

Breakfast

Tuesday Regular

Please CIRCLE Your Selection

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

Juice & Fruit

**Cranberry Juice* **Baked Cinnamon Apples*
Apple Juice **Banana*
Orange Juice

Cereals

Oatmeal **Cream of Wheat®*
Cheerios® All Bran® Corn Flakes®
Rice Krispies® Raisin Bran®

Entrées & Sides

Scrambled Eggs

Low Cholesterol Scrambled Eggs

**Buttermilk Pancakes*

Bacon Slices

Breads

WW English Muffin English Muffin

Beverages

**Coffee* Decaf Coffee
Hot Tea Decaf Hot Tea
**2% Milk* Fat Free Milk
Soy Milk Lowfat Chocolate Milk

Condiments

**Salt* **Sugar* **Smart Balance*
**Black Pepper* Sugar Sub **Pancake Syrup*
Herb Seasoning **Non-Dairy Creamer* SF Pancake Syrup

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Diet Order: _____

Lunch

Tuesday Regular

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Entrées

**Roasted Pork Loin*
Slow roasted pork loin, au jus, and applesauce
Chicken Fajitas
Julienne chicken with green peppers and onions served with a flour tortilla
Fruit and Cottage Cheese Plate
Fresh seasonal fruit served with a side of cottage cheese

Vegetables & Starch

**Chopped Spinach* **Mashed Potatoes*
Diced Carrots Spanish Rice

Soups & Side Salads

Mixed Green Salad Italian Dressing
Tomato Soup Diet Italian Dressing
Chicken Noodle Soup Saltine Crackers
Unsalted Crackers

Breads

**Wheat Dinner Roll* White Dinner Roll
Corn Tortilla Flour Tortilla

Desserts & Fruits

Chocolate Chip Cookie **Fresh Fruit in Season*
Vanilla Pudding Diced Peaches

Beverages

Coffee Decaf Coffee Spring Water
Hot Tea Decaf Hot Tea Diet Lemonade
2% Milk Fat Free Milk Lemonade
Ginger Ale **Unsweetened Iced Tea*

Condiments

**Salt* **Sugar* **Smart Balance*
**Black Pepper* Sugar Sub Non-Dairy Creamer
Herb Seasoning

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Dinner

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Entrées

**Beef Tri Tip Roast*
Oven roasted tri tip served with mushroom gravy
Japanese Style Teriyaki Chicken
Teriyaki marinated breast of chicken roasted and glazed
Fruit and Cottage Cheese Plate
Fresh seasonal fruit served with a side of cottage cheese

Vegetables & Starch

**Diced Carrots* Mashed Potatoes
Green Beans **Steamed White Rice*

Soups & Side Salads

Mixed Green Salad Italian Dressing
Tomato Soup Diet Italian Dressing
Chicken Noodle Soup Saltine Crackers
Unsalted Crackers

Breads

**Wheat Dinner Roll* White Dinner Roll

Desserts & Fruits

**Pound Cake* Fresh Fruit in Season
Chocolate Pudding Mandarin Orange Sections

Beverages

Coffee **Decaf Coffee* Spring Water
Hot Tea Decaf Hot Tea Diet Lemonade
**2% Milk* Fat Free Milk Lemonade
Ginger Ale Unsweetened Iced Tea

Condiments

**Salt* **Sugar* **Smart Balance*
**Black Pepper* Sugar Sub **Non-Dairy Creamer*
Herb Seasoning

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