

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, 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
Blueberry Mini Muffin
Corn Mini Muffin
Hash Brown Breakfast Potatoes
Bagel

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

REGULAR 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 ♥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
- BLT Fish Sandwich
- Grilled Cheese: Plain or add Tomato or
Ham

SOUPS & SALADS:(Limit 1 each)

- Chicken Noodle ■ Tomato
■ Garden Vegetable ■ Cream of Broccoli
Chicken Broth Beef Broth
- ♥ Cottage Cheese ■ Coleslaw
 - ♥ Tossed Salad
- (Italian/Ranch/French/Caesar/Oil &
Vinegar/Lowfat Italian/Lowfat French)*

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
- Fresh Fruit ■♥:** Apple, Banana, Orange,
Grapes, Pineapple, Fresh Fruit Cup, Prunes
- Canned Fruit ■♥:** Peaches, Pears,
Applesauce
- ♥ Gelatin/Diet Gelatin ♥ Yogurt/Light Yogurt
♥ Custard Lorna Doones ♥ Graham Crackers

REGULAR DIET

COLD ENTREES:

- Chef Salad Chicken Caesar Salad
*(Italian/Ranch/French/Caesar/Oil &
Vinegar/Lowfat Italian/Lowfat French)*

- ♥ 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** White, ♥ Wheat, Rye, Kaiser Roll,
Hoagie Roll

- Peanut Butter & Jelly Turkey Club

Extras: Lettuce, Tomato, Onion, Pickle

ACCOMPANIMENTS:

- ♥ Mashed Potato ■ ♥ 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
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 / 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

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