)	2
	Muffin (4oz)	1	Bran Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Hash Browns	5 oz	Pancakes (4")	2
	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Toast, (slice)	2	Toast, (slice)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Margarine (portion)	2	Margarine (portion)	2
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Jam (portion)	2	Jam (portion)	1
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ketchup (portion)	1	Ketchup (portion)	2
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Syrup (portion)	2	Syrup (portion)	2
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Milk	8 oz	Milk	8 oz
Beverage Break	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Coffee	8 oz	Coffee	8 oz
	Brown Sugar (ptn)	1			Brown Sugar (ptn)	1			Brown Sugar (ptn)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Sugar (portion)	1	Sugar (portion)	1
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1				
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1				
	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Coffee	8 oz	Coffee	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Creamer (powdr)	1	Creamer (powdr)	1
	Roast Beef Sandwich (H)	1.5	Tomato, Onion and green Pepper sandwich (H)	1.5	Chicken Hot Dogs/ w Buns (H)	2	Egg Salad Sandwich	1.5	Grilled Cheese Sandwich (H)	1.5	Sugar (portion)	1	Sugar (portion)	1
	Mustard (portion)	1	Pasta Salad	4 oz	French Fries	4 oz	Carrot Sticks	6x3"	French Fries	4 oz				
	Coleslaw	3 oz	Veggie Sticks	6x3"	Mustard (portion)	2			Ketchup	1				
Lunch	Fruit Drink	8 oz	Bread (slice) / Marg.	2 ea	Ketchup (portion)	2	Fruit Drink	8 oz	Fruit Drink	8 oz	Mustard (portion)	1	Mustard (portion)	1
			Seasonal Fresh Fruit	1	Fruit Drink	8 oz	Seasonal Fresh Fruit	1			Fruit Drink	8 oz	Fruit Drink	8 oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1				
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1				
	Rotini (cooked)	8 oz	Roast Chicken Thigh (H)	1	Hot Hamburger (H)	3 oz	Chicken Cacciatore (H) with 2oz sauce	1/4	Roast Beef (H)	5 oz	Tea	8 oz	Tea	8 oz
	Italian Sauce	6 oz	Mashed Potatoes	8 oz	Baked Potato (Lge)	8oz			Oven Roast Potatoes	8 oz	Creamer (powdr)	1	Creamer (powdr)	1
	Marinated Veg. Salad	3oz WT	Cauliflower	2.5oz	Veg Gravy	2 oz	Egg Noodles	8 oz	Veg Gravy	2oz	Sugar (portion)	1	Sugar (portion)	1
			Cabbage	2.5oz	Kernel Corn	2.5oz	Mixed Vegetables	2.5oz						
	Garlic Toast (slice)	3	Bread (slice)	3	Peas	2.5oz	Broccoli Pieces	2.5oz	Carrot Coins	2.5oz				
Dinner	Seasonal Fresh Fruit	1	Margarine (portion)	3	Sour Cream	1/2 oz	Bread (slice)	3	Green Beans	2.5oz	Lettuce/Tomato Salad	4oz WT	Diced Carrot & Turnip	2.5oz
	Milk	8 oz	Vanilla Ice Cream	3 oz	Bread (slice)	3	Margarine (portion)	3	Bread (slice)	3	Dressing (portion)	1	Peas	2.5oz
	Tea	8 oz			Margarine (portion)	3	Caramel Pudding	3 oz	Margarine (portion)	3	Soya Sauce (portion)	1	Bread (slice)	3
	Creamer (powdr)	1			Seasonal Fresh Fruit	1	Milk	8 oz	Canned Apple Sauce	4 oz	Bread/ Margarine	3 ea	Margarine (portion)	3
	Sugar (portion)	1			Milk	8 oz	Tea	8 oz			Vanilla Pudding	3 oz	Fruited Jell-O	3 oz
					Tea	8 oz	Creamer (powdr)	1			Fruit Drink	8oz	Fruit Drink	8oz
					Creamer (powdr)	1					Milk	8 oz	Milk	8 oz
					Sugar (portion)	1					Tea	8 oz	Tea	8 oz
											Creamer (powdr)	1	Creamer (powdr)	1



