

## **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

- Omelet made to order: your choice of –  
Onions, peppers, mushroom, tomato, cheese
- Egg, Ham, & Cheese Breakfast Sandwich (Gluten-Free Bread)
- French Toast (Gluten-Free Bread)

Sausage    Bacon

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

♥Cream of Rice

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

Breakfast Potatoes  
Gluten-Free Toast

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

Decaf Coffee  
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

## **GLUTEN-FREE 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

*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*

## LUNCH Menu 1, 3

(Limit 1 Hot or 1 Cold Entrée)

### HOT ENTREES:

Baked Tilapia                      Chicken Parmesan  
Roasted Turkey                  ♥ Grilled Chicken  
Pot Roast  
■ Vegetarian Stir Fry served over White Rice

### From the Grill:

♥ Grilled Chicken Sandwich      BLT  
Cheeseburger                      Hamburger  
Turkey Burger  
■ Grilled Cheese: Plain or add Tomato or Ham  
(Grill Entrees made with Gluten-Free Bread)

### SALADS:(Limit 1 each)

■♥ Cottage Cheese              ■ Coleslaw  
■♥ Tossed Salad (*Oil & Vinegar*)

### DESSERTS: (Limit 2)

**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

## GLUTEN-FREE DIET

### COLD ENTREES:

Chef Salad                      Chicken Caesar Salad  
(*Oil & Vinegar*)

■♥ Cottage Cheese Fruit Plate

### Deli Bar~ Create your custom sandwich

<u>Salad</u>	<u>Meats</u>	<u>Cheeses</u>
Tuna Salad	♥ Turkey	■ American
■ Egg Salad	Roast Beef	■ Swiss
Chicken Salad	Ham	■ Provolone

**Breads** Gluten-Free Bread

■ Peanut Butter & Jelly      Turkey Club

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

### ACCOMPANIMENTS:

■♥ Mashed Potato      ■♥ Baked Sweet Potato  
■♥ White Rice (Limit 1 Starch, 1 Veg)  
■♥ Green Beans      ■♥ Butternut Squash  
■♥ Carrots      ■♥ Broccoli      ■♥ Corn  
■♥ California Blend Vegetables  
Potato Chips

### BEVERAGES: (Limit 3)

Decaf Coffee  
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:** Sprite, Diet Sprite, Gingerale, Diet Gingerale      Ice Water

### CONDIMENTS:

Butter/Margarine /Salt/Pepper/Lemon  
Ketchup / Mayo / Lowfat Mayo/Mustard  
Sugar/Sugar Substitute/ Honey /  
Creamer/Non-dairy creamer      Sour Cream  
BBQ Sauce/Relish/Tartar Sauce/Soy Sauce  
Parmesan Cheese      Cranberry 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:**

Baked Tilapia                      Chicken Parmesan  
Roasted Turkey                  ♥ Grilled Chicken  
Pot Roast  
■ Vegetarian Stir Fry served over White Rice

#### **From the Grill:**

♥ Grilled Chicken Sandwich      BLT  
Cheeseburger                      Hamburger  
Turkey Burger  
■ Grilled Cheese: Plain or add Tomato or Ham  
(Grill Entrees made with Gluten-Free Bread)

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

■♥ Cottage Cheese      ■ Coleslaw  
■♥ Tossed Salad (*Oil & Vinegar*)

#### **DESSERTS: (Limit 2)**

**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

## **GLUTEN-FREE DIET**

#### **COLD ENTREES:**

Chef Salad                      Chicken Caesar Salad  
(*Oil & Vinegar*)

■♥ Cottage Cheese 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** Gluten-Free Bread

■ Peanut Butter & Jelly      Turkey Club

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

#### **ACCOMPANIMENTS:**

■♥ Mashed Potato      ■♥ Baked Sweet Potato  
■♥ White Rice (**Limit 1 Starch, 1 Veg**)  
■♥ Green Beans      ■♥ Butternut Squash  
■♥ Carrots      ■♥ Broccoli      ■♥ Corn  
■♥ California Blend Vegetables  
Potato Chips

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

Decaf Coffee  
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:** Sprite, Diet Sprite, Gingerale, Diet Gingerale                      Ice Water

#### **CONDIMENTS:**

Butter/Margarine /Salt/Pepper/Lemon  
Ketchup / Mayo / Lowfat Mayo/Mustard  
Sugar/Sugar Substitute/ Honey /  
Creamer/Non-dairy creamer      Sour Cream  
BBQ Sauce/Relish/Tartar Sauce/Soy Sauce  
Parmesan Cheese      Cranberry Sauce

♥ *indicates a heart healthy menu item*

■ *indicates a vegetarian menu item*

*Mon Tue Wed Thu Fri Sat Sun*

