

## **BREAKFAST Menu 1, 3**

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

### **BREAKFAST ITEMS: (Limit 1)**

Scrambled Eggs

Hard Boiled Egg Egg Substitute

French Toast (1 CHO)

Pancakes (2 CHO)

- Omelet made to order: your choice of –  
Onions, peppers, mushroom, tomato, cheese
- Egg & Cheese Breakfast Sandwich (2 CHO)
- Breakfast Burrito: Eggs, Cheese, Salsa in a wrap (2 CHO)

Turkey Sausage

### **Cereals (1 CHO EACH)**

Rice Krispies Special K  
Cheerios

Cream of Wheat Oatmeal

Raisin Bran (2CHO)

### **Breakfast Breads**

(1 CHO)

Blueberry Mini Muffin

Corn Mini Muffin

Breakfast Potatoes

(2 CHO)

Bagel English Muffin

### **BEVERAGES: (Limit 3)**

Decaf Coffee Ice Water

Decaf Tea/Herbal Tea

Sugar-Free Hot Cocoa (1 CHO)

**Milk:** Skim, 2%, Lactaid, ■Soy milk  
( 8oz= 1 CHO, 4oz=1/2 CHO )

**Juice:** Apple, Cranberry, Orange,  
Prune, V-8 (1 CHO)

## **CONSISTENT CARBOHYDRATE**

### **CARDIAC DIET**

**CHO= Carbohydrate**

### **ACCOMPANIMENTS: (1 CHO EACH)**

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

Fresh Fruit Cup (Honeydew,  
Cantaloupe, Grapes)

Prunes

**Canned Fruit ■:** Peaches, Pears,  
Applesauce

Light Yogurt

Custard

*Remember to order condiments when placing order!*

### **CONDIMENTS:**

Margarine Pepper/Herb Seasoning

Lemon /Ketchup /Lite Cream Cheese

Diet Jelly/Sugar Substitute

Non-dairy creamer

■ *indicates a vegetarian menu item*

*Mon Tue Wed Thu Fri Sat Sun*

## LUNCH Menu 1, 3

(Limit 1 Hot or 1 Cold Entrée)

### HOT ENTREES:

Pot Roast                      Grilled Chicken  
Panko & Dijon Crusted Tilapia (1 CHO)  
Chicken Parmesan (1 CHO)  
Chicken Marsala(1 CHO) Meatloaf (1 CHO)  
Turkey Pot Pie(2 CHO)  
Turkey w/Stuffing & Gravy (2 CHO)  
■Macaroni & Cheese (3 CHO)  
■Pasta: Rotini or Whole Wheat Penne  
w/your choice of: ■Marinara/Pesto  
(Side order= 1 CHO Entrée= 2 CHO)  
■Southwest Vegetarian Chili (2 CHO)

### From the Grill:

(2 CHO)  
Grilled Chicken Sandwich    Cheeseburger  
Hamburger                      Turkey Burger  
■Grilled Cheese: Plain or w/Tomato

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

(1 CHO EACH)    Chicken Noodle  
■Tomato                      ■Garden Vegetable  
(1 CHO EACH)

Chicken Broth                  Beef Broth

■Cottage Cheese  
■Tossed Salad  
(Oil & Vinegar/Lowfat Italian/Lowfat French)

### DESSERTS: (1 CHO EACH)

Angel Food Cake              Diet Gelatin (free)  
**Diet Pudding:** Chocolate, Vanilla  
**Fresh Fruit ■:** Apple, Banana, Orange,  
Grapes, Pineapple, Fresh Fruit Cup, Prunes  
**Canned Fruit ■:** Peaches, Pears, Applesauce  
Light Yogurt Custard    Lorna Doones  
Graham Crackers              Vanilla Wafers

## CONSISTENT CARBOHYDRATE

### CARDIAC DIET

**CHO= Carbohydrate**

### COLD ENTREES:

Chicken Caesar Salad (1 CHO)  
(Oil & Vinegar/Lowfat Italian/Lowfat French)  
■Cottage Cheese Fruit Plate (2 CHO)  
**Deli Bar~ Create your custom sandwich**  
**Salad                      Meats                      Cheeses**  
Tuna Salad                  Turkey  
Chicken Salad    Roast Beef                  ■Swiss  
**Breads:** White, Wheat, Rye (1 CHO/slice)  
Kaiser Roll (2 CHO)  
■Peanut Butter & Diet Jelly  
**Extras:** Lettuce, Tomato, Onion  
Baked Potato Chips (2 CHO)

