



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

Breakfast

Entrées

Your Choice of (1)

- Buttermilk Pancakes
- Cinnamon French Toast

Build Your Own Omelet:

- Cheddar Swiss Pepper Jack
- Cheese Mushrooms

Sides

Your Choice of (3)

- Scrambled Eggs:** Regular Egg White
 - Low Cholesterol
- Hard Boiled Egg
- Turkey Bacon
- Seasoned Breakfast Potatoes

Bakery

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

Hot and Cold Cereals

- Cream of Wheat®
- Grits
- Cheerios®
- Corn Flakes®
- Special K®
- Rice Krispies®

Fruit and Yogurt

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

Lunch and Dinner

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

Grill

- Hot Sandwich:** Grilled Cheese
 - Grilled Ham/Cheese
- On a Bread/Bun:** Beef Cheeseburger
 - Turkey Burger Grilled Chicken Breast

Deli Sandwiches

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

Entrées

- Spiced Salmon
- Roasted Turkey Breast w/ Gravy
- Baked Fish
- Seasoned Grilled Chicken
- Meatloaf w/ Brown Gravy
- Asian Stir-Fry Vegetables: Chicken Tofu
(Served over white Rice)

Side Dishes

- Vegetables:** ♦Braised Cabbage
 - Green Beans Orange Glazed Carrots
- Potatoes:** Mashed without Skin
 - Baked Potato Chips
- Rice:** Steamed White
- Other Starch:** Macaroni & Cheese Dinner Roll
- Spaghetti:** Marinara Sauce Alfredo
- Cottage Cheese**

Soups and Broths

- Soup:** Chicken Noodle Tomato
- 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 Equal® Saccharin
- Mayonnaise (*Low Fat*)
- Ketchup
- Regular/Sugar Free Syrup
- Butter
- Sour Cream (*Low Fat*)
- Cream Cheese (*Low Fat*)
- BBQ Sauce
- Parmesan Cheese
- Peanut Butter
- Vinegar
- Jelly:** Grape Strawberry Diet Jelly
- Cranberry Sauce

- Crackers:** Saltine Unsalted

Dressing

- Oil & Vinegar French Ranch
 - Italian Caesar

Beverages

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

Desserts

Your choice of (1)

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

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