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

## Eurest Dining Services

## BC CORRECTIONS

## MENS HALAL MODERATE ACTIVITY MENU

WEEK FOUR	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1 cup	Fried Eggs	1	Scrambled Eggs	2
	Toast, (slice)	3	Toast, (slice)	3	Brown Toast, (slice)	3	Toast, (slice)	3	Toast, (slice)	3	Cheese Slice (H)	2	Breakfast Sausages (H)	2
	Muffin (4oz)	1	Bran Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Hash Browns	5 oz	Pancakes (4")	2
	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Toast, (slice)	2	Toast, (slice)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Margarine (portion)	2	Margarine (portion)	2
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Jam (portion)	1	Jam (portion)	1
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ketchup (portion)	2	Ketchup (portion)	2
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Syrup (portion)	2	Syrup (portion)	2
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Milk	8 oz	Milk	8 oz
Beverage Break	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Coffee	8 oz	Coffee	8 oz
	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Sugar (portion)	1	Sugar (portion)	1
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Coffee	8 oz	Coffee	8 oz
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Tomato, Onion and green Pepper sandwich (H)	1.5	Macaroni & Cheese Casserole (H)	6 oz	Corned Beef sandwich. (H)	1.5	Tomato, Onion and green Pepper sandwich (H)	3 oz	Chicken Fingers. (H)	3	Tomato, Onion and green Pepper sandwich (H)	1.5	Chicken Weiner. (H)	2
	Coleslaw	3 oz	Green Peas	4 oz	Pasta Salad	4 oz	Potato Salad	4 oz	Cabbage Salad	3 oz	Mustard (portion)	1	Mustard (portion)	1
	Fruit Drink	8 oz	Bread slice	2	Veggie Sticks	6x3"	Tossed Salad	3 oz	Veggie Sticks	6x3"	Fruit Drink	8 oz	Fruit Drink	8 oz
	Seasonal Fresh Fruit	1	Margarine portion	2	Fruit Drink	8 oz	Dressing (portion)	1	Fruit Drink	8 oz	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	Beef Stew (3 oz Meat) (H)	6 oz	Roast Chicken Breast (H)	3 oz	Chili (V) reg meal	6 oz	Baked Fish (H)	3 oz	Meatballs (H)	3oz	Fried Chicken Thigh (H)	1/4	Roast Beef (H)	3 oz
	Mashed Potatoes	8 oz	Mushroom Sauce	2 oz	Oven Baked Potatoes	8 oz	Boston Brown Potato	8 oz	Sweet & Sour Sauce	3oz	Mashed Potatoes	8oz	Scalloped Potatoes	8 oz
	Tea Biscuits (3oz)	2	Steamed Rice	6 oz	Diced Carrots	2.5oz	Kernel Corn	2.5oz	Rice (cooked)	6oz	Green Beans	2.5oz	Cauliflower	2.5oz
	Margarine (portion)	2	Kernel Corn	5 oz	Green Beans	2.5oz	Peas	2.5oz	Oriental Mixed Veg	2.5oz	Carrot Coins	2.5oz	Brussel Sprouts	2.5oz
	Lemon Pudding	3 oz	Carrot Raisin Salad	3 oz	Bread (slice)	3	Bread (slice)	3	Broccoli Pieces	2.5oz	Bread (slice)	3	Bread (slice)	3
	Milk	8 oz	Bread/ Margarine	3 ea	Margarine (portion)	3	Margarine (portion)	3	Bread (slice)	3	Margarine (portion)	3	Margarine (portion)	3
	Tea	8 oz	Canned Apple Sauce	4 oz	Canned Pineapple	3 oz	White Cake	3 oz	Margarine (portion)	3	Chocolate Pudding	3 oz	Spice Cake	3 oz
Dinner	Creamer (pwdr)	1	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ice Cream	3 oz	Fruit Drink	8oz	Fruit Drink	8oz
	Sugar (portion)	1	Tea	8 oz	Tea	8 oz	Tea	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Beef Stew (3 oz Meat) (H)	6 oz	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Mashed Potatoes	8 oz	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	Tea Biscuits (3oz)	2	Roast Chicken Breast (H)	3 oz	Chili (V) reg meal	6 oz	Baked Fish (H)	3 oz	Meatballs (H)	3oz	Fried Chicken Thigh (H)	1/4	Roast Beef (H)	3 oz
	Margarine (portion)	2	Mushroom Sauce	2 oz	Oven Baked Potatoes	8 oz	Boston Brown Potato	8 oz	Sweet & Sour Sauce	3oz	Mashed Potatoes	8oz	Scalloped Potatoes	8 oz
	Lemon Pudding	3 oz	Steamed Rice	6 oz	Diced Carrots	2.5oz	Kernel Corn	2.5oz	Rice (cooked)	6oz	Green Beans	2.5oz	Cauliflower	2.5oz
	Milk	8 oz	Kernel Corn	5 oz	Green Beans	2.5oz	Peas	2.5oz	Oriental Mixed Veg	2.5oz	Carrot Coins	2.5oz	Brussel Sprouts	2.5oz
	Tea	8 oz	Carrot Raisin Salad	3 oz	Bread (slice)	3	Bread (slice)	3	Broccoli Pieces	2.5oz	Bread (slice)	3	Bread (slice)	3
	Creamer (pwdr)	1	Bread/ Margarine	3 ea	Margarine (portion)	3	Margarine (portion)	3	Bread (slice)	3	Margarine (portion)	3	Margarine (portion)	3
	Sugar (portion)	1	Canned Apple Sauce	4 oz	Canned Pineapple	3 oz	White Cake	3 oz	Margarine (portion)	3	Chocolate Pudding	3 oz	Spice Cake	3 oz

