

### Breakfast

#### Entrées

- Pancakes:**  Buttermilk  Blueberry
- Cinnamon French Toast

#### Build an Omelet:

- Eggs:**  Regular  Low Cholesterol  Whites
- Cheese:**  Cheddar  Swiss  Pepper Jack
- Pork Bacon  Turkey Sausage
- Onions
- Mushrooms
- Green Peppers

#### Sides

- Scrambled Eggs:**  Regular  Low Cholesterol  Whites
- Hard Boiled Egg
- Turkey Bacon
- Turkey Sausage Link
- Pork Sausage Patty
- Pork Bacon

#### Bakery

- Blueberry Muffin
- English Muffin
- Bagel (Plain)
- Toast:**  White  Wheat  Rye  Multigrain  Gluten Free

#### Hot and Cold Cereals

- Cream of Wheat®  Grits
- Oatmeal  Cheerios®
- Corn Flakes®  Honey Nut Cheerios
- Rice Krispies®  Cinnamon Chex

#### Fruit and Yogurt

- Yogurt:**  Vanilla  Strawberry  Greek Plain
- Fruit:**  Grapes  Pineapples  Apple  Peaches  Pears  Applesauce

### Lunch and Dinner

#### Light Fare

- Hot Sandwich:**  Grilled Cheese  Grilled Chicken Breast on Bun
- Burger:**  Hamburger  Cheeseburger  Portobello Mushroom
- Salad (no tomatoes):**  Chicken Caesar  Chef
- Chicken Tenders

#### Deli Sandwiches

- Bread:**  Wheat  White  Multigrain  Rye
- Meat:**  Turkey  ♦Roast Beef  Ham
- Salad:**  Tuna  Chicken  Egg  Peanut Butter & Jelly
- Cheese:**  Swiss  Cheddar  Pepper Jack
- Extras:**  Lettuce  Red Onion

#### Entrées

- Roast Turkey Breast w/ Gravy
- Fish:** Herb Seasoned Baked Fish
- Asian Stir-Fry Vegetables:  Chicken  Tofu  Fish (with or without Rice)
- Seasoned Grilled Chicken
- Meatloaf w/Gravy
- Chicken Parmesan**  Alfredo Sauce

#### Side Dishes

- Pasta:**  Plain  Gluten Free **Sauce:**  Alfredo
- Vegetable:**  Spinach  Corn  Green Peas  Broccoli  Green Beans  Dill Carrots
- Corn Tortillas
- Rice:**  White  Brown
- Other Starch:**  Macaroni & Cheese  Dinner Roll  Hummus and Pita Chips
- Salad (no tomatoes):**  Garden  Caesar  Carrots & Celery Sticks  Hummus  Cottage Cheese

#### Soups and Broths

- Soup:**  Chicken Noodle  Cream of Chicken **Broth:**  Chicken  Vegetable  Beef

Items with a ♦ are not available at our Stafford location.



# Low Potassium Diet

Dining on Call Menu

## Condiments

- Salt
- Pepper
- Herb Seasoning
- Cinnamon
- Lemon
- Honey
- Non-Dairy Creamer
- Sweetener:**  White Sugar  Brown Sugar  
 Equal®  Equal® Saccharin  Splenda®
- Low Fat Mayonnaise
- Mustard
- Hot Sauce
- Honey Mustard Sauce
- Barbecue Sauce
- Butter
- Sour Cream (*Low Fat*)
- Cream Cheese (*Low Fat*)
- Peanut Butter
- Jelly:**  Grape  Strawberry  Sugar Free
- Crackers

## Dressing

- Raspberry Vinaigrette
- Oil and Vinegar
- Italian
- Ranch
- Caesar

## Beverages

- Water
- Juice:**  Apple  Cranberry  Prune
- Milk (4oz):**  1%  2%  
 Soy Vanilla  Almond
- Coffee:**  Regular  Decaf
- Tea:**  Hot  Hot Decaf  Hot Herbal  
 Hot Decaf Green  Decaf Unsweet Iced
- Sodas:**  Gingerale  Diet Gingerale  
 Lemon-Lime  Diet Lemon-Lime  
 Cola  Diet Cola
- Nutritional Shake (Vanilla)**
- Crystal Light:**  Lemonade  Raspberry Ice

## Desserts

- Strawberry Shortcake
- Apple Crisp
- Cinnamon Apple with Whipped Topping
- Angel Food Cake
- Ice Cream**  Vanilla
- Popsicle®:**  Cherry  Orange  Grape
- Italian Ice:**  Lemon  Orange
- Orange Sherbet
- Cookie:**  Chocolate Chip  Sugar
- Pudding**  Vanilla
- Gelatin:**  Berry  Orange
- Sugar Free:** Berry Gelatin

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