

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

Breakfast

Entrées – (Your choice of 1 selection below)

- Pancakes:** Buttermilk^(33g) Blueberry^(34g)
- Cinnamon French Toast:** Wheat^(21g)
 White^(23g)
- Build your own Omelet**^(3g)
 - Regular Low Cholesterol^(2g) Egg Whites
 - Cheddar Swiss Pepper Jack^(1g)
 - Spinach^(1g) Onions^(2g) Tomatoes^(1g)
 - Mushrooms^(1g) Green Peppers^(1g)

Sides

(Your choice of 3 selections below)

- Scrambled Eggs:** Regular^(1g) Egg Whites
 Low Cholesterol^(2g)
- Boiled Egg^(1g)
- Turkey Bacon – slice (*Limit 1*) or
- Turkey Sausage link^(2g) (*Limit 1*)
- Seasoned Breakfast Potatoes^(19g)
- Hot and Cold Cereals:**
 - Cream of Wheat®^(22g) Oatmeal^(20g) Grits^(14g)
 - Cheerios®^(14g) Corn Flakes®^(18g)
 - Special K®^(13g) Raisin Bran®^(27g)
 - Rice Krispies®^(16g)
- Toast (1 slice):** White^(16g) Wheat^(14g)
 Multigrain^(14g) Gluten Free^(13g)
- Bagel (1/2):** Plain^(26g) Wheat^(23g) Cinnamon Raisin^(27g)
- Muffin:** Blueberry^(28g) Orange Cranberry^(32g)
 English Muffin^(25g)
- Fresh Fruit:** Banana^(27g) Orange^(15g)
 Grapes^(14g) Pineapples^(20g) Apple^(18g)
- Seasonal Fresh Fruit:** Fresh Fruit Cup^(9g)
 Strawberries^(9g) Cantaloupe⁽⁷⁾
- Soft Fruits:** Peaches^(12g) Pears^(17g)
Applesauce^(14g)
- Yogurt:** Vanilla^(23g) Strawberry^(17g)
 Granola Fruit Parfait^(24g) Greek Plain^(6g)

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

Beverages

- Water
- Juice:** Orange^(21g) Apple^(21g) Cranberry^(21g)
 Prune^(22g)
- Milk:** 1%^(13g) Chocolate^(20g) Soy Vanilla^(18g)
 Soy Chocolate^(25g)
- Coffee:** Decaf
- Tea:** Hot Decaf Hot Herbal Hot Decaf Green
 Decaf Chai Decaf Iced
- Chocolate:** Sugar Free Hot Chocolate^(10g)
- Sodas:** Diet Gingerale Diet Lemon-Lime
 Diet Caffeine Free Cola
- High Protein Nutrition Shake:**
 - Sugar Free Vanilla^(19g) Sugar Free Chocolate^(19g)
- Crystal Light:** Lemon ♦Raspberry Ice

Condiments

- Pepper Herb Seasoning
- Cinnamon Raisins^(7g)
- Lemon
- Creamer^(1g)
- Sweetener:**
 - Equal® Sucralose Equal® Saccharin^(1g)
- Ketchup^(2g) Hot Sauce
- Mayonnaise (low-fat)^(1g) Mustard
- Honey Mustard Sauce^(9g) Barbecue Sauce^(6g)
- Butter (*limit 2*)
- Sour Cream (*low fat*)^(1g) Salsa^(2g)
- Cream Cheese (*low fat*)^(2g)
- Peanut Butter^(3g)
- Diet Jelly^(3g)
- Crackers:** Wheat^(5g) Unsalted^(5g) Graham^(16g)

Consistent Carbohydrate Meal Plan

Carbohydrate containing foods have the greatest effect on your blood sugar. You will be served the same amount of carbohydrates at each meal.

Foods that contain carbohydrates include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, sodas and sweets/desserts. The numbers in parenthesis (#) on this menu will assist you in counting and adding grams of carbohydrates for your meal.

*Some items may not be allowed if other restrictions are in place.

