Breakfast

**Morning Specialties**
- Buttermilk Pancakes
- Waffles
- Scrambled Eggs – regular, cholesterol-free
- Cottage Cheese & Fruit Plate
- Diced Fruit – peaches, pears
- Fresh Banana
- Applesauce
- Yogurt
- Pureed Bread —with your choice of toppings.

*Condiments: butter, margarine, syrup, diet syrup, salt, pepper, Mrs. Dash®, ketchup, hot sauce, honey, jelly, diet jelly*

**Hot Cereal**
- Oatmeal, Cream of Wheat®

*Condiments: brown sugar, sugar, Equal®, Splenda®, syrup, honey*

**Cold Cereal —if thin liquids are allowed**
- Corn Flakes®, Rice Krispies®
  - Milk – whole, 2%, skim

Lunch & Dinner

**Entrées**
- Home Style Meatloaf – topped with gravy, served with mashed potatoes with gravy and carrots.
- Ground Chicken Breast – topped with gravy, served with mashed sweet potatoes and spinach.
- Ground Hamburger – topped with gravy, served with mashed potatoes with gravy and carrots.
- Baked Macaroni & Cheese – topped with cheddar cheese, served with steamed spinach.
- Home Style Spaghetti – topped with marinara, meat or garlic herb sauce.
- Rainbow Trout – farm raised trout sautéed to perfection, served with mashed potatoes with gravy and carrots.

*Condiments: butter, margarine, salt, pepper, Mrs. Dash®, gravy, ketchup, Parmesan cheese, guacamole, hummus*

**Soups —If thin liquids are allowed**
- Tomato, Cream of Chicken, Cream of Mushroom Broth – beef, chicken, vegetable

**Sides**
- Fresh Banana
- Fruit – applesauce, diced peaches, diced pears
- Cottage Cheese
- Tuna Salad or Egg Salad
- Pureed Bread – with your choice of toppings.

**Desserts**
- Pudding
- Yogurt
- Magic Cup – vanilla, chocolate, mixed berry, orange
  *If thin liquids are allowed – ice cream, sherbet, Italian fruit ice, popsicle, gelatin*