

Breakfast

Friday

Regular

Please CIRCLE Your Selection

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

Juice & Fruit

*Apple Juice
Orange Juice
Cranberry Juice

Banana
*Diced Pears

Cereals

*Oatmeal
Cheerios®
Rice Krispies®

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

Entrées & Sides

*Scrambled Eggs

Low Cholesterol Scrambled Eggs

*Pork Sausage Patty

Home Fried Potatoes

Breads

*Whole Grain Blueberry 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

Friday

Regular

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Entrées

*Japanese Style Teriyaki Chicken

Teriyaki marinated breast of chicken roasted and glazed

Hamburger with Lettuce and Tomato

Grilled all beef patty served on a whole wheat bun

Southwest Chicken Salad

Salad with Chicken, Corn, Black Beans, Tomatoes, and Ranch Dressing

Vegetables & Starch

*Green Beans
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
Vanilla Pudding
Fresh Fruit in Season
Fruit Cocktail

Beverages

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

Condiments

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

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Dinner

Friday

Regular

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Entrées

*Parmesan Chicken with Marinara

Grilled chicken topped with garlic herb tomato sauce and parmesan cheese

Lemon Dill Tilapia

Tilapia fillet baked with lemon, dill, and white wine

Southwest Chicken Salad

Salad with Chicken, Corn, Black Beans, Tomatoes, and Ranch Dressing

Vegetables & Starch

*Summer Squash Medley
Green Beans
*Penne Pasta
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

*Baked Cinnamon Apples
Chocolate Pudding
Fresh Fruit in Season
Diced Peaches

Beverages

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

Condiments

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

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