Specs	
1	Liquids are by volume, solids are by weight.
2	All breakfast cold cereals will be by volume.
3	Oatmeal will consist of 75% oats and 25% edible bran.
4	All "cooked" sandwiches and toast will be made with white medium sliced bread unless otherwise specified.
5	Bread for evening meal will be 60% wholewheat.
6	All meats are in cooked weights.
7	Muffins 4 oz raw batter, Cookies 3oz raw batter, Cake 4oz raw batter.
8	Italian Sauce will consist of "Hot Hucks" product code # 308772.
9	Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761.
10	All weiners will be chicken 8 to 1 kg unless otherwise stated.
11	Hot Hamburger/Beef Sandwich will consist of 1 x slice of Texas Toast (Canada Bread spec) with a 3oz cooked burger pattie/roast beef.
12	Homemade Meat Loaf will contain 1-1/2oz meat and 1-1/2oz beef flavored rehydrated TVP.
13	French Meat Pie will contain 1-1/2oz meat and 1-1/2oz beef flavored rehydrated TVP, 3-1/2oz of vegetables amd 1-1/2 oz of pastry.
14	Soups will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, can be made from leftovers.
15	Soup stock must be vegetable stock not meat stock.
16	Cream soups will be non dairy.
17	Soups will be by volume.
18	All 1/4 chicken servings will be chicken leg & thigh 8-10 oz. (Edible portion will be at least 3oz meat.)
19	Chili will consist of 3oz of "Hot Hucks" product code # 308784 and will contain 2oz of fresh diced vegetables and 1oz of red kidney beans
20	Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long.
21	Beef Chow Mien will contain 3oz of meat and 3 oz of vegetables plus noodles per serving.
22	Chicken Salad will contain 3oz of diced chicken white and dark.
23	Turkey Salad Plate will contain 3oz of diced turkey per serving.
24	Meat/Vegetable Stir Fry will contain 3oz of meat per serving.
25	Pizza: will contain 1.5oz meat, 1oz of vegetable and 1.5oz of cheese per serving,
26	Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) and 5oz noodles per serving.
27	Egg & Cheese Plate will have 1-1/2 eggs and 1-1/2oz of cheese
28	All vegetables will be by cooked weight.
29	Fruit juice is pure from concentrate.
30	Fruit Drink is from crystals or syrup
31	Milk will be 100% powdered Skim Milk and fortified with vitamins A and D.
32	Creamer for coffee will be non-dairy creamer.

**Diabetic Snack** will consist of one half sandwich (as per sandwich spec) three times per day.

All **sandwiches** contain 2 oz of filling. Ham, salami, turkey, bologna, chicken loaf, Bavarian meat loaf, cheese, peanut butter, sliced meats from leftovers, egg salad, or tuna salad mix (2 oz egg or tuna).

- \* All "cold" sandwiches will be made from 60% wholewheat bread (thin sliced)
- \* Each slice of Bread is to be spread with Margarine or Salad Dressing
- \* Meat and/or Cheese sandwiches will contain 3 grams of shredded Lettuce.
- \* Egg Salad and Tuna Salad Mix is NOT to be served in Gang Lunches.
- \* Sandwich fillings are to vary from meal to meal (no two consecutive days to have the same filling)
- \* All submarine buns will be 7 inch Beef Dip Bun (white)

**Bag (court) Lunches** will consist of 2 sandwiches, 8oz beverage, 1 Cookie (3oz batter) and 1 piece fruit

**Gang Lunches** will consist of 8 oz Soup (Bulk), 4 Crackers, 2 sandwiches, 8 oz Beverage and 1 piece Fruit

**\*\* PGRCC Gang Lunches** will contain 1 extra Meat Sandwich (total 3)

**Condiments will be as follows:** Margarine: 4.5 grams; Peanut Butter: 18ml; Jam: 9ml; Creamer Powder: 2grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams; Relish: 9 grams; All Dressings: 16ml;  
Soya Sauce: 10 grams; Table Syrup: 16ml.

