

# Low Sodium Diet Menu

(Amounts in parentheses are grams of carbohydrates)



**Call 6363 to order**

*You may choose from all items on the cardiac diet menu along with the following items.*

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## **Breakfast**

*Cholesterol-free egg substitute is available.*

Omelet Bar – LS cheese, \*turkey sausage, onion, peppers, mushrooms, tomatoes, spinach

Sunrise Sandwich (25g) – egg and LS cheese

Scrambled Eggs

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## **Beverages (8oz)**

Whole Milk (12g)

Regular Iced Tea

Regular Coffee

French Vanilla Cappuccino (25g)

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## **Lunch**

Egg Salad Sandwich – egg salad served on your choice of bread.

Chef Salad

Fresh greens, tomatoes and cucumber (5g) tossed with LS turkey, LS cheese and egg.

Served with oil and vinegar dressing.

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## **Desserts**

Chocolate Chip Cookie (25g)

Regular Ice Cream (15g) – chocolate, vanilla, strawberry

Chocolate Fudge Brownie (30g)

LS – Low Sodium

\*Limited to one per meal.