

Circle the meal you are ordering: **Breakfast** Lunch Dinner

Date \_\_\_\_\_

Low Fiber/GI Soft

Dining On Call Menu

(All items in **Bold Print** require a choice.)

## Breakfast

### Entrées

#### Your Choice of (1)

- Buttermilk Pancakes
- Cinnamon French Toast

#### **Build Your Own Omelet:** Regular

- Low Cholesterol  Egg Whites
- Cheddar  Swiss  Pepper Jack
- Mushroom

### Sides

#### Your Choice of (3)

#### **Scrambled Eggs:** Regular

- Low Cholesterol  Egg Whites

- Boiled Egg
- Turkey Bacon
- Breakfast Potatoes

### Bakery

- Muffins:**  Blueberry  Orange Cranberry  
 English Muffin
- Bagel:**  Plain
- Toast:**  White

### Hot and Cold Cereals

- Cream of Wheat®
- Grits
- Cheerios®
- Corn Flakes®
- Honey Nut Cheerios®
- Cinnamon Toast Crunch®
- Rice Krispies®

### Fruit and Yogurt

- Yogurt:**  Vanilla  Strawberry  Greek Plain
- Fruit:**  Banana  
 Peaches  Pears  Applesauce
- Cottage Cheese

## Lunch and Dinner

Your choice of (1) Entrée and (3) Sides from below

### Light Fare

- Hot Sandwich:**  Grilled Cheese  
 Grilled Ham/Cheese  Grilled Chicken Breast
- Burger:**  Hamburger  Cheeseburger  
 Turkey  Portobella Mushroom

### Deli Sandwiches

- Bread:**  White
- Meat:**  Turkey  ♦Roast Beef  Ham
- Salad:**  Chicken  Egg Salad  
 Peanut Butter & Jelly
- Cheese:**  Swiss  Cheddar  Pepper Jack

### Entrées

- Chicken Parmesan
- Roast Turkey Breast w/ Gravy
- Baked Fish
- Seasoned Grilled Chicken
- Meatloaf w/ Brown Gravy
- Penne Pasta:**  Marinara Sauce  Alfredo

### Side Dishes

- Vegetables:**  Green Beans  Dill Carrots
- Potatoes:**  Mashed
- Rice:**  Steamed White
- Other Starch:**  Macaroni & Cheese  Dinner Roll  
 Cornbread  Pita Chips

### Soups and Broths

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

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



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## Condiments

*(Please specify quantity)*

- Salt
- Cinnamon
- Honey
- Creamer
- Sweetener:**  White Sugar  Brown Sugar  
 Equal®  Sucralose  Sweet & Low®
- Mayonnaise (*Low Fat*)
- Ketchup
- Barbecue Sauce
- Butter
- Sour Cream (*Low Fat*)
- Cream Cheese (*Low Fat*)
- Parmesan Cheese
- Peanut Butter
- Jelly:**  Grape  Strawberry  Diet Jelly
- Cranberry Sauce
  
- Crackers:**  Saltine  Unsalted

## Dressing

- Oil & Vinegar  Ranch
- Italian  Caesar

## Beverages

- Juice:**  Orange  Apple  Cranberry  Prune
- Milk:**  1%  2%  Whole  
 Chocolate  Soy Vanilla  Almond
- Coffee:**  Regular  Decaf
- Tea:**  Regular  Decaf  Herbal  Green  Iced
- Chocolate:**  Hot Cocoa  
 Sugar Free Hot Cocoa
- Sodas:**  Ginger Ale  Diet Ginger Ale  
 Lemon-Lime  Diet Lemon-Lime  
 Cola  Diet Cola
- Nutritional Shake:**  Vanilla  Chocolate
- Crystal Light:**  Lemonade  Raspberry Ice

## Desserts

*Your choice of (1)*

- Angel Food Cake
- Chocolate Brownie
- Cinnamon Apples w/ Whipped Topping
- Cookie:**  Chocolate Chip  Sugar
- Popsicle®:**  Cherry  Orange  Grape
- Italian Ice:**  Lemon  Orange
- Orange Sherbet
- Ice Cream:**  Vanilla  Chocolate
- Pudding:**  Vanilla  Chocolate
- Gelatin:**  Berry  Orange

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Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Delivery Time: \_\_\_\_\_ AM PM

Room: \_\_\_\_\_ Allergies: \_\_\_\_\_

Comments/Supplements: \_\_\_\_\_