

Breakfast

Wednesday

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

*Mandarin Orange Sections

Banana

Cereals

*Oatmeal

Cheerios®

Rice Krispies®

All Bran®

Cream of Wheat®

Corn Flakes®

Raisin Bran®

Entrées & Sides

*Scrambled Eggs

Low Cholesterol Scrambled Eggs

*Pork Sausage Patty

*Home Fried Potatoes

Breads

*Coffee Cake

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

Wednesday

Regular

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Entrées

*Rosemary Breast of Chicken

Breast of chicken marinated in fresh garlic, olive oil, and fresh rosemary

French Dip Sandwich on a Hoagie Roll

Shaved roast beef served on a soft hoagie roll with Au Jus for dipping

Spicy Pecan and Cranberry Chicken Salad

Fresh greens with chicken, blue cheese, spicy pecans, and cranberries

Vegetables & Starch

*Green Beans

Capri Mixed Vegetables

Mashed Potatoes

*Rice Pilaf

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

*Chocolate Brownie

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

*Smart Balance

Non-Dairy Creamer

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Dinner

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Entrées

*Herb Encrusted Roast Beef

Slow cooked top round marinated with herbs

Chicken Pasta Primavera

Penne with sauteed bell peppers and breast of chicken with alfredo sauce

Spicy Pecan and Cranberry Chicken Salad

Fresh greens with chicken, blue cheese, spicy pecans, and cranberries

Vegetables & Starch

*Broccoli Florets

Italian Mixed Vegetables

*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

Pound Cake

Chocolate Pudding

Fresh Fruit in Season

*Applesauce

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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