

JUICES & FRUITS

JUICE:	Grape, Orange, Apple, Cranberry, Prune
FRESH FRUIT:	Apple, Banana, Strawberries, Fresh Fruit Cup
CANNED FRUIT:	Applesauce, Peaches, Pears, Mandarin Oranges

HOT CEREALS

Grits *(Plain or Cheese)*
Oatmeal

COLD CEREALS

Corn Flakes[®], Frosted Flakes[®]
Rice Krispies[®], Froot Loops[®]
Cheerios[®], Rice Chex[®]
Raisin Bran[®]

YOGURT

Greek Vanilla
Strawberry (Reg. or Light)
Vanilla Yogurt Parfait
Toppings: Strawberries, Bananas, Peaches, Blueberries, Granola

BREADS & BAKERY

Bagel *(Plain or Whole Wheat)*
Whole Grain Biscuit
English Muffin
Blueberry Muffin

MORNING FARE

Scrambled Eggs
Scrambled Egg Whites
Texas French Toast
Pancake *(Buttermilk or Whole Wheat)*
Cold Hard Boiled Egg
Biscuit and Gravy

BREAKFAST SIDES:

Hash Brown Potatoes
Breakfast Sausage
Grilled Fresh Pork
Cottage Cheese
Pepper Gravy

OMELET SHOPPE

(Made-to-Order)

Regular Eggs
Egg Whites

OMELET EXTRAS:

Cheddar Cheese, American Cheese, Mozzarella Cheese
Diced Onion, Fresh Spinach
Chopped Green Pepper
Mushrooms
Diced Tomato
Diced Ham

LIQUID DIETS

CLEAR LIQUID DIET

LS BROTH:	Vegetable, Beef, Chicken
JUICE:	Grape, Apple, Cranberry
GELATIN:	Berry, Lemon, SF Citrus

ITALIAN ICE

COFFEE *(Reg. or Decaf)*
HOT TEA *(Reg. or Decaf)*
SOBE[®] LIFE WATER
ICED TEA *(Sweet or Un-Sweet)*
SIERRA MIST[®] *(Reg. or Diet)*

FULL LIQUID DIET

Includes All Clear Liquid Diet Items Plus the Following:

Tomato Soup
Cream of Potato Soup,
Grits, Oatmeal
Vanilla Yogurt

PUDDING: <i>(Reg. or SF)</i>	Vanilla, Chocolate
ICE CREAM:	Vanilla, Chocolate, Strawberry Orange Sherbet
MILK:	Skim, 2%, Whole, LF Chocolate, Lactose Free, Soy
JUICE:	Orange, Prune

HOT CHOCOLATE *(Reg. or SF)*

If your Physician has prescribed a modified diet, some items may not be available.

BROTHS & SOUPS

LS BROTH: Vegetable, Beef, Chicken

LS SOUP: Chicken Noodle, Cream of Potato, Vegetable Beef, Tomato Soup

DELI BAR (COLD OR PANINI)

BREADS: Wheat, White, Wrap, Sub Roll

GARDEN: Onion, Lettuce, Tomato, Dill Pickle

CHEESES: American, Swiss, Cheddar

MEATS & FILLINGS: Deli Style Turkey, Roast Beef, Sliced Ham, Chicken Salad, Tuna Salad, Peanut Butter & Jelly, Hummus

GRILL FAVORITES

GRILLED CHEESE

HAMBURGER

CHEESEBURGER

BLACK BEAN BURGER

CHICKEN TENDERS

GRILLED CHICKEN BREAST

CHEESE QUESADILLA (ADD CHICKEN)

AMERICAN COMFORTS

FARMER'S MEATLOAF

Traditional home-style meatloaf served with brown gravy

POT ROAST

Tender slow roasted beef pot roast with carrot, celery and onion

NAPA VALLEY GLAZED SALMON

Salmon filet with honey mustard thyme glaze

BAKED CHICKEN LEG QUARTER

Bone-in chicken leg quarter, marinated in a flavorful herb sauce

CHICKEN PARMESAN

Breaded or grilled chicken, topped with marinara sauce, parmesan and mozzarella cheese

