

General Diet Menu – Lunch & Dinner

(Amounts in parentheses are grams of carbohydrates)



Signature Salads *(Side salads available.)*

Chicken Caesar Salad

Fresh greens (5g) tossed with grilled chicken, Parmesan cheese and croutons (5g).
Caesar dressing (3g) is recommended.

Chef Salad

Fresh greens, tomatoes and cucumber (5g) tossed with ham, turkey, shredded cheese, egg and croutons (5g). Served with your choice of dressing.

♥ Cranberry Spinach Salad

Fresh spinach, cucumber, mushrooms, tomatoes and red onion (5g), tossed with dried cranberries (15g) and Asiago cheese.

♥ Garden Salad

Fresh greens tossed with cucumber, carrots, tomatoes and peppers (5g).

Dressings: French (10g), Ranch (2g), Caesar (3g), Blue Cheese (2g), Italian (3g), Thousand Island (5g), Honey Mustard (5g), ♥ Oil & Vinegar

Fat-Free Dressings: French (15g), Ranch (15g), Italian (5g), Thousand Island (10g), Raspberry Vinaigrette (10g), Honey Mustard (15g)

Fresh Sides

♥ Original Hummus (10g) – served with whole grain crackers (5g) and/or baby carrots (10g) & celery sticks.

Mixed Fruit (30g) & Cottage Cheese (5g) – served with a muffin (20g).

♥ Baby Carrots (10g) & Celery Sticks

Custom Sandwiches

Build your own deli style sandwich!

Choice of Bread:

Bread (2-slices): white (30g), ♥ whole wheat (30g), rye (20g)

Kaiser Roll (40g)

Pita Bread (35g)

Wheat Wrap (40g)

Choice of Toppings:

Meat: ♥ turkey, ♥ grilled chicken, ham, ♥ tuna salad, ♥ chicken salad, egg salad

Cheese: American, Cheddar, Mozzarella, Swiss

Toppings: lettuce, spinach, tomato, cucumber, pickles, sliced red onions, black olives, peppers, ♥ guacamole (4g), ♥ hummus (10g)

Peanut Butter & Jelly Sandwich (45g)

Condiments: ketchup (2g), mustard, mayonnaise, honey mustard (5g), ♥ fat-free Miracle Whip (2g), ♥ oil & vinegar

Soups & Breads

Soup: chicken noodle (10g), garden vegetable (15g), tomato (20g), cream of mushroom (10g), cream of chicken (10g)

Broth: chicken, beef, vegetable, low-sodium chicken, low-sodium beef

Dinner Roll (30g)

Breadstick (25g)

Crackers (5g): regular, ♥ whole grain

♥ Most soups are available in low-sodium.