



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

Breakfast

Entrées (*choice of 1 selection below*)

- Pancakes:** Blueberry Buttermilk
- Cinnamon French Toast:** Wheat or Regular

Build Your Own Omelet

- Egg:** Regular Low Cholesterol Egg Whites
- Cheese:** Cheddar Swiss Pepper Jack
- Vegetables:** Spinach Onions Tomatoes
 Mushrooms Green Peppers

Sides (*choice of 3 selections below*)

- Scrambled Eggs:** Regular
 Low Cholesterol Egg Whites
 Boiled eggs
- Turkey Bacon – slice (Limit 1) or
- Turkey Sausage link (Limit 1)
- Seasoned Breakfast Potatoes

Bakery

- Muffin:** Blueberry Orange Cranberry
 English Muffin
- Bagel (1/2):** Wheat White Cinnamon Raisin
- Toast:** Wheat White Multigrain

Hot and Cold Cereals

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

Fruit and Yogurt

- Yogurt:** Vanilla Strawberry Greek Plain
 Fruit Granola Parfait
- Fresh Fruit:** Banana Orange Grapes
 Pineapples Fresh Fruit Cup Apple
 Strawberries (*seasonal*) Cantaloupe
- Soft Fruit:** Peaches Pears Applesauce
- Cottage Cheese and Soft Fruit Plate
- Cubed Cheese and Fruit Plate

Lunch and Dinner

Entrées (*choice of 1 selection below*)

- Entrée Salads:** Chef Chicken Caesar Greek

Chef Selections:

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

Grill

- Hot Sandwich:** Grilled Cheese
 Grilled Chicken Breast
- Burger:** Beef Turkey

Deli Sandwiches

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

Side Dishes (*choice of 3 selections below*)

- Vegetables:** ♦Braised Cabbage Spinach
 Broccoli Green Beans
 Orange Glazed Carrots ♦Mexican Corn
- Potatoes:** Homemade Mashed w/ Skin
 Roasted Red Potato Wedges
 Baked potato chips
- Spaghetti:** Meat Marinara Chicken Alfredo
- Rice:** Steamed White ♦Brown
- Other Starch:** Macaroni & Cheese Pasta
Noodles Dinner Roll Hummus and Pita Chips
- Side Salad:** Garden Caesar
 Carrots & Celery Sticks Hummus

Soups and Broths

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

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



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Condiments

- Pepper
- Herb Seasoning
- Cinnamon
- Raisins
- Lemon Wedges
- Honey
- Creamer
- Sweetener:** White sugar Brown sugar
 Equal® Sucralose Equal® Saccharin
- Mayonnaise (*Low-fat*)
- Ketchup (*limit 2*)
- Mustard
- Butter
- Sour Cream (*low fat*)
- Cream Cheese (*low fat*)
- Peanut Butter
- Jelly:** Grape Strawberry Diet Jelly
- Cranberry Sauce
- Crackers:** Wheat Unsalted Graham

Dressing

- Oil & Vinegar
- Raspberry Vinaigrette
- Italian

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Beverages

- Water
- Juice:** Orange Apple Cranberry Prune
- Milk:** 1% Whole Chocolate Soy Vanilla
 Soy Chocolate
- Coffee:** Regular Decaf
- Tea:** Hot Regular Hot Decaf Hot Herbal
 Decaf Unsweetened Iced
- 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:** Lemon ♦Raspberry Ice

Desserts (*choice of 1 selection below*)

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

Your diet, like your medication, is an important part of your treatment and may speed your recovery. Your doctor has prescribed a Sodium Restricted Diet for you.

While on this diet, you will not be served: a salt pack on your tray, processed cheese or cured, salted or smoked meats such as pork bacon, luncheon meats, pork sausage or ham. Herbs and spices will be used to season your foods in place of high sodium seasonings.

You will be served low sodium soups and broths.