**No changes are to be made to this menu**

Authorization from Eurest Dining Services Regional Office and the Corrections Contracts Manager must be received prior to implementation of any change in menu or service.

## Halal Process BC Corrections.

Consultation with the local Imam, to determine that we are compliant with their requirements for production.

Imam confirms that the inmate is eligible for the Halal Diet.

This is confirmed with the on-site chaplain who agrees the special diet.

We are cooking these meals on site under the following conditions.

1. A separate area is designated in the kitchen production area for Halal meals.
2. All surfaces and utensils are sanitized 200-400 ppm prior to use. NOT IN THE DISHWASHER which is communal.
3. All cooking is done in the oven on its own
4. All products are from the Compass authorized Halal supplier only. If the days meal is vegetarian this is acceptable
5. We batch cook a number of items and then freeze the product
6. There is a separate shelf in the freezer/fridge for the Halal products only. They are more expensive and must not be used to sub with main meals
7. All meals are sent up in single use containers only
8. We use vegetarian gravy for all dishes.
9. These meals need to be plated and set up before the main production run so no cross contamination can occur.

### **Process for Approval of Kosher Meals**

1. Chaplain receives a request from the inmate for Kosher meals (religious diet).
2. Chaplain interviews the inmate, beginning with the question, "Are you Jewish?"
  - a. If Yes, then how do you practice your Jewish faith? Do you attend synagogue? Will a "No Pork" or a Vegetarian" meal option be acceptable?
  - b. If Yes, chaplain informs Programs CS, ADW Programs, DW Programs, and Kitchen Manager of recommendation to provide inmate with "No Pork" or Vegetarian" meal option. Chaplain makes a Cornet entry.
  - c. If the inmate refuses a "No Pork" or Vegetarian" meal option, then the chaplain asks the inmate if he was following a Kosher Diet before arriving in custody.
    - i. If Yes, Verification is required. The inmate must provide the chaplain with the name and contact information of inmate's Rabbi or local synagogue leader. Chaplain contacts to verify inmate was practicing the Jewish faith before arriving in custody. Once verified, Chaplain provides Warden with summary of the interview and makes a positive recommendation. Chaplain makes a Cornet entry. The Warden makes decision and informs inmate in writing.
    - ii. If the chaplain cannot verify that the inmate was following a Kosher diet prior to arriving in custody, the Chaplain will recommend the request be denied. The Chaplain will provide the Warden with a summary of the interview and a recommendation to deny the request for Kosher meals. Chaplain makes a Cornet entry. The Warden makes decision and informs inmate in writing.
3. The Chaplain will give the inmate an information sheet describing the steps of the process for converting to Judaism, and a list of recommended books and resources for reading. The information sheet has been reviewed and approved by the Rabbi. The Rabbi will recommend a Kosher diet once the inmate has completed the conversion process. Chaplain makes a Cornet entry.
4. Chaplain will offer the inmate a "No Pork" or a "Vegetarian" meal option. If inmate chooses one of these options, the Chaplain informs Programs CS, ADW Programs, DW Programs, and Kitchen Manager of recommendation to provide inmate with "No Pork" or Vegetarian" meal option. Chaplain makes a Cornet entry.
5. Once approved for a kosher diet at one correctional centre, that approval carries over to another centre.

