

BREAKFAST

MENU 5

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

BREAKFAST ITEMS: (Limit 1)

Scrambled Eggs ♥Egg Substitute
French Toast Pancakes
Omelet: plain or with cheese
Turkey Sausage

Cereals (Limit 1)

♥Rice Krispies Frosted Flakes
♥Special K ♥Cheerios
♥Cream of Wheat

Breakfast Breads (Limit 1)

Croissant Blueberry 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

LOW RESIDUE/LOW FIBER DIET

ACCOMPANIMENTS: (Limit 2)

Fresh Fruit ■♥: Banana,
Canned Fruit ■♥: Peaches, Pears,
Applesauce

♥Yogurt/Light Yogurt ♥Custard

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

