

# Fat Controlled Diet

(Also known as Low Fat Diet) Dining on Call Menu

## Breakfast

### Entrées

- Pancakes:**  Buttermilk  Blueberry
- Cinnamon French Toast (*Gluten Free available*)

### Build an Omelet:

- Eggs:**  Whites  Regular
- Cheese:**  Swiss  Cheddar  Pepper Jack
- Turkey Sausage
- Spinach  Onions
- Tomatoes  Mushrooms
- Green Peppers

### Sides

- Scrambled Eggs:**  Whites  Regular
- Hard Boiled Egg
- Turkey Bacon (1 slice)
- Turkey Sausage Link (1 link)
- Seasoned Breakfast Potatoes

### Bakery

- Muffin:**  Blueberry  Orange Cranberry
  - English Muffin
- Bagel:**  Plain  Cinnamon Raisin
- Toast:**  White  Wheat  Rye
  - Multigrain  Gluten Free

### Hot and Cold Cereals

- Cream of Wheat®  Cinnamon Toast Crunch
- Oatmeal  Cheerios®
- Grits  Honey Nut Cheerios
- Raisin Bran®  Rice Krispies®

### Fruit and Yogurt

- Yogurt:**  Vanilla  Strawberry
  - Fruit Granola Parfait
- Fruit:**  Banana  Orange  Grapes
  - Peaches  Pears  Pineapples  Applesauce
  - Fresh Fruit Cup  Apple

### Soups and Broths

- Soup:**  Chicken Noodle  Tomato
  - Lentil and Black Bean  Turkey Chili
- Broth:**  Chicken  Vegetable  Beef

## Lunch and Dinner

### Light Fare

- Hot Sandwich:**  Grilled Cheese
  - Grilled Chicken Breast on Bun
- Burger:**  Turkey  Beef
  - ♦Portobello Mushroom
  - Bread (Bun):**  Wheat  White
- Entrée Salads:**  Chicken Caesar  Chef
- Hummus and Crudité (Raw Vegetables)

### Deli Sandwiches

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

### Entrées

- Chicken Parmesan
- Roasted Turkey
- Fish:** Herb Seasoned Baked Fish
- Asian Stir-Fry Vegetables with Rice
  - Add:  Chicken  ♦Tofu  Fish
- Meatloaf with Gravy
- Pasta (Penne):**  Plain  Gluten Free
  - Sauce:**  Meat  Marinara  Alfredo

### Side Dishes

- Hot Vegetables:**  Broccoli  Carrots  Corn
  - ♦Green Peas  Green Beans  Spinach
- Potatoes:**  Mashed  Roasted Potatoes
  - Wedges
- Rice:**  ♦Brown  White
- Other Starch:**  Corn Bread  ♦Corn Tortillas
  - Dinner Roll  Hummus and Pita Chips
  - Macaroni & Cheese
- Side Salad:**  Garden  Caesar
- Carrots & Celery Sticks
- Cottage Cheese
- Hummus
- Pita Chips

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

(All Items In **Bold Print** Require A Choice.)



Mary Washington  
Healthcare

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## Condiments

- Pepper
- Herb Seasoning
- Cinnamon
- Raisins
- Lemon
- Honey
- Non-Dairy Creamer
- Sweetener:**  White Sugar  Brown Sugar  
 Equal®  Equal® Saccharin  Splenda®
- Mayonnaise (Light)
- Ketchup
- Mustard
- Hot Sauce
- Barbecue Sauce
- Salsa
- Soy Sauce
- Relish
- Butter
- Sour Cream (*Low Fat*)
- Cream Cheese (*Low Fat*)
- Peanut Butter
- Jelly:**  Grape  Strawberry  Sugar-Free
- Crackers
- Syrup:**  Regular  Sugar-Free

## Dressing

- Vinaigrette:**  Balsamic  Raspberry
- Italian
- Lemon juice
- Vinegar

## Beverages

- Water
- Juice:**  Orange  Apple  Cranberry  Prune
- Milk:**  Skim  1%  
 Fat Free Chocolate  Soy Vanilla
- Decaf Coffee
- Tea:**  Hot Decaf  Hot Herbal (Ask for options)  
 Hot Decaf Green  Decaf Unsweet Iced
- Chocolate:**  Hot Cocoa  
 Sugar Free Hot Chocolate
- Sugar Free Beverage (Crystal Light)**  
 Lemonade  Raspberry Ice
- Sodas:**  Ginger Ale  Diet Ginger Ale  
 Lemon-Lime  Diet Lemon-Lime
- Nutritional Shake:**  Vanilla  Chocolate

## Desserts

- Cinnamon Apple with Whipped Topping
- Strawberry Shortcake
- Apple Crisp
- Angel Food Cake
- Ice Cream (Sugar Free):**  Chocolate  Vanilla
- Popsicle®:**  Cherry  Orange  Grape
- Italian Ice:**  Lemon  Orange
- Orange Sherbet
- Cookie:**  ♦Chocolate Chip  Sugar
- Pudding:**  Vanilla  Chocolate
- Gelatin:**  Berry  Orange  Sugar Free Berry

### Fat Controlled Diet

Your diet, like your medication, is an important part of your treatment and may speed your recovery. Your doctor has ordered a **Fat Controlled Diet**.

While on this diet, you will be served foods Lower in Fat including:

- Lean meats or meat substitutes
- Low fat dairy products
- Low fat salad dressings
- Low fat sauces and gravies
- Low sodium soups and broths

Foods high in saturated fat, such as butter, margarine, cream, or desserts containing fat, will also be limited.

