

Breakfast

Saturday

Regular

Please CIRCLE Your Selection

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

Juice & Fruit

*Orange Juice
Cranberry Juice
Apple Juice

Applesauce
*Banana

Cereals

Oatmeal
Cheerios®
Rice Krispies®

All Bran®

*Cream of Wheat®
Corn Flakes®
Raisin Bran®

Entrées & Sides

*Cheese Omelet

Low Cholesterol Scrambled Eggs

*Home Fried Potatoes

*Bacon Slices

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 *Smart Balance
*Non-Dairy Creamer

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

Lunch

Saturday

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Entrées

*Ditalini and Meatballs

Italian meatballs served on ditalini pasta with marinara sauce

Lemon Grilled Breast of Chicken

Grilled breast of chicken marinated in lemon juice, basil, and garlic

Tuna Salad on Multi Grain Bread

Tuna salad with celery and light mayonnaise on multigrain bread

Vegetables & Starch

*Broccoli Florets

Diced Carrots

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
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

Condiments

*Salt
*Black Pepper
Herb Seasoning

*Sugar
Sugar Sub *Smart Balance
Non-Dairy Creamer

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Dinner

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Entrées

*Pot Roast

Beef pot roast served with vegetables and gravy

Chicken Enchiladas

Chicken enchiladas in red sauce

Tuna Salad on Multi Grain Bread

Tuna salad with celery and light mayonnaise on multigrain bread

Vegetables & Starch

*Zucchini

Green Beans

*Herb Roasted Potatoes

Spanish 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
Unsweetened Iced Tea

Condiments

*Salt
*Black Pepper
Herb Seasoning

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

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