HERB CRUNCH CHICKEN BREAST

Boneless chicken breast breaded with herbs and spices

PARMESAN CRUSTED TILAPIA

Baked Tilapia filet with a crispy cornflake and Parmesan Crust *(Available as plain baked)*

PENNE PASTA BAR

VEGETABLES: Squash, Spinach, Broccoli, Carrots

MEATS: Chicken, Tofu, Meatsauce

SAUCES: Marinara, Alfredo Sauce

ASIAN STIR FRY

Vegetable Medley with choice of

MEATS: Chicken, Pork, Tofu

SAUCE: Teriyaki, General Tso, Sweet & Sour

STARCH: Rice, Lo Mein Noodles

CONDIMENTS

Sugar, Sugar Sub, Brown Sugar, Creamer, Salt, Pepper, Salt-Free Seasoning, Fresh Lemon Slice, Ketchup, Mustard, Mayonnaise, Honey Mustard, BBQ Sauce, Tartar Sauce, Hot Sauce, Salsa, Ranch Dressing, Malt Vinegar, Sour Cream, Cream Cheese, Margarine, Butter, Jelly

Each meal consists of one entrée, two sides, bread, dessert and up to three beverages.

CHEESE PIZZA

(Made-to-Order)

TOPPINGS:

Pepperoni, Diced Tomatoes, Onion, Mushrooms, Green Peppers

FROM THE GARDEN

SIDE SALADS:

Garden Salad,
Carrot & Celery Sticks,
Creamy Cole Slaw

ENTRÉE SALADS:

Chicken Caesar Salad,
Caesar Salad,
Turkey Chef Salad

DRESSINGS:

Italian, French
Ranch
Caesar, Oil and Vinegar
Balsamic Vinaigrette
Honey Mustard

*Available in half portions

ACCOMPANIMENTS

VEGETABLES:

Sliced Carrots, Green Beans, Corn, Broccoli, Brussels Sprouts,
Sautéed Spinach (High Vit K), Squash Medley, Pinto Beans

SIDE DISHES:

White Rice, Whipped Potatoes, Baked Potato, Baked Sweet Potato,
Macaroni & Cheese, French Fries

COMPLIMENTS:

Yeast Roll, Garlic Knots, Corn Muffin, Baked Potato Chips,
Pretzels, Crackers (Reg. or LS)

BEVERAGES

HOT:

Coffee (Reg. or Decaf),
Tea (Reg. or Decaf),
Hot Chocolate (Reg. or SF)

JUICE:

Grape, Orange, Apple,
Cranberry, Prune

COLD:

SoBe® Lifewater,
Iced Tea (Sweet or Un-Sweet),
Pepsi® (Reg. or Diet),
Sierra Mist® (Reg. or Diet),
Ginger Ale,
Gatorade® (Fruit Punch or Orange)

COLD MILK:

Skim, 2%, Whole,
LF Chocolate, Lactose Free,
Soy

DESSERTS

COOKIES:

Vanilla Wafers,
Graham Crackers,
Sugar, Chocolate Chip

PUDDING: (Reg. or SF)

Vanilla, Chocolate

GELATIN:

Berry, Lemon, SF Citrus

SWEET DELIGHTS:

Sweet Potato Pie,
Marshmallow Rice Crispy
Treat,
Angel Food Cake,
Apple Crisp,
Chocolate Bundt Cake

FROZEN DESSERTS:

Ice Cream: Vanilla,
Chocolate, Strawberry,
Orange Sherbet,
Italian Ice

KEY

FF: FAT FREE • LF: LOW FAT • LS: LOW SODIUM • SF: SUGAR FREE

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