Breakfast

A la Carte
Applesauce
Diced Peaches
Diced Pears
Cottage Cheese
Light Yogurt – vanilla, peach, blueberry

Cold Cereals
Cheerios®, Corn Flakes®, Rice Krispies®

Hot Cereals
Oatmeal
Cream of Wheat®

Condiments: diet syrup, Equal®, Splenda®

Morning Specialties
Low-Cholesterol Omelet Bar – ham, onion, peppers, mushrooms, spinach
Low-Cholesterol Scrambled Eggs

Condiments: salt, pepper, Mrs. Dash®, ketchup, hot sauce

Lunch & Dinner

Deli Specialties
Chicken Salad
Tuna Salad
Sliced Turkey or Ham

Soups & Sides
Cream of Chicken Soup
Cream of Mushroom Soup
Chicken Noodle Soup
Broth — chicken, beef, vegetable
Original Hummus
Crackers — regular, whole wheat
Graham Crackers

Entrées
Garlic-Herb Chicken Breast – lightly seasoned and flame broiled, served with mashed sweet potatoes and spinach.

Home Style Meatloaf – topped with savory mushroom gravy, served with mashed potatoes and sweet whole baby carrots.

Cornmeal Crusted Trout – farm raised trout lightly dusted and sautéed to perfection, served with couscous and green beans.

Pot Roast – naturally juicy and slowly roasted until tender, served with mashed potatoes and sweet whole baby carrots.