

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, cheese
 - Egg, Ham, & Cheese Breakfast Sandwich
 - Breakfast Burrito: Eggs, Cheese in a wrap

Sausage Bacon Turkey Sausage

Cereals (Limit 1)

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

Breakfast Breads (Limit 1)

English Muffin Croissant
Blueberry Mini Muffin
Corn Mini Muffin
Hash Brown Bagel

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee
Tea/Decaf Tea/Herbal Tea
Hot Cocoa/Sugar-Free Hot Cocoa
Milk: ♥Skim, 2%,Whole, Chocolate, Lactaid, ■Soy milk
♥Juice: Apple, Cranberry, Orange, Prune, V-8

NEUTROPENIC DIET

ACCOMPANIMENTS: (Limit 2)

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
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:

- Panko & Dijon Crusted Tilapia
Chicken Parmesan Turkey Pot Pie
Turkey w/ Stuffing & Gravy
■ Macaroni & Cheese ♥ Chicken Marsala
Pot Roast Meatloaf
■ **Pasta:** Rotini or ♥ Whole Wheat Penne
w/ your choice of:
■ ♥ Marinara/Garlic Butter/Pesto/Meatballs
■ General Tso Vegetarian Stir Fry served
over White Rice
■ ♥ Southwest Vegetarian Chili

From the Grill:

- ♥ Grilled Chicken Sandwich
Chicken Tenders Hot Dog
Cheeseburger ■ Veggie Burger
Hamburger Turkey Burger
Pepperoni Pizza ■ Cheese Pizza
Fish Sandwich
■ Grilled Cheese: Plain or add Ham

SOUPS & SALADS:(Limit 1 each)

- Chicken Noodle ■ Tomato
■ Garden Vegetable ■ Cream of Broccoli
Chicken Broth Beef Broth
■ ♥ Cottage Cheese

DESSERTS: (Limit 2)

- Frosted Vanilla Cake Pound Cake
Brownie Frosted Chocolate Cake
♥ Angel Food Cake
Cookies: Chocolate Chip, Oatmeal Raisin,
Peanut Butter
Sherbet ♥: Raspberry, Orange
Pudding: Chocolate, Vanilla
Ice Cream: Vanilla, Chocolate, Strawberry
Italian Ice: Cherry, Watermelon, Lemon
Canned Fruit ■ ♥: Peaches, Pears,
Applesauce
♥ Gelatin/Diet Gelatin ♥ Yogurt/Light Yogurt
♥ Custard Lorna Doones ♥ Graham Crackers

NEUTROPENIC DIET

COLD ENTREES:

- ♥ Cottage Cheese & Canned Fruit Plate
Deli Bar~ Create your custom sandwich
Salad Meats Cheeses
Tuna Salad ♥ Turkey ■ American
■ Egg Salad Roast Beef ■ Swiss
Chicken Salad Ham ■ Provolone
Breads White, ♥ Wheat, Rye, Kaiser Roll,
Hoagie Roll
■ Peanut Butter & Jelly Turkey Club
Extras: Pickle

ACCOMPANIMENTS:

- ♥ Mashed Potato ■ ♥ Baked Sweet Potato
(no skin)
Curly Fries French Fries ■ ♥ White Rice
Rice Pilaf **(Limit 1 Starch, 1 Vegetable)**
■ ♥ Green Beans ■ ♥ Butternut Squash
■ ♥ Carrots ■ ♥ Broccoli ■ ♥ Corn
■ ♥ California Blend Vegetables Dinner Roll
Breadstick Regular/♥ Baked 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

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

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