

BREAKFAST Menu 1, 3

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
- Omelet made to order: your choice of –
Onions, peppers, mushroom, tomato
 - Egg & Ham Breakfast Sandwich
 - Breakfast Burrito: Eggs & 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
Corn Mini Muffin
Breakfast Potatoes Bagel

BEVERAGES: (Limit 3)

Decaf Coffee
Decaf Tea/Herbal Tea
Ice Water
Milk: Lactaid, ■Soymilk
♥Juice: Apple, Cranberry, Orange, Prune, V-8

LACTOSE FREE DIET

ACCOMPANIMENTS: (Limit 2)

Fresh Fruit ■♥: Apple, Banana, Orange, Grapes, Pineapple
Fresh Fruit Cup (Honeydew, Cantaloupe, Grapes)
Prunes
Canned Fruit ■♥: Peaches, Pears, Applesauce

Remember to order condiments when placing order!

CONDIMENTS:

Margarine Salt / Pepper Honey
Lemon Ketchup
Jelly/Diet Jelly
Sugar/Sugar Substitute
Non-dairy creamer
Saltines

♥ *indicates a heart healthy menu item*

■ *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:

Panko & Dijon Crusted Tilapia

Turkey Pot Pie

Turkey w/ Stuffing & Gravy

♥ Chicken Marsala

Pot Roast

■ **Pasta:** Rotini or ♥ Whole Wheat Penne
w/ your choice of:

■ ♥ Marinara/Pesto/Meatballs

■ General Tso Vegetarian Stir Fry served
over White Rice

■ ♥ Southwest Vegetarian Chili

From the Grill:

♥ Grilled Chicken Sandwich

Chicken Tenders Hot Dog

■ Veggie Burger Hamburger

Turkey Burger

BLT Fish Sandwich

SOUPS & SALADS:(Limit 1 each)

Chicken Noodle ■ Tomato

■ Garden Vegetable

Chicken Broth Beef Broth

■ Coleslaw

■ ♥ Tossed Salad (*Italian/French/Oil &
Vinegar/Lowfat Italian/Lowfat French*)

DESSERTS: (Limit 2)

♥ Angel Food Cake

Cookies: Chocolate Chip, Peanut Butter

Italian Ice: Cherry, Watermelon, Lemon

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

Canned Fruit ■ ♥: Peaches, Pears,
Applesauce

♥ Gelatin/Diet Gelatin Lorna Doones

♥ Graham Crackers

LACTOSE FREE DIET

COLD ENTREES:

Chef Salad

Chicken Caesar Salad

(*Italian/Ranch/French/Oil & Vinegar/Lowfat
Italian/Lowfat French*)

■ ♥ Fruit Plate

Deli Bar~ Create your custom sandwich

Salad

Meats

Tuna Salad

♥ Turkey

■ Egg Salad

Roast Beef

Chicken Salad

Ham

Breads White, ♥ Wheat, Rye, Kaiser Roll,
Hoagie Roll

■ Peanut Butter & Jelly Turkey Club

Extras: Lettuce, Tomato, Onion, Pickle

ACCOMPANIMENTS:

■ ♥ 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)

Decaf Coffee

Decaf Tea/Herbal Tea/ Iced Tea

Milk: Lactaid, ■ Soymilk

♥ **Juice:** Apple, Cranberry, Orange, Prune, V-8

Soda: Sprite, Diet Sprite, Gingerale, Diet

Gingerale Ice Water

CONDIMENTS:

Margarine /Salt/Pepper/Lemon

Ketchup / Mayo / Lowfat Mayo/Mustard

Sugar/Sugar Substitute/ Honey / Saltines

Non-dairy creamer Cranberry Sauce

BBQ Sauce/Relish/Tartar Sauce/Soy Sauce

♥ *indicates a heart healthy menu item*

■ *indicates a vegetarian menu item*

Mon Tue Wed Thu Fri Sat Sun

DINNER Menu 1,3

(Limit 1 Hot or 1 Cold Entrée)

HOT ENTREES:

Panko & Dijon Crusted Tilapia

Turkey Pot Pie

Turkey w/ Stuffing & Gravy

♥ Chicken Marsala

Pot Roast

■ **Pasta:** Rotini or ♥ Whole Wheat Penne
w/ your choice of:

■ ♥ Marinara/Pesto/Meatballs

■ General Tso Vegetarian Stir Fry served
over White Rice

■ ♥ Southwest Vegetarian Chili

From the Grill:

♥ Grilled Chicken Sandwich

Chicken Tenders Hot Dog

■ Veggie Burger Hamburger

Turkey Burger

BLT Fish Sandwich

SOUPS & SALADS:(Limit 1 each)

Chicken Noodle ■ Tomato

■ Garden Vegetable

Chicken Broth Beef Broth

■ Coleslaw

■ ♥ Tossed Salad (*Italian/French/Oil & Vinegar/Lowfat Italian/Lowfat French*)

DESSERTS: (Limit 2)

♥ Angel Food Cake

Cookies: Chocolate Chip, Peanut Butter

Italian Ice: Cherry, Watermelon, Lemon

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

Canned Fruit ■ ♥: Peaches, Pears,

Applesauce

♥ Gelatin/Diet Gelatin Lorna Doones

♥ Graham Crackers

LACTOSE FREE DIET

COLD ENTREES:

Chef Salad

Chicken Caesar Salad

(*Italian/Ranch/French/Oil & Vinegar/Lowfat Italian/Lowfat French*)

■ ♥ Fruit Plate

Deli Bar~ Create your custom sandwich Salad Meats

Tuna Salad

♥ Turkey

■ Egg Salad

Roast Beef

Chicken Salad

Ham

Breads White, ♥ Wheat, Rye, Kaiser Roll,
Hoagie Roll

■ Peanut Butter & Jelly Turkey Club

Extras: Lettuce, Tomato, Onion, Pickle

ACCOMPANIMENTS:

■ ♥ 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)

Decaf Coffee

Decaf Tea/Herbal Tea/ Iced Tea

Milk: Lactaid, ■ Soymilk

♥ **Juice:** Apple, Cranberry, Orange, Prune, V-8

Soda: Sprite, Diet Sprite, Gingerale, Diet

Gingerale Ice Water

CONDIMENTS:

Margarine /Salt/Pepper/Lemon

Ketchup / Mayo / Lowfat Mayo/Mustard

Sugar/Sugar Substitute/ Honey / Saltines

Non-dairy creamer Cranberry Sauce

BBQ Sauce/Relish/Tartar Sauce/Soy Sauce

♥ *indicates a heart healthy menu item*

■ *indicates a vegetarian menu item*

Mon Tue Wed Thu Fri Sat Sun

