

General Diet Menu – Lunch and Dinner

(Amounts in parentheses are grams of carbohydrates)



Call 6363 to order

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 (9g), Ranch (3g), Caesar (3g), Blue Cheese (2g), Italian (3g), Thousand Island (7g), Honey Mustard (11g), Oil & Vinegar

Fat-Free Dressings: French (14g), Ranch (14g), Italian (4g), Thousand Island (12g), Raspberry Vinaigrette (9g), Honey Mustard (13g)

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 (30-35g).

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 (30g)

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 (11g), fat-free Miracle Whip® (2g), oil & vinegar

Soups & Breads

Soup: chicken noodle (10g), garden vegetable (15g), tomato (20g), cream of mushroom (6g), cream of chicken (7g)

Broth: chicken, beef, vegetable

Dinner Roll (30g)

Breadstick (25g)

Crackers (5g): regular, whole grain

General Diet Menu – Lunch and Dinner ...continued

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Entrées

Substitutions and half portions available

Chef's Feature of the Week—served with couscous (25g) and broccoli flowerets (5g).

Garlic-Herb Chicken Breast – lightly seasoned and flame broiled, served with mashed sweet potatoes (25g) and spinach (5g).

Home Style Meatloaf (10g) – topped with savory mushroom gravy (5g), served with mashed potatoes (15g) and sweet whole baby carrots (10g).

Baked Macaroni & Cheese (30g) – topped with cheddar cheese and baked until golden, served with green beans (5g).

Pot Roast – naturally juicy and slowly roasted until tender, served with a baked potato (25g) and corn (15g).

Cornmeal Crusted Trout – farm raised trout lightly dusted (10g) and sautéed to perfection, topped with a mild black bean salsa (15g), served with white rice (30g) and California blend vegetables (5g).

Baked Chicken Parmesan – penne pasta (45g) or spaghetti (45g) with marinara sauce (10g), topped with a flamed broiled chicken breast and mozzarella cheese.

Asian Stir-Fry – Asian style vegetables (10g) stir-fried in an orange ginger sauce (15g), served with white rice (30g) and a vegetable spring roll (10g). Available with chicken.

Condiments: salt, pepper, Mrs. Dash®, butter, margarine, sour cream, parmesan cheese, tartar sauce, soy sauce, steak sauce (3g), hot sauce, BBQ sauce (5g)

Pasta Bar

Served as a side dish (20g) or entrée (45g).

Pasta: Spaghetti, Penne Pasta

Sauce: Marinara (10g), Meat (5g), Garlic Herb

Taco Bar

Build your own soft shell (15g) taco!

Choice of Fillings: seasoned beef (5g), shredded chicken (5g), black bean salsa (15g), vegetarian refried beans (20g)

Choice of Toppings: shredded cheese, shredded lettuce, diced tomatoes, diced onion, black olives, sour cream, salsa (3g), taco sauce, guacamole (4g)

Sides: vegetarian refried beans (20g), white rice (30g)

Pizza

Personal size pizza (65g) with your choice of toppings!

Toppings: pepperoni, ham, sausage, chicken, mushrooms, tomatoes, green pepper, onion, black olives, spinach

From the Grill

Flame Broiled Burger (25g)

Ope's™ Organic Veggie Burger (35g)

Grilled Chicken Sandwich (25g)

Grilled Cheese Sandwich (30g)

Toppings: cheese, lettuce, spinach, tomato, pickle, onion

Sides: regular potato chips (23g), baked potato chips (26g), pretzels (47g).

Condiments: ketchup (2g), mustard, mayonnaise, fat-free Miracle Whip® (2g), BBQ sauce (5g), relish (3g), honey mustard (11g), guacamole (4g)