

Bariatric Soft Diet

(4oz Servings – 4 to 6 meals a day)



Call 6363 to order

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.