## Summary of Nutritional Analysis of Menu

### Moderate Activity Male Menu

November 29, 2015

*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
<b>Calories</b>	3314 calories	2965	<b>Adequate.</b> These menus provide 11 percent more calories than are required by the average male in custody.
<b>Protein</b>	119 grams	60 grams	<b>More than adequate.</b> Menu provides 193 percent of the recommended protein intake (almost double).
<b>Dietary Fibre</b>	35 grams	38 grams	<b>Slightly low (but higher than average Canadian intake).</b> Fibre is present in whole grains, legumes, vegetables and fruit (i.e. plant foods). Fiber could be increased by replacing the white bread with brown or whole wheat bread.
<b>Fat</b>	125 grams	99 grams or less	<b>Slightly high.</b> Provides 27% more than the recommended fat intake. Note that typical Canadian diets are similarly high in fat. Those who want lower fat intake may consume less of the margarine provided.
<b>Cholesterol</b>	332 grams	Approximately 300 g or less	<b>Slightly high.</b> Provides 10% more than the former maximum recommended cholesterol intake. However this guideline has been relaxed. (No need to increase portions of meat, eggs, dairy and cheese on menus!)
<b>Vitamins</b>	See Bar Graph	See Rec. Daily Nutrients Chart	<b>Menus provide adequate intakes or higher.</b>
<b>Minerals:</b>			<b>Adequate or higher.</b>
<b>Calcium</b>	1661 mg	1000 mg	
<b>Iron</b>	23 mg	8 mg	
<b>Zinc</b>	14 mg	11 mg	
<b>Other</b>		See Rec. Daily Nutrients Chart	
<b>Omega-3 fatty acids</b>	6.8 grams	2.97 grams	<b>More than adequate.</b> People require about 0.5% of daily caloric intake from omega-3 fatty acids (essential fat) which works out to (about 3 grams per day for these menus).
<b>Distribution of Calories between Protein, Fat and Carbohydrate</b>	14% of Calories from Protein	10-15% of Calories from Protein	<b>Typical of Current North American Pattern.</b> These Moderate Activity Men's Menus are nutritionally adequate and within healthy guidelines.
	33.7% of Calories from Fat	15-30% of Calories from Fat	
	52% of Calories from Carbohydrate	50-75% of Calories from Carbohydrate	

## B.C Corrections Male High Activity Menus

### **I. Comparison with the current requirements of Canada's Food Guide, and**

### **II. Nutritional Analysis.**

#### **I. Comparison with the 2014 requirements of Canada's Food Guide**

**B.C Corrections Male High Activity Menus meet or exceed requirements for all food groups (Vegetables and Fruits, Grain Products, Milk and Alternatives, and Meat and Alternatives).**

*Note: Health Canada's minimum requirements from each food group are identical for moderate and for high activity males; the latter require more calories and the high activity menus meet this requirement.*

#### **A. Vegetables and Fruits**

In 2011, the required amounts of **Vegetables and Fruits** in **Canada's Food Guide** were increased. According to Canada's Food Guide (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php> and [http://www.hc-sc.gc.ca/fn-an/alt\\_formats/hpfb-dgpsa/pdf/food-guide-aliment/view\\_eatwell\\_vue\\_bienmang-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf)) nutritionally adequate menus for adult males, aged 19 to 50, **must provide a minimum of 8 servings of fruits and vegetables daily, on average.** A half cup of raw or cooked vegetables, a cup of leafy greens, 4 oz of fresh or canned fruit or real fruit juice, or a piece of fruit (such as an orange, apple, or banana) each count as one serving.

This is how these male menus meet and exceed this requirement:

<b>Meal</b>	<b>Note</b>	<b>Servings</b>
<b>Breakfast</b> Fruit juice, (made from concentrate), 6 oz	The juice at breakfast cannot be replaced by fruit drink. Once a week there is a serving of potato (hash browns on Saturdays)	1 ½
<b>Lunch</b> 1/2 cup of raw or cooked vegetables per inmate in soup  1/2 cup of raw or cooked vegetables or 1 cup leafy greens in salad Fresh fruit every 2 <sup>nd</sup> day	Soup must provide at least ½ cup raw or cooked vegetables per inmate. This can include raw onion, potato, or other vegetables. This includes vegetable sticks, coleslaw, vegetables in sandwiches and on salad plates, and French fries.  ½ serving daily on average	1  1  ½
<b>Dinner</b>	Dinner must provide an average of 4 servings of fruits and vegetables daily. This can include a total of 2 cups (4 x ½ cup) of onion, potato, tomato (in sauce), other vegetables, and fresh or canned fruit. To meet the average it may be necessary to replace	4

	one pudding or baked dessert item by canned or fresh fruit.	
<b>Total Vegetables and Fruits</b>	Can be averaged over the week	<b>8 servings per day</b>

## **B. Grain Products**

According to Canada's Food Guide, nutritionally adequate menus for adult males, aged 19 to 50, **must provide a minimum of 8 servings of Grain Products daily**, on average. A half cup of cooked grains (such as oatmeal, pasta, rice), a slice of bread, or one ounce of dry cereal, a pancake, or a half cup of cooked noodles each count as one serving. A muffin is over 1 serving.

