

Breakfast

Entrées

- Pancakes:** Buttermilk Blueberry
- Cinnamon French Toast

Build an Omelet:

- Eggs:** Regular Whites
- Cheese:** Swiss Cheddar Pepper Jack
- Turkey Sausage
- Spinach Onions
- Tomatoes Mushrooms
- Green Peppers

Sides

- Scrambled Eggs:** Regular Whites
- Hard Boiled Egg
- Turkey Bacon
- Turkey Sausage Link
- Seasoned Breakfast Potatoes

Bakery

- Muffin:** Blueberry Orange Cranberry
 English Muffin
- Bagel (1/2):** Plain Cinnamon Raisin
- Toast:** White Wheat Rye
 Multigrain Gluten Free

Hot and Cold Cereals

- Cream of Wheat® Grits
- Oatmeal Cheerios®
- Corn Flakes® Honey Nut Cheerios
- Raisin Bran® Rice Krispies®

Fruit and Yogurt

- Yogurt:** Vanilla Strawberry
 Fruit Granola Parfait
- Fruit:** Banana Orange Grapes
 Peaches Pears Pineapples Applesauce
 Fresh Fruit Cup Apple

Soups and Broths

- Soup:** Chicken Noodle Tomato (1/2 portion)
 Lentil and Black Bean
- Broth:** Chicken Vegetable Beef

Lunch and Dinner

Light Fare

- Hot Sandwich:** Grilled Cheese
 Grilled Chicken Breast on Bun
- Burger:** Hamburger Cheeseburger
 ♦Portobello Mushroom
- Entrée Salads:** Chicken Caesar Chef
- Hummus and Crudité (Raw Vegetables)

Deli Sandwiches

- Bread:** Wheat White
 Multigrain Gluten Free
- Meat:** Turkey ♦Roast Beef
- Salad:** Tuna Chicken Egg
 Peanut Butter & Jelly
- Cheese:** Swiss Cheddar Pepper Jack
- Extras:** Lettuce Tomato Red Onion

Entrées

- Chicken Parmesan
- Roasted Pork Loin
- Fish:** Herb Seasoned Baked Fish
- Asian Stir-Fry Vegetables with Rice
Add: Chicken ♦Tofu Fish
- Meatloaf with Gravy
- Pasta (Penne):** Plain Gluten Free
Sauce: Meat Marinara Alfredo

Side Dishes

- Hot Vegetables:** Broccoli Carrots Corn
 ♦Green Peas Green Beans Spinach
- Potatoes:** Mashed Roasted Potatoes
Wedges
- Rice:** ♦Brown White
- Other Starch:** Corn Bread ♦Corn Tortillas
 Dinner Roll Hummus and Pita Chips
 Macaroni & Cheese
- Side Salad:** Garden Caesar
- Carrots & Celery Sticks
- Cottage Cheese
- Hummus

Items with a ♦ are not available at our
Stafford location.



♥Cardiac (Health Healthy) Diet

Combination of Low Fat and Sodium Restricted Diets
Dining on Call Menu

(All Items In **Bold Print** Require A Choice.)

Condiments

- Pepper
- Herb Seasoning
- Cinnamon
- Raisins
- Lemon
- Honey
- Non-Dairy Creamer
- Sweetener:** White Sugar Brown Sugar
 Equal® Equal® Saccharin Splenda®
- Low Fat Mayonnaise
- Ketchup
- Mustard
- Hot Sauce
- Barbecue Sauce
- Salsa
- Butter
- Sour Cream (*Low Fat*)
- Cream Cheese (*Low Fat*)
- Peanut Butter
- Jelly:** Grape Strawberry
- Crackers

Dressing

- Vinaigrette:** Balsamic Raspberry
- Italian
- Lemon juice
- Vinegar

Beverages

- Water
- Juice:** Orange Apple Cranberry Prune
- Milk:** Skim 1% 2%
 Fat Free Chocolate Soy Vanilla
- Decaf Coffee
- Tea:** Hot Decaf Hot Herbal
 Hot Decaf Green Decaf Unsweet Iced
- Chocolate:** Hot Cocoa
 Sugar Free Hot Chocolate
- Sugar Free Beverage (Crystal Light)**
 Lemonade Raspberry Ice
- Sodas:** Ginger Ale Diet Ginger Ale
 Lemon-Lime Diet Lemon-Lime
- Nutritional Shake:** Vanilla Chocolate

Desserts

- Cinnamon Apple with Whipped Topping
- Chocolate Brownie
- Apple Crisp
- Angel Food Cake
- Ice Cream (Sugar Free):** Chocolate Vanilla
- Popsicle®:** Cherry Orange Grape
- Italian Ice:** Lemon Orange
- Orange Sherbet
- Cookie:** ♦Chocolate Chip Sugar
- Pudding:** Vanilla Chocolate
- Gelatin:** Berry Orange Sugar Free Berry

Cardiac Diet (Heart Healthy) Diet

Your diet, like your medication, is an important part of your treatment and may speed your recovery. Your doctor has ordered a **Cardiac, Heart Healthy Diet**.

While on this diet, you will be served foods from a combination of Low Fat and Sodium Restricted diets, including:

- Lean meats or meat substitutes
- Low fat dairy products
- Low fat salad dressings
- Low fat sauces and gravies
- Low sodium soups and broths

Foods high in saturated fat, such as butter, margarine or desserts containing fat, will also be limited. A salt packet will not be on your tray.

