

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
French Toast Pancakes

- Omelet made to order: your choice of –
Onions, peppers, mushroom, tomato

Cereals (Limit 1)

♥Rice Krispies Frosted Flakes
♥Raisin Bran ♥Special K
 ♥Cheerios
♥Cream of Wheat ♥Oatmeal

Breakfast Breads (Limit 1)

English Muffin
Blueberry Mini Muffin
Corn Mini Muffin

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

KOSHER DIET

ACCOMPANIMENTS: (Limit 2)

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

♥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
Saltines

♥ *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:

Contact us to see what is available.

SALADS:(Limit 1 each)

- ♥ Cottage Cheese
- ♥ Tossed Salad
(*Italian/Ranch/French/Caesar/Oil & Vinegar*)

DESSERTS: (Limit 2)

- Sherbet ♥:** Raspberry, Orange
- Ice Cream:** Vanilla, Chocolate, Strawberry
- Italian Ice:** Cherry, Watermelon, Lemon
- Fresh Fruit ■♥:** Apple, Banana, Orange, Grapes, Pineapple
- ♥ Yogurt/Light Yogurt Lorna Doones
- ♥ Graham Crackers

KOSHER DIET

COLD ENTREES:

- ♥ Cottage Cheese Fruit Plate
- Deli Bar~ Create your custom sandwich**
 - Egg Salad ■ Peanut Butter & Jelly
 - Breads** White, ♥Wheat, Rye
 - Extras:** Lettuce, Tomato, Onion, Pickle

ACCOMPANIMENTS:

- ♥ Baked Sweet Potato
- ♥ White Rice
- (Limit 1 Starch, 1 Vegetable)**
 - ♥ Green Beans ■♥ Butternut Squash
 - ♥ Carrots ■♥ Broccoli ■♥ Corn
 - ♥ California Blend Vegetables Dinner Roll
 - Breadstick 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 / Saltines
- Creamer/Non-dairy creamer Sour Cream
- BBQ Sauce/Relish/Tartar Sauce/Soy Sauce
- Parmesan Cheese Cranberry Sauce

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DINNER MENU 5

(Limit 1 Hot or 1 Cold Entrée)

HOT ENTREES:

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SALADS:(Limit 1 each)

- ♥Cottage Cheese
- ♥Tossed Salad
(*Italian/Ranch/French/Caesar/Oil & Vinegar*)

DESSERTS: (Limit 2)

- Sherbet ♥:** Raspberry, Orange
- Ice Cream:** Vanilla, Chocolate, Strawberry
- Italian Ice:** Cherry, Watermelon, Lemon
- Fresh Fruit ■♥:** Apple, Banana, Orange, Grapes, Pineapple
- ♥Yogurt/Light Yogurt Lorna Doones
- ♥Graham Crackers

KOSHER DIET

COLD ENTREES:

- ♥Cottage Cheese Fruit Plate
- Deli Bar~ Create your custom sandwich**
 - Egg Salad ■Peanut Butter & Jelly
 - Breads** White, ♥Wheat, Rye
 - Extras:** Lettuce, Tomato, Onion, Pickle

ACCOMPANIMENTS:

- ♥Baked Sweet Potato
- ♥White Rice
- (Limit 1 Starch, 1 Vegetable)**
 - ♥Green Beans ■♥Butternut Squash
 - ♥Carrots ■♥Broccoli ■♥Corn
 - ♥California Blend Vegetables Dinner Roll
 - Breadstick 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 / Saltines
- Creamer/Non-dairy creamer Sour Cream
- BBQ Sauce/Relish/Tartar Sauce/Soy Sauce
- Parmesan Cheese Cranberry Sauce

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