

BREAKFAST Menu 1, 3

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

BREAKFAST ITEMS: (Limit 1)

Scrambled Eggs ♥Egg Substitute
French Toast Pancakes
Omelet: plain or with cheese

Cereals (Limit 1)

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

Breakfast Breads (Limit 1)

Croissant Blueberry Mini Muffin

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

MECHANICAL SOFT DIET

ACCOMPANIMENTS: (Limit 2)

Fresh Fruit ■♥: Banana,
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

♥ *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
Turkey w/ Stuffing & Gravy
■ Macaroni & Cheese
Meatloaf
■ **Pasta:** Rotini or ♥ Whole Wheat Penne
w/ your choice of:
■ ♥ Marinara/Garlic Butter/Pesto/Meatballs

From the Grill:

♥ Grilled Chicken ■ Grilled Cheese:

SOUPS & SALADS:(Limit 1 each)

Chicken Noodle ■ Tomato
Chicken Broth Beef Broth

■ ♥ Cottage Cheese

DESSERTS: (Limit 2)

Frosted Vanilla Cake Pound Cake
Brownie Frosted Chocolate Cake
♥ Angel Food Cake
Sherbet ♥: Raspberry, Orange
Pudding: Chocolate, Vanilla
Ice Cream: Vanilla, Chocolate, Strawberry
Italian Ice: Cherry, Watermelon, Lemon
Fresh Fruit ■♥: Banana
Canned Fruit ■♥: Peaches, Pears,
Applesauce
♥ Gelatin/Diet Gelatin ♥ Yogurt/Light Yogurt
♥ Custard

MECHANICAL SOFT DIET

COLD ENTREES:

■ ♥ Cottage Cheese & Canned Fruit Plate

Deli Bar~ Create your custom sandwich

Salad **Cheeses**
Tuna Salad ■ American
■ Egg Salad ■ Swiss
Chicken Salad ■ Provolone
Breads White, ♥ Wheat
■ Peanut Butter & Jelly

ACCOMPANIMENTS:

■ ♥ Mashed Potato ■ ♥ Baked Sweet Potato
(Limit 1 Starch, 1 Vegetable)
■ ♥ Green Beans ■ ♥ Butternut Squash
■ ♥ Carrots Dinner Roll

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*

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