

BREAKFAST

MENU 5

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

BREAKFAST ITEMS: (Limit 1)

Scrambled Eggs Fried Egg

Hard Boiled Egg ♥Egg Substitute

- Omelet made to order: your choice of –
Onions, peppers, mushroom, tomato, cheese
- Egg, Ham, & Cheese Breakfast Sandwich (Gluten-Free Bread)
- French Toast (Gluten-Free Bread)

Sausage Bacon

Cereals (Limit 1)

♥Cream of Rice

Breakfast Breads (Limit 1)

Breakfast Potatoes

Gluten-Free Toast

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee

Tea/Decaf Tea/Herbal Tea

Hot Cocoa/Sugar-Free Hot Cocoa

Ice Water

Milk: ♥Skim, 2%,Whole, Chocolate, Lactaid, ■Soymilk

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

GLUTEN-FREE DIET

ACCOMPANIMENTS: (Limit 2)

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

Fresh Fruit Cup (Honeydew,

Cantaloupe, Grapes)

Prunes

Canned Fruit ■♥: Peaches, Pears, Applesauce

♥Yogurt/Light Yogurt

Remember to order condiments when placing order!

CONDIMENTS:

Butter / Margarine Salt / Pepper

Honey Lemon Ketchup

Jelly/Diet Jelly

Sugar/Sugar Substitute

Creamer/Non-dairy creamer

Cream Cheese/Lite Cream Cheese

♥ *indicates a heart healthy menu item*

■ *indicates a vegetarian menu item*

Mon Tue Wed Thu Fri Sat Sun

LUNCH MENU 5

(Limit 1 Hot or 1 Cold Entrée)

HOT ENTREES:

Baked Tilapia Chicken Parmesan
Roasted Turkey ♥ Grilled Chicken
Pot Roast
■ Vegetarian Stir Fry served over White Rice

From the Grill:

♥ Grilled Chicken Sandwich BLT
Cheeseburger Hamburger
Turkey Burger
■ Grilled Cheese: Plain or add Tomato or Ham
(Grill Entrees made with Gluten-Free Bread)

SALADS:(Limit 1 each)

■♥ Cottage Cheese ■ Coleslaw
■♥ Tossed Salad (*Oil & Vinegar*)

DESSERTS: (Limit 2)

Sherbet ♥: Raspberry, Orange
Pudding: Chocolate, Vanilla
Ice Cream: Vanilla, Chocolate, Strawberry
Italian Ice: Cherry, Watermelon, Lemon
Fresh Fruit ■♥: Apple, Banana, Orange, Grapes, Pineapple, Fresh Fruit Cup, Prunes
Canned Fruit ■♥: Peaches, Pears, Applesauce
♥ Gelatin/Diet Gelatin ♥ Yogurt/Light Yogurt

GLUTEN-FREE DIET

COLD ENTREES:

Chef Salad Chicken Caesar Salad
(*Oil & Vinegar*)

■♥ Cottage Cheese Fruit Plate

Deli Bar~ Create your custom sandwich

<i>Salad</i>	<i>Meats</i>	<i>Cheeses</i>
Tuna Salad	♥ Turkey	■ American
■ Egg Salad	Roast Beef	■ Swiss
Chicken Salad	Ham	■ Provolone

Breads Gluten-Free Bread

■ Peanut Butter & Jelly Turkey Club

Extras: Lettuce, Tomato, Onion, Pickle

ACCOMPANIMENTS:

■♥ Mashed Potato ■♥ Baked Sweet Potato
■♥ White Rice **(Limit 1 Starch, 1 Veg)**
■♥ Green Beans ■♥ Butternut Squash
■♥ Carrots ■♥ Broccoli ■♥ Corn
■♥ California Blend Vegetables
Potato Chips