This is how current menus meet and exceed this requirement:

<b>Meal</b>	<b>Note</b>	<b>Servings</b>
<b>Breakfast</b> Toast (2-3) Cereal (weekdays) Muffin (weekdays)	5.5 servings on weekdays 4 on weekends Averages just over 5 servings daily	5
<b>Lunch</b> -combination of: Crackers, bread in sandwiches, macaroni, pasta or rice in soup	Averages 4 serving daily	4
<b>Dinner</b> Bread Pasta or rice	Averages 4 serving daily	4
<b>Total</b>	Can be averaged over the week	<b>13 or more servings</b>

## **C. Milk and Alternatives**

According to Canada's Food Guide, nutritionally adequate menus for adult males, aged 19 to 50, **must provide a minimum of 2 servings of Milk and Alternatives (such as fortified soymilk) daily**, on average. Eight oz. of vitamin D-fortified cow's milk or soymilk counts as one serving. Here is how current menus meet this requirement:

<b>Meal</b>	<b>Note</b>	<b>Servings</b>
<b>Breakfast</b> 8 oz milk	May be replaced by 8 oz. fortified soymilk	1
<b>Dinner</b> 8 oz milk	May be replaced by 8 oz. fortified soymilk	1
<b>Total</b>		<b>2 servings</b>

## **D. Meat and Alternatives**

According to Canada's Food Guide, nutritionally adequate menus for adult males, aged 19 to 50, must provide a minimum of **3 servings of Meat and Alternatives daily, on average**. 2 ½ oz. of



cooked fish, poultry, meat, or  $\frac{3}{4}$  cup of beans, lentils, or tofu, or 2 eggs, or 2 tablespoons of peanut butter each count as one serving.

Here is how current menus meet and exceed this requirement:

Meal	Note	Servings
<b>Breakfast</b> 18 ml peanut butter x 1-3 portions or 1-2 eggs		2
<b>Lunch</b> <b>Sandwich filling</b>	Sandwich filling is 2 ounces meat, peanut butter, egg, etc. Beans, peas or lentils in soup. Averages over 1 serving	2
<b>Dinner</b> Meat, fish, poultry, or soy protein	3 ounces meat, fish, poultry, or soy protein Beans, peas or lentils in some soups.	1+
Total		5+ servings

#### **E. Specifications**

Note. Soup is by volume (8 oz.) and must be made from a minimum of  $\frac{1}{2}$  cup raw vegetables (such as onion, potato, or other vegetables) per inmate. In addition they can include 3 oz of cooked grains, pasta, beans, or lentils.

The margarine must be one that provides vitamins E and D. Check labels.

#### **F. In Summary**

Current menus meet or exceed requirements for the above food groups in Canada's Food Guide.

## **II. Nutritional analysis of Male High Activity Menus: Summary**

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

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

*Comparison is made for a "reference male in custody"; height 5'10", weight 166 lb. These menus also meet recommended intakes for larger (eg 190 lb) inmates. Higher caloric requirements could be met with additional whole wheat bread and margarine.*

Nutrient	Amount Provided by Menu	Recommended Intake	Comment
<b>Calories</b>	3724 calories	3443	<b>Adequate.</b> The male high activity menu provides 8 percent more calories than are required by the average (reference) male in custody; and exceeds this amount to meet the needs of larger males.
<b>Protein</b> (Recommendation based on	128 grams (high activity)	60 grams (up to 80 g protein for larger inmates)	<b>More than adequate.</b> Menus provide 213 percent of the recommended protein intake, and thus exceed the protein requirement of even the largest males in custody.

<i>0.8 g protein per kg body weight)</i>			
<b>Dietary Fibre</b>	34 grams ( <i>high activity</i> )	48 grams	<b>Adequate.</b> Menu is short of the most recent recommendations for dietary fibre, which were revised after the current menus were put in place. The analysis assumes intakes of some white bread and some brown bread. Fibre is present in whole grains, legumes, vegetables and fruit (i.e. plant foods).
<b>Fat</b>	154 grams	114 grams or less	<b>High.</b> Menu provides more than the recommended fat intake. Note that typical Canadian diets are high in fat. To reduce fat intake, less margarine can be consumed.
<b>Cholesterol</b>	432 mg ( <i>high activity</i> )	300 mg or less	<b>Above Recommended Range.</b> Menus are above the healthy range for cholesterol (i.e. ideally below 300 g/day). (They were below until we added an egg to weekend breakfasts. One egg provides about 200 mg cholesterol.) These intakes are typical for the Canadian diet.
<b>Vitamins</b>	Meet recommendations		<b>Menus provide adequate intakes of all vitamins.</b> High activity menus meet recommended intakes of vitamin D daily for those who consume milk or soymilk plus margarine that are fortified with vitamin D. (Check labels)
<b>Minerals</b>			<b>Adequate.</b> Menus meet or exceed recommendations for these and other minerals.
<b>Calcium</b>	1513 mg	1000 mg	
<b>Iron</b>	23 mg	8 mg	
<b>Zinc</b>	16 mg	11 mg	

High Activity Menu review was completed by

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Date: November 9, 2017

### Summary

The Regular, Vegetarian, and Vegan Menus for Females in custody meet female requirements for **Vegetables and Fruits, Grain Products, Milk or Alternatives, and Meat or Alternatives** and also for specific nutrients.

