

## Salt or Sodium Restricted (Low Sodium) Diet - Dining On Call Menu

(All items in Bold Print require a choice.)

### Breakfast

#### Entrées (choice of 1 selection below)

- Pancakes:  Blueberry  Buttermilk
- Cinnamon French Toast  Regular  Gluten Free

#### Build Your Own Omelet

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

#### Sides (choice of 3 selections below)

- Scrambled Eggs:  Regular  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  Biscuit
- Bagel (1/2):  White  Cinnamon Raisin
- Toast:  Wheat  White
  - Multigrain  Gluten Free

### Hot and Cold Cereals

- Cream of Wheat®  Oatmeal
- Grits
- Cheerios®  Corn Flakes®
- ♦Cinnamon Toast Crunch
- 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

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

### Lunch and Dinner

#### Entrées (choice of 1 selection below)

- Entrée Salads:  Chef  Chicken Caesar  Greek

#### Chef Selections:

- Roast Turkey with Gravy
- Baked Fish
- Asian Stir-Fry Vegetables:
  - Chicken  Fish  Tofu
- Chicken Parmesan
- Meatloaf with Brown Gravy

### Grill

- Hot Sandwich:  Grilled Cheese
  - Grilled Chicken Breast
- Burger:  Hamburger  Turkey  Mushroom

### Deli Sandwiches

- 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

#### Side Dishes (choice of 3 selections below)

- Vegetables:  Dill Carrots  Spinach
  - Broccoli  Green Beans
  - Green Peas  Corn
- Potatoes:  Mashed Potatoes
  - Roasted Red Potato Wedges
- Pasta:  Plain  Gluten Free
- Sauce:  Meat  Marinara  Chicken Alfredo
- Rice:  White  ♦Brown
- Other Starch:  Corn Tortillas
  - Macaroni & Cheese  Dinner Roll  Corn Bread  Hummus and Pita Chips
- Side Salad:  Garden  Caesar
  - Carrots & Celery Sticks  Hummus
  - Cottage Cheese

### Soups and Broths

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



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## Condiments

- Pepper
- Herb Seasoning
- Cinnamon
- Raisins
- Lemon Wedges
- Honey
- Creamer
- Sweetener:**  White Sugar  Brown Sugar  
 Equal®  Equal® Saccharin
- Mayonnaise (*Low-fat*)
- Ketchup (*limit 2*)
- Mustard
- Butter
- Sour Cream (*low fat*)
- Cream Cheese (*low fat*)
- Peanut Butter
- Jelly:**  Grape  Strawberry  Sugar Free 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  
 Almond
- 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
- Gelatin:**  Berry  Orange  Sugar Free Berry
- Fruits and Yogurt** (See page 1)

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.