BON APPETIT

FRESH FRUIT

Apple ◆
Orange ◆
Banana ◆◆
Fresh Fruit Cup ◆

CANNED FRUIT

Applesauce ◆
Peaches ◆
Pineapple Tidbits ◆

BREAKFAST

Fruit & Yogurt Parfait ◆◆◆
Creamy yogurt topped with berries and granola

Fresh Scrambled Egg

Cheese Omelet
Fluffy eggs filled with cheddar cheese

Western Omelet
Fluffy eggs filled w/ green peppers, onion, diced ham & cheddar cheese

Breakfast Sandwich ◆◆
English muffin, egg patty & American cheese
*Also available with bacon or ham** 🧂

Belgian Waffle* ◆◆◆◆

Sliced Bacon* 🧂

Cream of Wheat ◆
Oatmeal ◆
Cheerios ◆
Raisin Bran ◆◆
Special K ◆
Low Fat Granola*

Breads ◆/Toast ◆:
White/Wheat
English Muffin ◆◆
Bagel ◆◆
Blueberry Muffin ◆◆
Doughnut*

BEVERAGES

Juice ◆:
Apple, Cranberry, Orange
Milk ◆: 2%, Skim
Coffee: Regular, Decaf
Ice Tea

Tea: Herbal, Orange Pekoe
Soda: Pepsi*, Diet Pepsi
Lemon Lime Sierra Mist*
Diet Sierra Mist
Bottled Water

BROTHS AND SOUPS

Chicken, Beef or Vegetable Broth
Garden Vegetable Soup ◆ 🧂
Creamy Tomato Soup ◆ 🧂
Chicken Noodle Soup ◆ 🧂

GOING WITH THE GRAINS◆

Saltine Crackers
Graham Crackers
Breads: White/Wheat
Dinner Roll: White/Wheat

SANDWICHES

Shaved Turkey or Shaved Ham 🧂
Piled high on White or Wheat Bread ◆

Grilled Chicken with Lettuce and Tomato ◆◆

Grilled Cheese Sandwich ◆◆
White or Wheat Bread/American or Mozzarella Cheese

Personal Pan Cheese Pizza ◆◆◆◆ 🧂

Cheese Burger ◆◆ 🧂
Flame broiled steak burger served on a brioche bun with American cheese and dill pickle slices.

VEGETABLES AND SIDES

Mashed Potatoes ◆
Baby Baked Potatoes ◆
White and Wild Rice ◆◆
Green Beans
Asparagus Tips
Baby Carrots
Broccoli Buds

Creamy Low Fat Yogurt ◆
Low Fat Cottage Cheese
Gelatin:
Regular* or Sugar Free
Potato Chips:
Regular* or Baked ◆◆
Tossed Garden Salad

SWEET ENDINGS

Pudding ◆:
Chocolate or Vanilla/
Regular* or Sugar Free
Cookie*:
Chocolate Chip or Sugar
Vanilla Wafers ◆
Creamy Vanilla Ice Cream*

Lemon Italian Ice ◆◆
Cherry Italian Ice ◆◆
New York Style Cheesecake*
Angel Food Cake ◆
Caramel Granny Apple Pie*
Chocolate Layer Cake*

LUNCH AND DINNER ENTREES

Chicken Martini GF
Chicken breast sautéed in olive oil and finished with a shallot, sundried tomato and mushroom Marsala sauce

Beef Short Rib 🧂 GF
Slowly braised boneless short rib finished with a classic veal glaze

Pork Dijon 🧂 GF
Braised pork medallions smothered in a French style white wine mustard sauce

Steamed Atlantic Cod
Cod steamed and finished with a honey lime miso glaze and finished with black sesame seeds

Vegetable Lasagna ◆◆

Chicken Caesar Salad
Crisp Romaine lettuce topped with grilled chicken

Chef Salad GF
Bed of crisp lettuce topped with ham, turkey, cheddar and mozzarella cheese

CONDIMENTS

Salt
Mrs. Dash
Pepper
Sugar
Splenda
Brown Sugar
Lemon Wedge
Half & Half
Non-Dairy Creamer
Fr. Vanilla Creamer
Butter
Margarine
Syrup

SF Syrup
Grape Jelly
SF Grape Jelly
Strawberry Jam
SF Strawberry Jam
Peanut Butter
Ketchup
Mustard
Mayonnaise
Light Mayonnaise
Hot Sauce
Cream Cheese
Light Cream Cheese

Parmesan Cheese

Salad Dressings
French Dressing*
Ranch Dressing*
Light Ranch
Balsamic Vinaigrette
Caesar Dressing*
Thousand Island*
Blue Cheese

SF = Sugar Free

* *Not recommended on a carbohydrate controlled diet.*
🧂 *Indicates this menu item is too high in salt for the salt restricted diet.*
◆ *Each diamond indicates one carbohydrate choice for those on a carbohydrate controlled diet*