### Nutritional analysis of Female, Female Vegetarian, & Female Vegan Menus: Summary

*Nutritional analysis is based on an average of 7 days: 5 weekdays & 2 weekend days, randomly selected from the menu. Each day includes 3 meals plus 1 coffee break and 1 tea break per day. Comparison is made for a “reference female in custody”; height 5’4”, weight 132 lb with allowance for larger females in custody.*

<b>Nutrient</b>	<b>Amount Provided by Menu</b>	<b>Recommendation</b>	<b>Comment</b>
<b>Calories</b>	2411 calories (female menu) 2408 calories (vegetarian) 2279 calories (vegan)	2281	<b>More than adequate.</b> The female and female vegetarian menus provide 5 percent more calories than are required by the average or reference female in custody with a moderate activity level, and significantly more than calories needed by a female who is mainly sedentary. The vegan menus also provide sufficient calories. Women who need fewer calories are advised to omit some menu items.
<b>Protein</b> (Based on 0.8 g protein per kg body weight)	89 grams (female menu) 84 grams (vegetarian) 82 grams (vegan)	48 grams  (larger inmates may need up to 80 g protein)	<b>More than adequate.</b> The recommended protein intake is 0.8 g protein per kg body weight (based on their healthy body weight). Menus provide 175 percent of the recommended protein intake for many inmates and thus more than enough for those who are larger.
<b>Vitamins</b>	Meet recommendations	Adequate	<b>Menus provide adequate intakes of vitamins</b>
<b>Minerals</b> <b>Calcium</b>	1360 mg (female menu), 1437 mg (vegetarian) 1253 mg (vegan)	1000 mg	<b>Adequate.</b> Menus meet or exceed recommendations for these and other minerals.
<b>Iron</b>	18.3 mg (female menu) 19.8 mg (vegetarian) 24 mg (vegan)	18 mg*	

<b>Zinc</b>	11 mg (female menu) 9.9 mg (vegetarian) 11 mg (vegan)	8 mg	
<b>Distribution of Calories between Protein, Fat and Carbohydrate</b>	14-16% of Calories from Protein	10-15% of Calories from Protein	<b>Good Distribution of Calories.</b> The Female Menus each have a good balance of calories from protein, fat, and carbohydrates within international guidelines.
	26-30% of Calories from Fat	15-30% of Calories from Fat	
	54-59% of Calories from Carbohydrate	50-75% of Calories from Carbohydrate	

Summary by  
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## Summary of Nutritional Analysis of Male High Activity Menu at NCC

**October 22, 2015**

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

*Includes 3 meals plus beverages each per day*

Nutrient	Amount Provided by Menu	Recommendation	Comment
<b>Calories</b>	3853 calories	3443	<b>Adequate.</b> These menus provide 11 percent more calories than are required by the typical male in custody at a high activity level.
<b>Protein</b>	141 grams	60 grams	<b>More than adequate.</b> Menu provides 234 percent of the recommended protein intake.
<b>Dietary Fibre</b>	46 grams	48 grams	<b>Adequate.</b> Menu comes close to meeting the new, higher recommendations for dietary fibre. Though not essential, it would be better to replace one or two slices of white bread with some brown bread. Fibre is present in whole grains, legumes, vegetables and fruit (i.e. plant foods).
<b>Fat</b>	153 grams	115 grams or less	<b>High.</b> Provides 33% more than the recommended fat intake. Note that typical Canadian diets are high in fat. Fat intake is less if inmates do not eat all margarine allowed.
<b>Cholesterol</b>	377 grams	300 g or less	<b>High.</b> Provides 25% more than the maximum recommended cholesterol intake. (No need to increase portions of meat, eggs, dairy and cheese on menus! Cholesterol could be reduced by eliminating 2 eggs per week.)
<b>Vitamins</b>	See Bar Graph	See Rec. Daily Nutrients Chart	<b>Menus provide adequate intakes of B vitamins and vitamins A, C, and E.</b> Menu supplies 60% of vitamin D requirement; this can be topped up by about 30 minutes of outdoor activity in daylight between April and October.
<b>Minerals:</b>			<b>Menus provide adequate intakes of all minerals.</b>
<b>Calcium</b>	1822 mg	1000 mg	
<b>Iron</b>	29 mg	8 mg	
<b>Zinc</b>	17 mg	11 mg	
<b>Other</b>		adequate	<b>Typical of Current North American Pattern. Adequate.</b> These High Activity Men's Menus have improved over the years and are nutritious.
<b>Distribution of Calories between Protein, Fat and Carbohydrate</b>	14% of Calories from Protein	10-15% of Calories from Protein	
	35% of Calories from Fat	20-30% of Calories from Fat	
	50% of Calories from Carbohydrate	50-75% of Calories from Carbohydrate	

