

♥ Heart Healthy Diet ♥

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

Breakfast (Available 7-10:30 am)

Entrées

- Garden Avocado Toast♥
(Avocado, hard-boiled egg, radish, multigrain bread)
- Nitty Gritty Bowl (no bacon)♥
(Cheese grits, scrambled egg, cheddar, scallions)
- Fruit, Honey & Yogurt Crunch♥
(Generous portion of Greek yogurt, Fruit & honey)
- Buttermilk Pancakes♥
- Cinnamon French Toast♥
- French Toast Bread Pudding
(Baked cinnamon spiced brioche)

Sides

- Scrambled Eggs:** Egg Whites♥ Regular
- Curried Tofu Scramble Hard Boiled Egg
- Red Potato Hash♥
- Sauteed Breakfast Potatoes♥
- Turkey Sausage Veggie Sausage

Bakery

- Muffin:** Blueberry♥ Banana Crumb
- Toast:** Wheat♥ White Gluten Free

Hot & Cold Cereals♥

- Grits♥ Oatmeal♥
- Apple Cinnamon Cream of Wheat®♥
- Cream of Wheat®♥
- Cheerios®♥ Corn Flakes®♥
- Raisin Bran®♥ Rice Krispies®♥

Fruit and Yogurt♥

- Fruit:** Fresh Fruit Cup♥ Banana♥
 Peaches♥ Pears♥
 Applesauce♥: Plain with Cinnamon
- Yogurt:** French Vanilla♥ Light Vanilla♥
 Strawberry♥ Raspberry♥

Soups and Broths

- Soup:** Chicken Noodle♥
 Minestrone & Orzo♥
- Broth (Regular & Low Sodium♥)**
 Chicken Vegetable Beef

Lunch and Dinner (11-6:30pm)

Entrée Salads

- Berry Pecan Salad♥
- Mediterranean Crunch Salad♥
- Chicken Ceasar Salad♥

Handhelds

- Chicken Salad Sandwich
- Mediterranean Veggie Wrap (1/2 portion)
- Bistro Turkey on Whole Wheat (1/2 portion)

Deli Sandwiches

- Bread:** Wheat♥ White Gluten Free
- Meats:** Sliced Turkey Chicken Salad♥
 Peanut Butter & Jelly♥
- Cheese:** Swiss♥ Cheddar
- Extras:** Lettuce♥ Tomato♥ Onion♥

Grill

- Deluxe Burgers** (Beef or Impossible)
- Build Your Own Burger/ Sandwich**
 Hamburger Chicken Breast♥ Impossible
 Bread: Wheat♥ Brioche Gluten Free
- Grilled Cheese: Swiss♥ or Cheddar
- Extras:** Lettuce♥ Tomato♥ Onion♥

Everyday Chef Specials♥

(See daily Specials on Page 2)

- Pasta Pomodoro with Basil**
 Spring Mix Radish Salad
- Rotisserie Chicken Thigh**
 Mashed potatoes
 Lemon Pepper Green Beans

Side Dishes

- Spring Mix & Radish Side Salad♥
- Carrots♥: Lemon Pepper♥ Steamed♥
- Green Beans♥: Lemon Pepper♥ Fresh♥
- Mashed Potatoes♥ Basmati Rice♥
- Hummus♥

Condiments

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

♥ Heart Healthy Diet ♥

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Heart Healthy - Daily Chef Specials			
	Breakfast	Lunch	Dinner
MON	Cinnamon French Toast Scrambled Egg White Raisin Bran Cereal Fruit Cup	Chicken Salad Sandwich Chicken Noodle Soup Vanilla Pudding Banana	Carolina BBQ Pork Roast, Broccoli Rice Casserole, Sweet & Tangy Cabbage Slaw Lemon Italian Ice, Peaches
TUE	Buttermilk Pancake Scrambled Egg White Cheerios Cereal	Berry Pecan Salad Lemon Italian Ice Fruit Cup	Shrimp & Grits (No Sausage) Sauteed Spinach with Garlic Vanilla Wafers Pears
WED	Nitty Gritty Bowl (no bacon) Cheerios Cereal Fruit Cup	Pasta Pomodoro with Basil Spring Mix Radish Tomato Side Salad Angel Food Cake, Peaches	Beef Pot Roast w/ Demi-Glace Herb Citrus Crunch Rosemary Parmesan Polenta
THU	Red Potato Hash Scrambled Egg White Raisin Bran Cereal Banana	Tuna Salad Sandwich on White Tomato Basil Bisque Soup Spring Mix Radish Tomato Side Salad SF Chocolate Ice Cream, Pears	Sesame Ginger Chicken Thigh Hibachi Edamame Fried Rice Hibachi Vegetables Banana
FRI	Cinnamon French Toast Scrambled Egg White Cheerios Cereal Fruit Cup	Bistro Turkey on Wheat (1/2) Chicken Noodle Soup Vanilla Wafers Banana	BBQ Spiced Salmon Cheese Grits Sauteed Spinach w/ Garlic Angel Food Cake Peaches
SAT	Buttermilk Pancake Scrambled Egg White Cheerios Cereal Banana	Rotisserie Chicken Thigh Mashed Potatoes Lemon Pepper Green Beans Lemon Italian Ice, Fruit Cup	Turkey with Gravy Mashed Potatoes Lemon Pepper Green Beans Lemon Italian Ice, Pears
SUN	Red Potato Hash Scrambled Egg White Raisin Bran Cereal Banana	Tuna Salad Sandwich on White Tomato Basil Bisque Soup Spring Mix Radish Tomato Side Salad SF Chocolate Ice Cream, Pears	Chicken Pot Pie Filling Broccoli Angel Food Cake Fruit Cup

Beverages

- Juice:**
 - Orange ♥ Apple ♥ Cranberry ♥ Prune ♥
- Milk:** Skim ♥ 2% Soy Vanilla ♥
- Decaf Coffee
- Tea:** Hot Decaf ♥ Hot Decaf Green
- Decaf Unsweet Iced
- Chocolate:** Hot Cocoa SF Hot Chocolate
- Sugar Free Lemonade (Crystal Light) ♥
- Sodas (Regular & Diet):**
 - Ginger Ale ♥ Lemon-Lime ♥
- Nutritional Shake:** Vanilla ♥ Chocolate ♥

Desserts

- Ice Cream (Sugar Free ♥):**
 - Chocolate Vanilla
- Popsicle® (Regular & Sugar Free) ♥
- Italian Ice ♥ Orange Sherbet ♥
- Pudding (Regular & Sugar Free ♥):**
 - Vanilla Chocolate
- Gelatins (Regular and Sugar Free) ♥**
- Bakery:**
 - Angel Food Cake ♥ Mini Apple Pie
 - Strawberry Shortcake Mug Cake
 - Banana Pudding Parfait
- Cookie:** Chocolate Chip Sugar