

BREAKFAST

MENU 5

Your menu will be corrected according to the diet prescribed by your Doctor.

BREAKFAST ITEMS: (Limit 1)

Scrambled Eggs

Hard Boiled Egg Egg Substitute

French Toast (1 CHO)

Pancakes (2 CHO)

- Omelet made to order: your choice of –
Onions, peppers, mushroom, tomato, cheese
- Egg & Cheese Breakfast Sandwich (2 CHO)
- Breakfast Burrito: Eggs, Cheese, Salsa in a wrap (2 CHO)

Turkey Sausage

Cereals (1 CHO EACH)

Rice Krispies Special K
Cheerios

Cream of Wheat Oatmeal

Raisin Bran (2CHO)

Breakfast Breads

(1 CHO)

Blueberry Mini Muffin

Corn Mini Muffin

Breakfast Potatoes

(2 CHO)

Bagel English Muffin

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee Ice Water

Tea/Decaf Tea/Herbal Tea

Sugar-Free Hot Cocoa (1 CHO)

Milk: Skim, 2%, Lactaid, ■Soy milk
(8oz= 1 CHO, 4oz=1/2 CHO)

Juice: Apple, Cranberry, Orange,
Prune, V-8 (1 CHO)

CONSISTENT CARBOHYDRATE

CARDIAC DIET

CHO= Carbohydrate

ACCOMPANIMENTS: (1 CHO EACH)

Fresh Fruit ■: Apple, Banana, Orange,
Grapes, Pineapple

Fresh Fruit Cup (Honeydew,
Cantaloupe, Grapes)

Prunes

Canned Fruit ■: Peaches, Pears,
Applesauce

Light Yogurt

Custard

Remember to order condiments when placing order!

CONDIMENTS:

Margarine Pepper/Herb Seasoning

Lemon /Ketchup /Lite Cream Cheese

Diet Jelly/Sugar Substitute

Non-dairy creamer

■ *indicates a vegetarian menu item*

Mon Tue Wed Thu Fri Sat Sun

LUNCH MENU 5

(Limit 1 Hot or 1 Cold Entrée)

HOT ENTREES:

Pot Roast Grilled Chicken
Panko & Dijon Crusted Tilapia (1 CHO)
Chicken Parmesan (1 CHO)
Chicken Marsala(1 CHO) Meatloaf (1 CHO)
Turkey Pot Pie(2 CHO)
Turkey w/Stuffing & Gravy (2 CHO)
■Macaroni & Cheese (3 CHO)
■Pasta: Rotini or Whole Wheat Penne
w/your choice of: ■Marinara/Pesto
(Side order= 1 CHO Entrée= 2 CHO)
■Southwest Vegetarian Chili (2 CHO)

From the Grill:

(2 CHO)
Grilled Chicken Sandwich Cheeseburger
Hamburger Turkey Burger
■Grilled Cheese: Plain or w/Tomato

SOUPS & SALADS: (Limit 1 each)

(1 CHO EACH) Chicken Noodle
■Tomato ■Garden Vegetable
(1 CHO EACH)

Chicken Broth Beef Broth

■Cottage Cheese
■Tossed Salad
(Oil & Vinegar/Lowfat Italian/Lowfat French)

DESSERTS: (1 CHO EACH)

Angel Food Cake Diet Gelatin (free)
Diet Pudding: Chocolate, Vanilla
Fresh Fruit ■: Apple, Banana, Orange,
Grapes, Pineapple, Fresh Fruit Cup, Prunes
Canned Fruit ■: Peaches, Pears, Applesauce
Light Yogurt Custard Lorna Doones
Graham Crackers Vanilla Wafers

CONSISTENT CARBOHYDRATE

CARDIAC DIET

CHO= Carbohydrate

COLD ENTREES:

Chicken Caesar Salad (1 CHO)
(Oil & Vinegar/Lowfat Italian/Lowfat French)
■Cottage Cheese Fruit Plate (2 CHO)
Deli Bar~ Create your custom sandwich
Salad Meats Cheeses
Tuna Salad Turkey
Chicken Salad Roast Beef ■Swiss
Breads:White, Wheat, Rye (1 CHO/slice)
Kaiser Roll (2 CHO)
■Peanut Butter & Diet Jelly
Extras: Lettuce, Tomato, Onion
Baked Potato Chips (2 CHO)

ACCOMPANIMENTS:

■Green Beans ■Broccoli ■Carrots
■California Blend Vegetables
(1 CHO)
■Butternut Squash ■Mashed Potato
■Corn ■White Rice Dinner Roll
(2 CHO) ■Baked Sweet Potato
(1.5 CHO) Breadstick

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee
Sugar-Free Hot Cocoa (1 CHO)
Tea/Decaf Tea/Herbal Tea/ Iced Tea/Water
Milk: Skim, 2%, Lactaid, ■Soy milk
(8oz= 1 CHO, 4oz=1/2 CHO)
Juice:(1 CHO)Apple, Cranberry, OJ, V-8,
Prune
Soda: Diet Coke, Diet Sprite, Diet Gingerale

CONDIMENTS: Pepper/Herb Seasoning
Sugar Sub/ Lowfat Mayo/Non-dairy creamer
Margarine/Lemon/Ketchup/Mustard
BBQ Sauce/Relish/
■ *indicates a vegetarian menu item*

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DINNER MENU 5

(Limit 1 Hot or 1 Cold Entrée)

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Chicken Parmesan (1 CHO)
Chicken Marsala(1 CHO) Meatloaf (1 CHO)
Turkey Pot Pie(2 CHO)
Turkey w/Stuffing & Gravy (2 CHO)
■Macaroni & Cheese (3 CHO)
■Pasta: Rotini or Whole Wheat Penne
w/your choice of: ■Marinara/Pesto
(Side order= 1 CHO Entrée= 2 CHO)
■Southwest Vegetarian Chili (2 CHO)

From the Grill:

(2 CHO)
Grilled Chicken Sandwich Cheeseburger
Hamburger Turkey Burger
■Grilled Cheese: Plain or w/Tomato

SOUPS & SALADS: (Limit 1 each)

(1 CHO EACH) Chicken Noodle
■Tomato ■Garden Vegetable
(1 CHO EACH)

Chicken Broth Beef Broth

■Cottage Cheese
■Tossed Salad
(Oil & Vinegar/Lowfat Italian/Lowfat French)

DESSERTS: (1 CHO EACH)

Angel Food Cake Diet Gelatin (free)
Diet Pudding: Chocolate, Vanilla
Fresh Fruit ■: Apple, Banana, Orange,
Grapes, Pineapple, Fresh Fruit Cup, Prunes
Canned Fruit ■: Peaches, Pears, Applesauce
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(Oil & Vinegar/Lowfat Italian/Lowfat French)
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Deli Bar~ Create your custom sandwich
Salad Meats Cheeses
Tuna Salad Turkey
Chicken Salad Roast Beef ■Swiss
Breads:White, Wheat, Rye (1 CHO/slice)
Kaiser Roll (2 CHO)
■Peanut Butter & Diet Jelly
Extras: Lettuce, Tomato, Onion
Baked Potato Chips (2 CHO)

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