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee
Tea/Decaf Tea/Herbal Tea/ Iced Tea
Hot Cocoa/Sugar-Free Hot Cocoa ■ Soymilk
Milk: ♥ Skim, 2%, Whole, Chocolate, Lactaid
♥ Juice: Apple, Cranberry, Orange, Prune, V-8
Soda: Coke, Diet Coke, Sprite, Diet Sprite, Gingerale, Diet Gingerale Ice Water

CONDIMENTS:

Butter/Margarine /Salt/Pepper/Lemon
Ketchup / Mayo / Lowfat Mayo/Mustard
Sugar/Sugar Substitute/ Honey /
Creamer/Non-dairy creamer Sour Cream
BBQ Sauce/Relish/Tartar Sauce/Soy Sauce
Parmesan Cheese Cranberry Sauce

♥ *indicates a heart healthy menu item*

■ *indicates a vegetarian menu item*

Mon Tue Wed Thu Fri Sat Sun

DINNER MENU 5

(Limit 1 Hot or 1 Cold Entrée)

HOT ENTREES:

Baked Tilapia Chicken Parmesan
Roasted Turkey ♥ Grilled Chicken
Pot Roast
■ Vegetarian Stir Fry served over White Rice

From the Grill:

♥ Grilled Chicken Sandwich BLT
Cheeseburger Hamburger
Turkey Burger
■ Grilled Cheese: Plain or add Tomato or Ham
(Grill Entrees made with Gluten-Free Bread)

SALADS:(Limit 1 each)

■♥ Cottage Cheese ■ Coleslaw
■♥ Tossed Salad (*Oil & Vinegar*)

DESSERTS: (Limit 2)

Sherbet ♥: Raspberry, Orange
Pudding: Chocolate, Vanilla
Ice Cream: Vanilla, Chocolate, Strawberry
Italian Ice: Cherry, Watermelon, Lemon
Fresh Fruit ■♥: Apple, Banana, Orange, Grapes, Pineapple, Fresh Fruit Cup, Prunes
Canned Fruit ■♥: Peaches, Pears, Applesauce
♥ Gelatin/Diet Gelatin ♥ Yogurt/Light Yogurt

GLUTEN-FREE DIET

COLD ENTREES:

Chef Salad Chicken Caesar Salad
(*Oil & Vinegar*)

■♥ Cottage Cheese Fruit Plate

Deli Bar~ Create your custom sandwich

<u>Salad</u>	<u>Meats</u>	<u>Cheeses</u>
Tuna Salad	♥ Turkey	■ American
■ Egg Salad	Roast Beef	■ Swiss
Chicken Salad	Ham	■ Provolone

Breads Gluten-Free Bread

■ Peanut Butter & Jelly Turkey Club

Extras: Lettuce, Tomato, Onion, Pickle

ACCOMPANIMENTS:

■♥ Mashed Potato ■♥ Baked Sweet Potato
■♥ White Rice (**Limit 1 Starch, 1 Veg**)
■♥ Green Beans ■♥ Butternut Squash
■♥ Carrots ■♥ Broccoli ■♥ Corn
■♥ California Blend Vegetables
Potato Chips

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee
Tea/Decaf Tea/Herbal Tea/ Iced Tea
Hot Cocoa/Sugar-Free Hot Cocoa ■ Soymilk
Milk: ♥ Skim, 2%, Whole, Chocolate, Lactaid
♥ Juice: Apple, Cranberry, Orange, Prune, V-8
Soda: Coke, Diet Coke, Sprite, Diet Sprite, Gingerale, Diet Gingerale Ice Water

CONDIMENTS:

Butter/Margarine /Salt/Pepper/Lemon
Ketchup / Mayo / Lowfat Mayo/Mustard
Sugar/Sugar Substitute/ Honey /
Creamer/Non-dairy creamer Sour Cream
BBQ Sauce/Relish/Tartar Sauce/Soy Sauce
Parmesan Cheese Cranberry Sauce

♥ *indicates a heart healthy menu item*

■ *indicates a vegetarian menu item*

Mon Tue Wed Thu Fri Sat Sun

