

## Breakfast

Monday

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®

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

### Entrées & Sides

\* *Scrambled Eggs*

Low Cholesterol Scrambled Eggs

\* *Bacon Slices*

\* *Home Fried Potatoes*

### Breads

\* *Banana Chocolate Chip Muffin*

English Muffin  
WW 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 \* *Smart Balance*  
\* *Non-Dairy Creamer*

Name: \_\_\_\_\_  
DOB: \_\_\_\_\_ Room: \_\_\_\_\_  
Diet Order: \_\_\_\_\_

## Lunch

Monday

Regular

Please **CIRCLE** Your Selection

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### Entrées

\**Barbeque Breast of Chicken*

*Baked chicken marinated in barbeque sauce and garlic*

Macaroni and Cheese

*Elbow pasta tossed in a cheddar cheese sauce and baked*

Grilled Chicken Caesar Salad

*Grilled chicken, parmesan cheese, and croutons with romaine lettuce*

### Vegetables & Starch

\**Diced Carrots*

Green Beans

\**Mashed Potatoes*

Steamed White Rice

### 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

Butter Sugar Cookie  
Vanilla Pudding

Fresh Fruit in Season

\**Diced Pears*

### 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

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## Dinner

Monday

Regular

Please **CIRCLE** Your Selection

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### Entrées

\**Penne Pasta with Bolognese*

*Penne with a plum tomato sauce of beef, mushroom, pork, carrot, and basil*

Chicken Mole

*Roasted Chicken with a traditional Chili Chocolate Mole Sauce*

Grilled Chicken Caesar Salad

*Grilled chicken, parmesan cheese, and croutons with romaine lettuce*

### Vegetables & Starch

\**Broccoli Florets*

Diced Carrots

Mashed Potatoes

Steamed White Rice

### 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

\**Oatmeal Raisin Cookie*  
Chocolate Pudding

Fresh Fruit in Season

Fruit Cocktail

### 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*

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DOB: \_\_\_\_\_ Room: \_\_\_\_\_  
Diet Order: \_\_\_\_\_