

# REGULAR - BREAKFAST

## ♥ JUICES:

Orange, Apple, Grape, Prune, Cranberry Juice Cocktail, Pineapple & Tomato

## ♥ FRUITS:

Banana, Apple, Fresh Orange Wedges, Applesauce, Pear Halves, Mixed Tropical Fruit, Peaches, Pineapple Wedges

## ♥ CEREALS:

Cream of Wheat, Cream of Rice, Oatmeal, Rice Krispies, Frosted Flakes, Raisin Bran, Bran Flakes, Fruit Loops, Cornflakes, Corn Pops, Cheerios, Total

## ♥ YOGURT: Strawberry or Vanilla

## BREAKFAST ENTREES:

Scrambled Eggs, ♥Scrambled Egg Substitute, Texas French Toast, Buttermilk Pancakes, French Toast Sticks

## OMELETTE BAR:

Plain, Cheese, Peppers, Onions, Mushrooms Hash Brown Potatoes, Bacon, Sausage

## FROM THE BAKERY:

♥White Toast, ♥Wheat Toast, ♥Bagel, ♥English Muffin, Raisin Bread, Rye Toast, Low Carb Bread, Cheese Danish, Apple Danish, Strawberry Danish

## LIQUID DIETS

### CLEAR LIQUID MENU:

Chicken Broth, Beef Broth, Apple Juice, Cranberry Juice, Grape Juice, Popsicle, Gelatin, Diet Gelatin, Coffee, Decaf Coffee, Hot Tea, Decaf Hot Tea, Iced Tea

### FULL LIQUID MENU:

*All of the above menu items plus the following:*

Tomato Soup, Oatmeal, Cream of Wheat, Cream of Rice, Orange Juice, Vanilla Pudding, Chocolate Pudding, Vanilla Ice Cream, Chocolate Ice Cream, Orange Sherbet, Whole Milk, 2% Milk, Skim Milk

Health Shake: Vanilla, Chocolate, or Strawberry

*\*\* If your Doctor has prescribed a modified diet, some items may not be allowed. \*\**

*Kosher menu available upon request.*

♥ *This symbol indicates a healthier choice.*

# REGULAR - LUNCH & DINNER SELECTIONS

**SOUPS:** ♥Chicken Noodle, ♥Vegetable, ♥Tomato, ♥Chicken Broth, ♥Beef Broth  
*\*Call for Daily Soup Special\**

**SALADS:** ♥Garden Salad, ♥Low Fat Cottage Cheese, Cole Slaw, Pasta Salad, Potato Salad  
*Choice of Dressing*  
*French, Italian, Ranch, ♥Raspberry Vinaigrette, ♥Balsamic Vinaigrette,*  
*♥Fat Free Italian, ♥Fat Free Ranch, ♥Fat Free French*

## CREATE YOUR OWN CUSTOM SANDWICH:

<u>Meats</u>	<u>Fillings</u>	<u>Cheeses</u>	<u>Breads</u>	
♥Turkey Breast	♥Chicken Salad	American	White	Wheat
Roast Beef	♥Tuna Salad	♥Swiss (L.S/L.F.)	Rye	Pita
Ham	Egg Salad	Provolone	Kaiser Roll	Sub Roll
	Peanut Butter & Jelly			
<i>Extras:</i> Tomato, Lettuce, Onions, Pickle, Potato Chips, and Pretzels				

## FROM THE GRILL

Grilled Cheese Sandwich, Hamburger, Cheeseburger, Hot Dog on a Bun, Turkey Club, Sandwich, Chicken Tenders, Fish Sandwich, ♥Grilled Chicken Sandwich

**PIZZA:** Cheese and Pepperoni

## COLD ENTREES:

Julienne Salad (Ham, Turkey, Cheese & Egg), Tuna Salad Plate with Potato Salad, Fruit & Cottage Cheese Plate

## PASTA BAR:

♥Rigatoni, Stuffed Shells, ♥Spaghetti, Mozzarella Sticks, Meatballs, Meat Sauce, ♥Marinara Sauce, Alfredo Sauce (Plain, Chicken, Shrimp)

## HOT ENTREES:

Stuffed Pork Chop, Roast Turkey Breast with Stuffing & Gravy, Hot Roast Beef with Gravy, ♥Grilled Marinated Chicken Breast, Chicken Cordon Bleu, Meat Loaf with Gravy ♥Baked Tilapia with Hawaiian BBQ Sauce, Macaroni & Cheese, ♥Stir-Fry over Rice (Chicken or Vegetarian)

## SOUTH OF THE BORDER:

Beef Empanadilla, Spanish Rice, Mixed Beans with Rice, Chicken Quesadilla, Beef & Bean Burrito

## ACCOMPANIMENTS:

Whipped Potatoes, French Fries, ♥Baked Potato, Tater Tots, ♥Rice Pilaf, ♥Egg Noodles, ♥Dinner Roll, Stuffing, ♥Green Beans, ♥Corn, ♥Sliced Carrots, ♥Broccoli, ♥Peas, ♥Winter Squash, ♥Zucchini Squash Mix, Diced Beets

## **BEVERAGES:**

### **HOT:**

Coffee, Decaf Coffee, Hot Tea, Hot Decaf Tea, Hot Cocoa  
(Half & Half Creamer, Non-Dairy Creamer, Sugar, Equal, Lemon Wedge, Honey)

### **COLD:**

Iced Tea, Coke, Diet Coke, Sprite, Diet Sprite, Gingerale, Diet Gingerale, Bottled Water  
Crystal Light (Raspberry, Lemon, Peach), Assorted Juices

**MILK:** 2%, 1%, ♥Skim, Whole, Chocolate, Lactaid

## **DESSERTS:**

♥ **SOFT FRUIT:** Peaches, Pears, Applesauce

♥ **FRESH FRUIT:** Orange, Apple, Banana,

**ICE CREAM:** Vanilla, Chocolate, Orange Sherbet

**GELATIN CUBES:** Regular, Diet

**PUDDING:** Vanilla, Chocolate Custard

### **COOKIES:**

Chocolate Chip, Oatmeal, Raisin, Lorna Doones, ♥Nutra Grain Bar, ♥Graham Crackers

### **ALSO:**

Apple Pie, Carrot Cake with Icing, Boston Cream Pie, ♥Angel Food Cake,  
Chocolate Brownie, Lemon Meringue Pie

### **CONDIMENTS:**

Margarine, Butter, Salt, Pepper, Herb Blend, Light Cream Cheese, Sour Cream,  
Brown Sugar, Pancake Syrup, Diet Pancake Syrup, Mayonnaise, Ketchup, Relish,  
Mustard, Grape Jelly, Diet Jelly, BBQ Sauce, Honey Mustard Sauce, Tartar Sauce,  
Grated Parmesan Cheese, Saltine Crackers

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