

Proposed: 9/16  
 Implemented: 9/16  
 Revised: 11/19

Tennessee Department of Corrections  
 Religious Meals Menu  
 Daily Minimum 2500 Calories Per Day



Week: 1

MONDAY

Meal Name: Breakfast

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Corn Grits LF 1 1/2 cup	Whole Grain Oatmeal LF 1 1/2 cup	Whole Grain Oatmeal LF 1 1/2 cup	Corn Grits LF 1 1/2 cup	Corn Grits LF 1 1/2 cup	Whole Grain Oatmeal LF 2 cup	Corn Grits LF 2 cup
Peanut Butter 3 ozw	Peanut Butter 3 ozw	Peanut Butter 3 ozw	Peanut Butter 3 ozw	Peanut Butter 3 ozw	Peanut Butter 4 ozw	Peanut Butter 4 ozw
Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 4 slice	Enriched Bread 4 slice
Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 2 each	Margarine, pc 2 each
Jelly, pc 2 packet	Jelly, pc 2 packet	Jelly, pc 2 packet	Jelly, pc 2 packet	Jelly, pc 2 packet	Jelly, pc 2 packet	Jelly, pc 2 packet
Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion
					Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup

Meal Name: Lunch

Sweet & Sour Chicken 3/4 cup	Sloppy Joe 3/4 cup	Pulled BBQ Chicken 3/4 cup	Taco Meat 3/4 cup	Beefaroni 3/4 cup		
Rice LF 1 1/2 cup	Pinto Beans 1 cup	Cottage Fries 1 1/2 cup	Pinto Beans 1 cup	Rotini LF 1 1/2 cup		
Carrots LF 3/4 cup	Coleslaw Vinaigrette 3/4 cup	Garden Salad 3/4 cup	Shredded Lettuce 3/4 cup	Carrots LF 3/4 cup		
Enriched Bread 2 slice	Enriched Bread 2 slice	Salad Dressing 3/4 fl oz	Salad Dressing 3/4 fl oz	Enriched Bread 2 slice		
Margarine, pc 1 each	Margarine, pc 1 each	Enriched Bread 1 each	Flour Tortilla (6") 2 each	Margarine, pc 1 each		
Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Margarine, pc 1 each	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion		
Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup		

Meal Name: Dinner

Italian Sauce 3/4 cup	Italian Chicken 3/4 cup	Beef Picadillo 3/4 cup	Southern BBQ 3/4 cup	Sweet & Sour Chicken 3/4 cup	Italian Chicken 3/4 cup	Beef Picadillo 3/4 cup
Rotini LF 1 1/2 cup	Rice LF 1 1/2 cup	Rotini LF 1 1/2 cup	Cottage Fries 1 1/2 cup	Rice LF 1 1/2 cup	Pinto Beans 1 cup	Pinto Beans 1 cup
Coleslaw Vinaigrette 3/4 cup	Garden Salad 3/4 cup	Carrots LF 3/4 cup	Coleslaw Vinaigrette 3/4 cup	Irish Blend Vegetables LF 3/4 cup	Rotini LF 1 1/2 cup	Rice LF 1 1/2 cup
Enriched Bread 2 slice	Salad Dressing 3/4 fl oz	Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 2 slice	Garden Salad 3/4 cup	Carrots LF 3/4 cup
Margarine, pc 1 each	Enriched Bread 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Salad Dressing 3/4 fl oz	Enriched Bread 2 slice
Fruit (1@ or 1/2 cup equivalent) 1 portion	Margarine, pc 1 each	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Enriched Bread 2 slice	Margarine, pc 1 each
Iced Tea 1 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion	Iced Tea 1 cup	Iced Tea 1 cup	Iced Tea 1 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion
	Iced Tea 1 cup				Iced Tea 1 cup	Iced Tea 1 cup

Salt will be provided at each meal.

All items on the Menu are in strict compliance with: Halal, House of Yahweh and Kosher Laws

All Lunch & Dinner entrees are Kosher and Halal certified and made with Texturized Vegetable Protein (TVP) unless otherwise indicated with an asterisk (\*). All items are kosher certified. Side dishes are volume measurements. All starches, vegetables, and cooked cereals are prepared with margarine unless indicated as LF (Low Fat). This menu is free from animal products - all items are vegan.

General Guidelines: Follow all kosher preparation instructions in recipes for Entrees, Starches and Salads. Utensils used for scooping, cooking and serving must be dedicated for kosher food use ONLY and stored in a special area. No animal products are served. Serve meals on disposable or designated kosher trays with disposable or kosher only tableware.

