

## **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        Pancakes
- Omelet made to order: your choice of –  
Onions, peppers, mushroom, tomato, cheese
  - Egg, Ham, & Cheese Breakfast Sandwich
  - Breakfast Burrito: Eggs, Cheese in a wrap

Sausage    Bacon    Turkey Sausage

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

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

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

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

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

Decaf Coffee  
Decaf Tea/Herbal Tea  
Hot Cocoa/Sugar-Free Hot Cocoa  
**Milk:** ♥Skim, 2%,Whole, Chocolate,  
Lactaid, ■Soymilk  
**♥Juice:** Apple, Cranberry, Orange,  
Prune, V-8

## **NEUTROPENIC DIET**

### **ACCOMPANIMENTS: (Limit 2)**

**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 1, 3

(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  
Fish Sandwich  
■ Grilled Cheese: Plain or add Ham

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

- Chicken Noodle ■ Tomato  
■ Garden Vegetable ■ Cream of Broccoli  
Chicken Broth Beef Broth  
■ ♥ Cottage Cheese

### 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  
**Canned Fruit ■ ♥:** Peaches, Pears,  
Applesauce  
♥ Gelatin/Diet Gelatin ♥ Yogurt/Light Yogurt  
♥ Custard Lorna Doones ♥ Graham Crackers

## NEUTROPENIC DIET

### COLD ENTREES:

- ♥ Cottage Cheese & Canned 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** White, ♥ Wheat, Rye, Kaiser Roll,  
Hoagie Roll  
■ Peanut Butter & Jelly Turkey Club  
**Extras:** Pickle

### ACCOMPANIMENTS:

- ♥ Mashed Potato ■ ♥ Baked Sweet Potato  
(no skin)  
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  
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

### 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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## DINNER Menu 1, 3

**(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  
Fish Sandwich  
■ Grilled Cheese: Plain or add Ham

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

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■ Garden Vegetable ■ Cream of Broccoli  
Chicken Broth Beef Broth

- ♥ Cottage Cheese

**DESSERTS: (Limit 2)**

- Frosted Vanilla Cake Pound Cake  
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♥ 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  
**Canned Fruit ■♥:** Peaches, Pears,  
Applesauce  
♥ Gelatin/Diet Gelatin ♥ Yogurt/Light Yogurt  
♥ Custard Lorna Doones ♥ Graham Crackers

**COLD ENTREES:**

- ♥ Cottage Cheese & Canned 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** White, ♥ Wheat, Rye, Kaiser Roll,  
Hoagie Roll  
■ Peanut Butter & Jelly Turkey Club  
**Extras:** Pickle

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Rice Pilaf **(Limit 1 Starch, 1 Vegetable)**  
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■ ♥ Carrots ■ ♥ Broccoli ■ ♥ Corn  
■ ♥ California Blend Vegetables Dinner Roll  
Breadstick Regular/♥ Baked Potato Chips

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Gingerale

**CONDIMENTS:**

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Sugar/Sugar Substitute/ Honey / Saltines  
Creamer/Non-dairy creamer Sour Cream  
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Parmesan Cheese Cranberry Sauce

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**NEUTROPENIC DIET**

