



(All items in Bold Print require a choice.)

Breakfast

Entrées – (Your choice of 1 selection below)

- Pancakes:** Blueberry Buttermilk
- Cinnamon French toast:** Wheat White
- Build your own omelet** Low Cholesterol
 - Egg Whites Regular
 - Cheese:** Swiss Cheddar Pepper Jack
 - Vegetables:** Spinach Onions Tomatoes
 - Mushrooms Green Peppers

(Your choice of 3 selections below)

- Scrambled Eggs:** Low Cholesterol
 - Egg Whites Regular
- Turkey Bacon – slice (**Limit 1**) or
- Turkey Sausage link (**Limit 1**)
- Seasoned Breakfast Potatoes
- Hot and Cold Cereals:**
 - Cream of Wheat® Oatmeal Grits
 - Cheerios® Corn Flakes® Special K®
 - Raisin Bran® Rice Krispies®
- Toast** Wheat Multigrain White
 - Gluten Free
- Bagel (1/2):** Wheat Plain Cinnamon Raisin
- Muffin:** Blueberry Orange Cranberry
 - English muffin
- Fresh Fruits :** Banana Orange Grapes
 - Pineapples Apple
- Seasonal Fruit:** Fresh Fruit Cup Strawberries
 - Cantaloupe Honeydew Melon
- Soft Fruits :** Peaches Pears Applesauce
- Yogurt:** Vanilla Strawberry Greek Plain
 - Fruit Parfait

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

Beverages

- Water
- Juice:** Orange Apple Cranberry Prune
- Milk:** 1% Chocolate Soy Vanilla
 - Soy Chocolate
- Iced Tea (decaf Unsweetened)
- Decaf Coffee
- Hot Tea:** Black Decaf Decaf Chai Herbal
- Chocolate:** Hot Cocoa
 - Sugar Free Hot Cocoa
- Sodas:** Gingerale Diet Gingerale
 - Lemon-lime Diet Lemon-Lime
 - Diet Caffeine Free Cola
- Crystal Light:** Lemon ♦Raspberry Ice
- High Protein Nutritional Shake:** Vanilla
 - Chocolate

Condiments

- Pepper Herb Seasoning
- Cinnamon Raisins
- Lemon Honey
- Creamer
- Sweetener:** White Sugar Brown Sugar
 - Equal® Sucralose Equal® Saccharin
- Ketchup Mayonnaise (low-fat)
- Mustard Butter (**limit 2**)
- Sour Cream (*low fat*) Salsa
- Cream Cheese (*low fat*)
- Peanut Butter
- Jelly:** Grape Strawberry Diet Jelly

Crackers: Wheat Unsalted Graham

Cardiac/ Heart Healthy Diet Information

Your diet, like your medication, is an important part of your treatment and may speed your recovery. Your doctor has ordered a Cardiac Meal Plan for you.

While on this 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.

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



(All items in Bold Print require a choice.)

Lunch and Dinner

Entrées – (Your choice of 1 selection below)

Grill / Entrée Salads

- Entrée Salad:** Greek
- Chef Chicken Caesar

Hot Sandwiches: Grilled Cheese

- Cheese:** Swiss Cheddar Pepper Jack
- Grilled Chicken Breast
- Burgers:** Hamburger Turkey

Chef Selections

- Baked Fish
- Meatloaf with Brown Gravy
- Spiced Salmon
- Seasoned Grilled Chicken
- Roast Turkey Breast with Gravy
- Savory Turkey Chili
- Asian Stir-Fry Vegetables:** Chicken Tofu

Build your own Sandwich

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

Desserts (Your choice of 1 selection below)

- Angel Food Cake
- Sweet Apple Crisp
- Strawberry Shortcake
- Chocolate Cupcake
- Popsicle®:** Cherry Orange Grape
- Italian Ice:** Lemon Orange
- Orange Sherbet
- Cookie:** Chocolate Chip Sugar
- Pudding:** Vanilla Chocolate
- Sugar Free Pudding:** Vanilla Chocolate
- Gelatin:** Berry Orange Sugar Free Berry
- High Protein Nutritional Treat

Sides

(Your choice of 3 selections below)

- Side Salad:** Garden Caesar
- Dressing:** Italian Balsamic
- Raspberry Vinaigrette

Hot Sides

- Vegetable:** ♦Mexican Corn ♦Braised
- Cabbage Broccoli Fresh Green Beans
- Orange Glazed Carrots Spinach
- Starches:** Seasoned Red Potato Wedges
- Homemade Mashed Potatoes w/ Skin
- White Rice ♦Brown Rice
- Macaroni & Cheese Baked Potato Chips
- Corn Bread Dinner Roll
- Pasta:** Plain Wheat Gluten Free
- Sauces:** Meat Marinara
- Other Sides:** Cottage Cheese
- Fresh Carrots and Celery Sticks
- Hummus and Pita Chips
- Cottage Cheese & Fruit Plate
- Fresh Fruits :** Banana Orange Grapes
- Pineapples Apple
- Seasonal Fruit:** Fresh Fruit Cup Strawberries
- Cantaloupe Honeydew Melon
- Soft Fruits :** Peaches Pears Applesauce
- Yogurt:** Vanilla Strawberry
- Fruit Granola Parfait Greek Plain

Soups and Broths

- Soup:** Chicken Noodle Garden Vegetable
- Broth:** Chicken Vegetable Beef

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