

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

Pancakes

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

Turkey Sausage

Cereals

Rice Krispies Special K
 Cheerios

Cream of Wheat Oatmeal

Raisin Bran

Breakfast Breads

Blueberry Mini Muffin

Corn Mini Muffin

Breakfast Potatoes

Bagel English Muffin

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee Ice Water

Tea/Decaf Tea/Herbal Tea

Sugar-Free Hot Cocoa

Milk: Skim, 2%, Lactaid, ■Soy milk

Juice: Apple, Cranberry, Orange, Prune, V-8

CARDIAC DIET

ACCOMPANIMENTS:

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

CARDIAC DIET

LUNCH MENU 5

(Limit 1 Hot or 1 Cold Entrée)

HOT ENTREES:

Pot Roast Grilled Chicken
Panko & Dijon Crusted Tilapia
Chicken Parmesan
Chicken Marsala Meatloaf
Turkey Pot Pie
Turkey w/Stuffing & Gravy
■ Macaroni & Cheese
■ **Pasta:** Rotini or Whole Wheat Penne
 w/your choice of: ■ Marinara/Pesto
 ■ Southwest Vegetarian Chili

From the Grill:

Grilled Chicken Sandwich Cheeseburger
Hamburger Turkey Burger
■ Grilled Cheese: Plain or w/Tomato

SOUPS & SALADS: (Limit 1 each)

Chicken Noodle ■ Tomato
 ■ Garden Vegetable
Chicken Broth Beef Broth

■ Cottage Cheese
■ Tossed Salad

(Oil & Vinegar/Lowfat Italian/Lowfat French)

DESSERTS:

Angel Food Cake Diet Gelatin
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

COLD ENTREES:

Chicken Caesar Salad
(Oil & Vinegar/Lowfat Italian/Lowfat French)

■ Cottage Cheese Fruit Plate

Deli Bar~ Create your custom sandwich

Salad **Meats** **Cheeses**

Tuna Salad Turkey

Chicken Salad Roast Beef ■ Swiss

Breads: White, Wheat, Rye

Kaiser Roll

■ Peanut Butter & Diet Jelly

Extras: Lettuce, Tomato, Onion

Baked Potato Chips

ACCOMPANIMENTS: (Limit 1 Starch 1 Veg)

■ Green Beans ■ Broccoli ■ Carrots
 ■ California Blend Vegetables
Butternut Squash ■ Mashed Potato ■ Corn
■ White Rice Dinner Roll Breadstick
■ Baked Sweet Potato

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee
Sugar-Free Hot Cocoa
Tea/Decaf Tea/Herbal Tea/ Iced Tea/Water
Milk: Skim, 2%, Lactaid, ■ Soymilk
Juice: 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*

Mon Tue Wed Thu Fri Sat Sun

CARDIAC DIET

DINNER MENU 5

(Limit 1 Hot or 1 Cold Entrée)

HOT ENTREES:

Pot Roast Grilled Chicken
Panko & Dijon Crusted Tilapia
Chicken Parmesan
Chicken Marsala Meatloaf
Turkey Pot Pie
Turkey w/Stuffing & Gravy
■ Macaroni & Cheese
■ **Pasta:** Rotini or Whole Wheat Penne
 w/your choice of: ■ Marinara/Pesto
 ■ Southwest Vegetarian Chili

From the Grill:

Grilled Chicken Sandwich Cheeseburger
Hamburger Turkey Burger
■ Grilled Cheese: Plain or w/Tomato

SOUPS & SALADS: (Limit 1 each)

Chicken Noodle ■ Tomato
 ■ Garden Vegetable
Chicken Broth Beef Broth

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

DESSERTS:

Angel Food Cake Diet Gelatin
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

COLD ENTREES:

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

ACCOMPANIMENTS: (Limit 1 Starch 1 Veg)

■ Green Beans ■ Broccoli ■ Carrots
 ■ California Blend Vegetables
Butternut Squash ■ Mashed Potato ■ Corn
■ White Rice Dinner Roll Breadstick
■ Baked Sweet Potato

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee
Sugar-Free Hot Cocoa
Tea/Decaf Tea/Herbal Tea/ Iced Tea/Water
Milk: Skim, 2%, Lactaid, ■ Soymilk
Juice: 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/
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