

Breakfast

Thursday

Regular

Please CIRCLE Your Selection

*Items marked with a * will be served if no selection is made*

Juice & Fruit

**Orange Juice*
Apple Juice
Cranberry Juice

Applesauce
**Banana*

Cereals

Oatmeal
Cheerios®
Rice Krispies®

All Bran®

Cream of Wheat®
Corn Flakes®
**Raisin Bran®*

Entrées & Sides

Scrambled Eggs
Low Cholesterol Scrambled Eggs

**French Toast*

**Bacon Slices*

Home Fried Potatoes

Breads

WW English Muffin

English Muffin

Beverages

**Coffee*
Hot Tea
**2% Milk*
Soy Milk

Decaf Coffee
Decaf Hot Tea
Fat Free Milk
Lowfat Chocolate Milk

Condiments

**Salt*
**Black Pepper*
Herb Seasoning

**Sugar*
Sugar Sub
**Non-Dairy Creamer*

**Smart Balance*
**Pancake Syrup*
SF Pancake Syrup

Name: _____
DOB: _____ Room: _____
Diet Order: _____

Lunch

Thursday

Regular

Please CIRCLE Your Selection

*Items marked with a * will be served if no selection is made*

Entrées

**Beef Stroganoff*

Tender beef in a sour cream sauce with mushrooms served over egg noodles

Cranberry Orange Breast of Chicken

Baked breast of chicken topped with cranberry orange sauce

Chicken Salad Sandwich on Multi-Grain Bread

Chicken salad on a multi-grain bun with lettuce and tomato

Vegetables & Starch

**Green Beans*
Diced Carrots

Mashed Potatoes
**Egg Noodles*

Soups & Side Salads

**Mixed Green Salad*

Tomato Soup
Chicken Noodle Soup

**Italian Dressing*

Diet Italian Dressing
Saltine Crackers
Unsalted Crackers

Breads

**Wheat Dinner Roll*

White Dinner Roll

Desserts & Fruits

**Angel Food Cake*
Chocolate Pudding

Fresh Fruit in Season
Diced Peaches

Beverages

Coffee
Hot Tea
2% Milk
Ginger Ale

Decaf Coffee
Decaf Hot Tea
Fat Free Milk
Spring Water
Diet Lemonade
Lemonade
**Unsweetened Iced Tea*

Condiments

**Salt*
**Black Pepper*
Herb Seasoning

**Sugar*
Sugar Sub
**Smart Balance*
Non-Dairy Creamer

Name: _____
DOB: _____ Room: _____
Diet Order: _____

Dinner

Thursday

Regular

Please CIRCLE Your Selection

*Items marked with a * will be served if no selection is made*

Entrées

**Roasted Turkey Breast*

Turkey roasted in a savory layer of garlic, parsley, and thyme

Beef and Broccoli Stir Fry

Julienne beef stir fried with broccoli florets

Chicken Salad Sandwich on Multi-Grain Bread

Chicken salad on a multi-grain bun with lettuce and tomato

Vegetables & Starch

**Broccoli, Cauliflower, and Carrots*
Diced Carrots

**Mashed Potatoes*
Sage Dressing

Soups & Side Salads

**Mixed Green Salad*

Tomato Soup
Chicken Noodle Soup

**Italian Dressing*

Diet Italian Dressing
Saltine Crackers
Unsalted Crackers

Breads

Wheat Dinner Roll

White Dinner Roll

Desserts & Fruits

Strawberry Ice Cream
Vanilla Pudding

**Fresh Fruit in Season*
Pineapple Tidbits

Beverages

Coffee
Hot Tea
**2% Milk*
Ginger Ale

**Decaf Coffee*
Decaf Hot Tea
Fat Free Milk
Spring Water
Diet Lemonade
Lemonade
Unsweetened Iced Tea

Condiments

**Salt*
**Black Pepper*
Herb Seasoning

**Sugar*
Sugar Sub
**Smart Balance*
**Non-Dairy Creamer*

Name: _____
DOB: _____ Room: _____
Diet Order: _____