

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

Breakfast

Breakfast Entrées

(choice of (1) Selection below)

- Build Your Own Omelet**
 - Regular Egg Whites Low Cholesterol
 - Cheese:** Cheddar Swiss or Pepper Jack
 - Spinach Onions Tomatoes Mushrooms
 - Green Peppers
- Cinnamon French Toast:** Wheat White
- Pancakes:** Buttermilk Blueberry

Sides

(Your choice of (3) selection below)

Hot Sides

- Scrambled Eggs**
 - Regular Egg Whites Low Cholesterol
- Hard Boiled Egg
- Chopped Turkey Sausage
- Seasoned Breakfast Potatoes

Bakery

- Muffin:** Blueberry Orange Cranberry
- English Muffin (**not toasted**)
- Bread (not toasted):** White Wheat
- Multigrain Gluten Free

Hot and Cold Cereals

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

Fruit and Yogurt

- Fresh Fruit:** Banana
- Soft Fruit:** Peaches Pears Applesauce
- Yogurt** Vanilla Strawberry Greek Plain

Lunch and Dinner

Entrées (your choice of 1)

Chef Selections

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

Grill/ Pizza

- Burger (Cut in 4):** Beef Turkey Vegetarian
- Cheese:** Swiss Cheddar Pepper Jack
- Personal Pizza (Cut in 8): Cheese

Build Your Own Sandwiches

- Bread:** Multigrain Wheat White
 - Gluten Free
 - Salad:** Tuna Chicken Egg Salad
 - Peanut Butter & Jelly
 - Cheese:** Swiss Cheddar Pepper Jack
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Sides (your choice of 3)

- Vegetable:** ♦ Braised Cabbage Broccoli
- Green Beans Orange Glazed Carrots
- Spinach
- Pasta:** Plain Wheat
- Sauces:** Meat Marinara Alfredo
- Starches:** Macaroni & Cheese
- Mashed Potatoes (no skin) Dinner Roll
- Cold sides:**
- Cottage Cheese Hummus & Pita Bread
- Soup:** Chicken Noodle Tomato
- Cream of Chicken Garden Vegetable
- Broth:** Chicken Beef Vegetable



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Condiments

- Salt
- Pepper
- Herb Seasoning
- Cinnamon
- Lemon
- Honey
- Creamer
- Sweetener:** White Sugar Brown Sugar
 Equal® Sucralose Equal® Saccharin
- Mayonnaise (*low fat*)
- Ketchup
- Mustard
- Butter
- Sour Cream (*low fat*)
- Cream Cheese (*low fat*)
- BBQ Sauce
- Parmesan Cheese
- Peanut Butter
- Hot Sauce
- Jelly:** Grape Strawberry
- Sugar Free jelly

- Cranberry Sauce

Dressing

- Dressings:** Balsamic French Italian
 Ranch Raspberry Vinaigrette

Beverages

- Juice:** Orange Apple Cranberry Prune
- Milk:** 1% Whole Fat Free Chocolate
 Soy Vanilla Soy Chocolate
- Coffee:** Regular Decaf
- Tea:** Decaf Iced Hot Reg or Decaf Hot
Decaf Green Decaf Chai Hot Herbal
- Chocolate:** Hot Cocoa Sugar Free Hot
Chocolate
- 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*)

- Strawberry Shortcake
- Angel Food Cake
- Chocolate Cupcake
- Cinnamon Apples w/ Whipped Topping
- 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
- Gelatin:** Berry Orange
- Sugar Free Berry Gelatin
- High Protein Frozen Treat (Magic Cup):**
 Vanilla Chocolate Orange

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

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

While on this diet, foods are moist, soft, in bite size pieces, and nearly regular in texture. Hard, sticky, and crunchy foods are excluded.