

# **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, Salsa in a wrap

Sausage    Bacon    Turkey Sausage

### **Cereals (Limit 1)**

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

### **Breakfast Breads (Limit 1)**

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

### **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

## **REGULAR 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   ♥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  
BLT Fish Sandwich  
■ Grilled Cheese: Plain or add Tomato or  
Ham

## **SOUPS & SALADS:(Limit 1 each)**

- Chicken Noodle ■ Tomato  
■ Garden Vegetable ■ Cream of Broccoli  
Chicken Broth Beef Broth  
  
■ ♥ Cottage Cheese ■ Coleslaw  
■ ♥ Tossed Salad  
(*Italian/Ranch/French/Caesar/Oil &  
Vinegar/Lowfat Italian/Lowfat French*)

## **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  
**Fresh Fruit ■♥:** Apple, Banana, Orange,  
Grapes, Pineapple, Fresh Fruit Cup, Prunes  
**Canned Fruit ■♥:** Peaches, Pears,  
Applesauce  
♥ Gelatin/Diet Gelatin ♥ Yogurt/Light Yogurt  
♥ Custard Lorna Doones ♥ Graham Crackers

## **REGULAR DIET**

### **COLD ENTREES:**

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

■ ♥ Cottage Cheese Fruit Plate

### **Deli Bar~ Create your custom sandwich**

<b><u>Salad</u></b>	<b><u>Meats</u></b>	<b><u>Cheeses</u></b>
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:** Lettuce, Tomato, Onion, Pickle

### **ACCOMPANIMENTS:**

■ ♥ Mashed Potato ■ ♥ Baked Sweet Potato  
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 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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Mon Tue Wed Thu Fri Sat Sun

# **DINNER 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
- BLT Fish Sandwich
- Grilled Cheese: Plain or add Tomato or  
Ham

## **SOUPS & SALADS:(Limit 1 each)**

- Chicken Noodle ■ Tomato
- Garden Vegetable ■ Cream of Broccoli
- Chicken Broth Beef Broth
  
- ♥ Cottage Cheese ■ Coleslaw
- ♥ Tossed Salad  
(*Italian/Ranch/French/Caesar/Oil &  
Vinegar/Lowfat Italian/Lowfat French*)

## **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
- Fresh Fruit ■♥:** Apple, Banana, Orange,  
Grapes, Pineapple, Fresh Fruit Cup, Prunes
- Canned Fruit ■♥:** Peaches, Pears,  
Applesauce
- ♥ Gelatin/Diet Gelatin ♥ Yogurt/Light Yogurt
- ♥ Custard Lorna Doones ♥ Graham Crackers

## **REGULAR DIET**

### **COLD ENTREES:**

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

- ♥ Cottage Cheese Fruit Plate

### **Deli Bar~ Create your custom sandwich**

<b><u>Salad</u></b>	<b><u>Meats</u></b>	<b><u>Cheeses</u></b>
Tuna Salad	♥ Turkey	■ American
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**Breads** White, ♥ Wheat, Rye, Kaiser Roll,  
Hoagie Roll

- Peanut Butter & Jelly Turkey Club

**Extras:** Lettuce, Tomato, Onion, Pickle

## **ACCOMPANIMENTS:**

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- 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)**

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Tea/Decaf Tea/Herbal Tea/ Iced Tea  
Hot Cocoa/Sugar-Free Hot Cocoa ■ Soymilk  
**Milk:** ♥ Skim, 2%, Whole, Chocolate, Lactaid  
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Parmesan Cheese Cranberry Sauce

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