# Summary of Nutritional Analysis of Male High Activity Vegetarian Menu

February 9, 2007

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

Includes 3 meals plus beverages per day

Nutrient	Amount Provided by Menu	Recommendation	Comment
<b>Calories</b>	3670 calories	3443	<b>Adequate.</b> These menus provide 1 percent more calories than are required by the typical male in custody at a high activity level.
<b>Protein</b>	120 grams	60 grams	<b>More than adequate.</b> Menu provides 199 percent of the recommended protein intake.
<b>Dietary Fibre</b>	47 grams	48 grams	<b>Adequate.</b> Very close to 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).
<b>Fat</b>	127 grams	115 grams or less	<b>High.</b> Provides a little more than the recommended fat intake. Note that typical Canadian diets are high in fat. Fat intake is less if inmates do not eat all margarine and bread allowed.
<b>Cholesterol</b>	236 grams	300 g or less	<b>Good.</b> Provides less than the maximum recommended cholesterol intake and thus is within recommended guidelines
<b>Vitamins</b>		Adequate	<b>Menus provide adequate intakes of vitamins and minerals.</b> Get added vitamin D from exposure to sunlight April to October.
<b>Minerals:</b>			<b>Menus provide adequate intakes of all minerals.</b>
<b>Calcium</b>	1693 mg	1000 mg	
<b>Iron</b>	32 mg	8 mg	
<b>Zinc</b>	16 mg	11 mg	
<b>Other</b>		Adequate	
<b>Distribution of Calories between Protein, Fat and Carbohydrate</b>	13% of Calories from Protein	10-20% of Calories from Protein	<b>Typical of Current North American Pattern. Adequate.</b> These High Activity Men's Menus have been steadily improving over the years.
	31% of Calories from Fat	15-30% of Calories from Fat	
	57% of Calories from Carbohydrate	50-75% of Calories from Carbohydrate	

# Summary of Nutritional Analysis of Male High Activity Vegan Menu

February 9, 2007

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

Includes 3 meals plus beverages per day

Nutrient	Amount Provided by Menu	Recommendation	Comment
<b>Calories</b>	3847 calories	3443	<b>Adequate.</b> These menus provide 1 percent more calories than are required by the typical male in custody at a high activity level.
<b>Protein</b>	122 grams	60 grams	<b>More than adequate.</b> Menu provides 203 percent of the recommended protein intake.
<b>Dietary Fibre</b>	55 grams	48 grams	<b>Adequate.</b> 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).
<b>Fat</b>	131 grams	114 grams or less	<b>High.</b> Provides a little more than the recommended fat intake. Note that typical Canadian diets are high in fat. Fat intake is less if inmates do not eat all margarine allowed.
<b>Cholesterol</b>	0 grams	300 g or less	<b>High.</b> Provides less than the maximum recommended cholesterol intake and thus is within recommended guidelines. Plant foods contain no cholesterol.
<b>Vitamins</b>		Adequate	<b>Menus provide adequate intakes of vitamins and minerals.</b> Get added vitamin D from exposure to sunlight April to October.
<b>Minerals:</b>			<b>Menus provide adequate intakes of all minerals.</b>
<b>Calcium</b>	1577 mg	1000 mg	
<b>Iron</b>	37 mg	15 mg	
<b>Zinc</b>	16 mg	11 mg	
<b>Other</b>		Adequate	
<b>Distribution of Calories between Protein, Fat and Carbohydrate</b>	13% of Calories from Protein	10-15% of Calories from Protein	<b>Typical of Current North American Pattern. Adequate.</b> The balance of calories in these menus is at optimal levels.
	30% of Calories from Fat	15-30% of Calories from Fat	
	57% of Calories from Carbohydrate	50-75% of Calories from Carbohydrate	