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
Grills (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 Yoghurt 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:**
(Reg. or SF)
Vanilla, Chocolate
ICE
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
- HAMBERGER
- 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, Meatloaf
- SAUCES: Marinara, Alfredo Sauce

ASIAN STIR FRY
- 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, Tanor 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

*Available in half portions

Dressings:
- Italian
- French
- Ranch
- Caesar, Oi and Vinegar
- Balsamic Vinaigrette
- Honey Mustard

 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)

Milk:
- Skim, 2%, Whole
- LF Chocolate, Lactose Free, Soy

Desserts

Cookies:
- Vanilla Wafers
- Graham Crackers
- Sugar, Chocolate Chip

Sweet Delights:
- Sweet Potato Pie
- Marshmallow Rice Crispy Treat
- Angel Food Cake
- Apple Crisp
- Chocolate Bundt Cake

Pudding:
- Vanilla, Chocolate

Gelatin:
- Berry, Lemon, SF Citrus

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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