*Nutritional Supplements such as Ensure Plus, Ensure Clear, Glucerna and Nepro are available upon a physician's order.

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Lunch and Dinner

Entrées – (Your choice of 1 selection below)

- Entrée Salad:** Chef Salad^(7g) Greek Salad^(7g)
 Chicken Caesar Salad^(13g)

Chef Selections

- Baked Fish
- Spiced Salmon^(4g)
- Meatloaf with Brown Gravy^(14g)
- Savory Turkey Chili^(13g)
- Hummus and Roasted Vegetable Wrap^(61g)
- Seasoned Grilled Chicken
- Roast Turkey Breast with Gravy^(6g)
- Asian Stir-Fry Vegetables over Rice**^{(41g):}
Add Chicken or Tofu

Grill

- Hot Sandwich:** Grilled Cheese^(32g)
 Grilled Chicken Breast^(25g)
- Burger:** Turkey^(27g) Beef^(25g) Black Bean^(43g)
- Cheese:** Swiss Cheddar Pepper Jack^(1g)
- Toppings:** Lettuce Tomato Red Onion^(1g)

Build Your Own Sandwich

- Bread (2pcs):** White^(32g) Wheat^(28g)
 Multigrain^(28g) Gluten Free^(26g)
- Peanut Butter & Sugar Free Jelly^(6g)
- Meat:** Turkey^(1g) **Roast Beef**
- Salad:** Tuna^(3g) Chicken^(2g) Egg^(4g)
- Cheese:** Swiss Cheddar Pepper Jack^(1g)
- Toppings:** Lettuce Tomato Red onion^(1g)

Soups and Broths

- Soup:** Chicken Noodle^(16g)
 Garden Vegetable^(9g)
- Broth:** Chicken^(2g) Vegetable^(2g) Beef^(2g)

Sides

(Your choice of 3 selections below)

- Side Salad:** Garden^(3g) Caesar^(5g)
- Dressing:** Italian^(3g) Balsamic^(5g)
 Raspberry Vinaigrette^(5g)

Hot Sides

- Vegetables:** **◆**Mexican Corn^(19g) Broccoli^(6g)
- ◆**Braised Cabbage^(9g) Fresh Green Beans^(5g)
 - Orange Glazed Carrots^(10g) Spinach^(1g)
 - Starches:** Roasted Red Potatoes^(23g)
 Homemade Mashed Potatoes w/ Skin^(18g)
 - White Rice^(23g) **◆**Brown Rice^(24g)
 - Macaroni & Cheese^(18g)
 - Baked Potato Chips^(26g)
 - Corn Bread^(30g) Dinner Roll^(16g)
 - Pasta:** Plain^(22g) Wheat^(22g) Gluten Free^(44g)
 - Sauces:** Meat^(9g) Marinara^(4g) Alfredo^(4g)
 - Other Sides:** Cottage Cheese^(6g)
 Fresh Carrots and Celery Sticks^(3g)
 Hummus and Pita Chips^(27g)
 Cottage Cheese and Soft Fruit Plate^(21g)

Desserts (Your choice of 1 selection below)

- Apple Crisp^(21g)
- Angel Food Cake^(28g)
- Strawberry Shortcake^(36g)
- Chocolate Cupcake^(30g)
- Sugar Free Popsicle^(11g)
- Italian Ice**^{(37g):} Lemon Orange
- Sugar Free Ice Cream:** Vanilla^(17g)
 Chocolate^(20g)
- Orange Sherbet^(23g)
- Cookie:** Chocolate Chip^(17g) Sugar^(17g)
- Sugar Free Pudding:** Vanilla^(17g)
 Chocolate^(16g)
- Sugar Free Berry Gelatin^(1g)

Additional Meal Plan: Cardiac/ Heart Healthy

Your doctor has also ordered a Cardiac Meal Plan for you. While on this additional diet, you will be served a combination of the diets Sodium Restricted and Low in Fat. Foods high in fiber are encouraged.

Foods that are fried, salty or high in fat are excluded will also be excluded.

***Some items may not be allowed, if other restrictions are in place.**