NUTRITION STATEMENT: This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

Reviewed 10/2020 ARAMARK Dietitian's Signature of Nutritional Adequacy:

TDOC Director of Food Service/ Dietitian's Signature:  Date: 4-22-21

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Tennessee Department of Corrections - DeBerry  
 Religious Meals Menu

Daily Minimum 2500 Calories Per Day



Week: 1

MONDAY

Meal Name: Breakfast

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Corn Grits LF 1 1/2 cup	Whole Grain Oatmeal LF 1 1/2 cup	Corn Grits LF 1 1/2 cup	Whole Grain Oatmeal LF 1 1/2 cup	Corn Grits LF 1 1/2 cup	Whole Grain Oatmeal LF 1 1/2 cup	Corn Grits LF 1 1/2 cup
Peanut Butter 3 ozw	Peanut Butter 3 ozw	Peanut Butter 3 ozw	Peanut Butter 3 ozw	Peanut Butter 3 ozw	Peanut Butter 3 ozw	Peanut Butter 3 ozw
Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 2 slice
Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 1 each
Jelly, pc 2 packet	Jelly, pc 2 packet	Jelly, pc 2 packet	Jelly, pc 2 packet	Jelly, pc 2 packet	Jelly, pc 2 packet	Jelly, pc 2 packet
Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup
<b>Meal Name: Lunch</b>						
Sweet & Sour Chicken 3/4 cup	Sloppy Joe 3/4 cup	Pulled BBQ Chicken 3/4 cup	Taco Meat 3/4 cup	Beefaroni 3/4 cup	Sloppy Joe 3/4 cup	Pulled BBQ Chicken 3/4 cup
Rice LF 1 1/2 cup	Pinto Beans 1 cup	Cottage Fries 1 cup	Pinto Beans 1 cup	Rotini LF 1 1/2 cup	Pinto Beans 1 cup	Cottage Fries 1 1/2 cup
Carrots LF 3/4 cup	Coleslaw Vinaigrette 3/4 cup	Garden Salad 3/4 cup	Shredded Lettuce 3/4 cup	Carrots LF 3/4 cup	Coleslaw Vinaigrette 3/4 cup	Garden Salad 3/4 cup
Enriched Bread 2 slice	Enriched Bread 2 slice	Salad Dressing 3/4 fl oz	Salad Dressing 3/4 fl oz	Enriched Bread 2 slice	Enriched Bread 2 slice	Salad Dressing 3/4 fl oz
Margarine, pc 1 each	Margarine, pc 1 each	Enriched Bread 1 each	Flour Tortilla (6") 2 each	Margarine, pc 1 each	Margarine, pc 1 each	Enriched Bread 2 slice
Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Margarine, pc 1 each	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Margarine, pc 1 each
Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion
Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup
<b>Meal Name: Dinner</b>						
Italian Sauce* 3/4 cup	Italian Chicken 3/4 cup	Beef Picadillo 3/4 cup	Southern BBQ 3/4 cup	Sweet & Sour Chicken 3/4 cup	Italian Chicken 3/4 cup	Beef Picadillo 3/4 cup
Rotini LF 1 1/2 cup	Rice LF 1 1/2 cup	Rotini LF 1 1/2 cup	Cottage Fries 1 1/2 cup	Rice LF 1 1/2 cup	Rotini LF 1 1/2 cup	Rice LF 1 1/2 cup
Coleslaw Vinaigrette 3/4 cup	Garden Salad 3/4 cup	Carrots LF 3/4 cup	Coleslaw Vinaigrette 3/4 cup	Irish Blend Vegetables LF 3/4 cup	Garden Salad 3/4 cup	Carrots LF 3/4 cup
Enriched Bread 2 slice	Salad Dressing 3/4 fl oz	Enriched Bread 2 slice	Enriched Bread 2 slice	Enriched Bread 2 slice	Salad Dressing 3/4 fl oz	Enriched Bread 2 slice
Margarine, pc 1 each	Enriched Bread 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Margarine, pc 1 each	Enriched Bread 2 slice	Margarine, pc 1 each
Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Fruit (1@ or 1/2 cup equivalent) 1 portion	Margarine, pc 1 each	Fruit (1@ or 1/2 cup equivalent) 1 portion
Iced Tea 1 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion	Iced Tea 1 cup	Iced Tea 1 cup	Iced Tea 1 cup	Fruit (1@ or 1/2 cup equivalent) 1 portion	Iced Tea 1 cup

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*[Signature]*  
 TDOC Director of Food Service/ Dietitian's Signature

Date: 4-22-21