### ACCOMPANIMENTS:

■Green Beans    ■Broccoli    ■Carrots  
■California Blend Vegetables  
(1 CHO)  
■Butternut Squash    ■Mashed Potato  
■Corn    ■White Rice    Dinner Roll  
(2 CHO)    ■Baked Sweet Potato  
(1.5 CHO) Breadstick

### BEVERAGES: (Limit 3)

Decaf Coffee  
Sugar-Free Hot Cocoa (1 CHO)  
Decaf Tea/Herbal Tea/ Iced Tea/Water  
**Milk:** Skim, 2%, Lactaid, ■Soymilk  
( 8oz= 1 CHO, 4oz=1/2 CHO )  
**Juice:(1 CHO)** Apple, Cranberry, OJ, V-8,  
Prune  
**Soda:** Diet Sprite, Diet Gingerale

**CONDIMENTS:** Pepper/Herb Seasoning  
Sugar Sub/ Lowfat Mayo/Non-dairy creamer  
Margarine/Lemon/Ketchup/Mustard  
BBQ Sauce/Relish/  
■ *indicates a vegetarian menu item*

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## DINNER Menu 1, 3

(Limit 1 Hot or 1 Cold Entrée)

### HOT ENTREES:

Pot Roast                      Grilled Chicken  
Panko & Dijon Crusted Tilapia (1 CHO)  
Chicken Parmesan (1 CHO)  
Chicken Marsala(1 CHO) Meatloaf (1 CHO)  
Turkey Pot Pie(2 CHO)  
Turkey w/Stuffing & Gravy (2 CHO)  
■Macaroni & Cheese (3 CHO)  
■Pasta: Rotini or Whole Wheat Penne  
w/your choice of: ■Marinara/Pesto  
(Side order= 1 CHO Entrée= 2 CHO)  
■Southwest Vegetarian Chili (2 CHO)

### From the Grill:

(2 CHO)  
Grilled Chicken Sandwich    Cheeseburger  
Hamburger                      Turkey Burger  
■Grilled Cheese: Plain or w/Tomato

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

(1 CHO EACH)    Chicken Noodle  
■Tomato                      ■Garden Vegetable  
(1 CHO EACH)

Chicken Broth                  Beef Broth

■Cottage Cheese  
■Tossed Salad  
(Oil & Vinegar/Lowfat Italian/Lowfat French)

### DESSERTS: (1 CHO EACH)

Angel Food Cake    Diet Gelatin (free)  
Diet Pudding: Chocolate, Vanilla  
Fresh Fruit ■: Apple, Banana, Orange,  
Grapes, Pineapple, Fresh Fruit Cup, Prunes  
Canned Fruit ■: Peaches, Pears, Applesauce  
Light Yogurt    Custard    Lorna Doones  
Graham Crackers                  Vanilla Wafers

## CONSISTENT CARBOHYDRATE

### CARDIAC DIET

**CHO= Carbohydrate**

### COLD ENTREES:

Chicken Caesar Salad (1 CHO)  
(Oil & Vinegar/Lowfat Italian/Lowfat French)  
■Cottage Cheese Fruit Plate (2 CHO)  
Deli Bar~ Create your custom sandwich  
Salad                      Meats                      Cheeses  
Tuna Salad                  Turkey  
Chicken Salad    Roast Beef                  ■Swiss  
Breads:White, Wheat, Rye (1 CHO/slice)  
Kaiser Roll (2 CHO)  
■Peanut Butter & Diet Jelly  
Extras: Lettuce, Tomato, Onion  
Baked Potato Chips (2 CHO)

### ACCOMPANIMENTS:

■Green Beans    ■Broccoli    ■Carrots  
■California Blend Vegetables  
(1 CHO)  
■Butternut Squash    ■Mashed Potato  
■Corn    ■White Rice    Dinner Roll  
(2 CHO)    ■Baked Sweet Potato  
(1.5 CHO) Breadstick

### BEVERAGES: (Limit 3)

Decaf Coffee  
Sugar-Free Hot Cocoa (1 CHO)  
Decaf Tea/Herbal Tea/ Iced Tea/Water  
Milk: Skim, 2%, Lactaid, ■Soymilk  
( 8oz= 1 CHO, 4oz=1/2 CHO )  
Juice:(1 CHO)Apple, Cranberry, OJ, V-8,  
Prune  
Soda: Diet Sprite, Diet Gingerale

CONDIMENTS: Pepper/Herb Seasoning  
Sugar Sub/ Lowfat Mayo/Non-dairy creamer  
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