

# Cardiac Diet Menu – Lunch & 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 and Parmesan cheese.

### 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).

*All salads served with oil & vinegar dressing.*

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## Fresh Sides

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

Mixed Fruit Cup (15g) – *cantaloupe, honey-dew and grapes*

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, tuna salad, chicken salad

Cheese: LS Cheddar, Mozzarella, Swiss

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

\*Peanut Butter & Jelly Sandwich (45g)

*Condiments: \*ketchup (2g), \*mustard, fat-free Miracle Whip® (2g), oil & vinegar*

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## Soups & Breads

LS Soup: chicken noodle (8g), garden vegetable (14g), tomato (23g)

LS Broth: chicken, beef

Dinner Roll (30g)

Breadstick (25g)

LS Crackers (5g)

# Cardiac Diet Menu – Lunch & 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) or 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). Available with chicken.

*Condiments: pepper, Mrs. Dash®, margarine, low fat sour cream, parmesan cheese*

## Pasta Bar

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

Pasta: Spaghetti, Penne Pasta

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

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## \*Taco Bar

*Build your own soft shell (15g) taco!*

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

Choice of Toppings: LS cheese, shredded lettuce, diced tomatoes, diced onion, low fat sour cream, \*taco sauce, guacamole (4g)

Sides: white rice (30g)

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## From the Grill

Flame Broiled Burger (25g)

Ope's™ Organic Veggie Burger (35g)

Grilled Chicken Sandwich (25g)

Grilled Cheese Sandwich (30g)

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

*Condiments: \*ketchup (2g), \*mustard, fat-free Miracle Whip® (2g), guacamole (4g)*