



**BREAKFAST**  
**6:30am-9:00am**

- MONDAY** – Scrambled eggs with cheese served with hash brown diced potatoes, blueberry muffin, banana, oatmeal
- TUESDAY** – French toast, served with scrambled eggs with cheese, fresh cut fruit, Raisin Bran
- WEDNESDAY** – Scrambled eggs served with hash brown diced potatoes, sausage links, banana, cream of wheat, biscuit
- THURSDAY** - Buttermilk pancakes served with scrambled eggs with cheese, fresh cut fruit, Raisin Bran
- FRIDAY** - Scrambled eggs with peppers, onions and cheese, served with hash brown diced potatoes sausage links, blueberry muffin, orange, oatmeal
- SATURDAY** – French toast served with sausage links, banana, Raisin Bran
- SUNDAY** - Buttermilk pancakes served with scrambled eggs, sausage links, fresh cut fruit, cream of wheat

**LUNCH**  
**10:30am-1:30pm**

- MONDAY** – Open-faced turkey sandwich served with whipped potatoes and green beans, cherry crisp
- TUESDAY** – Lemon Sage Chicken Breast served with brown rice & barley pilaf, Italian vegetables and dinner roll, salad, apple cobbler
- WEDNESDAY** – Whole wheat penne with meat sauce served with green beans and dinner roll, salad, fresh fruit
- THURSDAY** – Chicken Marsala served with whole wheat pasta, broccoli, dinner roll, tomato & barley soup, peach crisp
- FRIDAY** – Citrus Herb Cod served with Spanish white rice, baby carrots, dinner roll, coleslaw, fresh fruit
- SATURDAY** - Cranberry Dijon Chicken Breast served with whipped sweet potatoes, green beans, dinner roll, cream of broccoli soup, angel food cake with strawberry sauce
- SUNDAY** – BBQ pulled pork sandwich served with broccoli, coleslaw, baked beans, apple

**DINNER**  
**4:30pm-7:00pm**

- MONDAY** – Pot Roast served with Red Potatoes, sliced carrots, corn muffin, salad, pear
- TUESDAY** – Meatloaf served with mashed potatoes, coleslaw, dinner roll, green peas, peaches
- WEDNESDAY** – Roasted turkey with whipped sweet potatoes, mixed vegetables, dinner roll, pineapple tidbit
- THURSDAY** – Meat lasagna served with yellow squash, dinner roll, salad, apple
- FRIDAY** – Hamburger served with oven roasted potato wedges, California vegetables. garden salad, pears
- SATURDAY** – Beef stroganoff served with egg noodles, peas and carrots medley, dinner roll, salad, peaches
- SUNDAY** – Beef Barbacoa served with black beans, roasted vegetables, corn tortilla, pineapple tidbit

*A host will assist you with your order selections. Some items may not be appropriate for you diet. Please allow us to help to select. Menú en español disponible a pedido .*

BEVERAGES

AVAILABLE EVERYDAY

DESSERTS

LIQUID DIETS

DIET EXPLANATION

**HOT:** Coffee (Regular or Decaf), Tea (Regular or Decaf)  
**JUICE:** Cranberry, Apple, Orange, Prune

**COLD:** Iced Tea, Cola-Cola, Diet Coke, Sprite, Sprite Zero, Minute Maid Lite Lemonade, Fat Free Milk, 1% Milk, Chocolate Milk, Lactose Free Milk, Soy Milk

<b>BREAKFAST</b> Scrambled Egg (Reg/Low Chol) Yogurt (Regular or Lite) Blueberry Muffin Assorted Cold Cereals Hard Boiled Egg Crisp Bacon Turkey or Pork Sausage Oatmeal or Cream of Wheat®  <b>HOT ENTREES &amp; SIDES</b> Baked Cod Grilled Chicken Breast Beef or Chicken Soft Taco Green Beans Sliced Carrots Corn Broccoli Whipped Potatoes Rice (Brown or White)	<b>GRILL MENU</b> Grilled Chicken Sandwich Classic Hamburger Classic Cheeseburger Chicken Tenders Veggie Burger Vegan Burger Cheese Quesadilla Chicken Quesadilla Potato Wedges Beef Taco Chicken Taco  <b>DELI</b> Turkey & Swiss Ham & Cheddar Roast Beef Chicken Salad Tuna Salad Egg Salad Peanut Butter & Jelly	<b>ENTREE SALADS</b> Chicken Caesar Salad Chef Salad Garden Side Salad Fruit & Cottage Cheese Plate  <b>FRUIT</b> Fruit Cocktail Fresh Fruit Cup Diced Peaches Diced Pears Mandarin Oranges Applesauce Pineapple Tidbits  <b>SOUPS</b> Tomato Chicken Noodle Cream of Chicken® Vegetarian Vegetable
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<b>YUMMY DELIGHTS:</b> Chocolate Brownie, Sugar Cookie, Chocolate Chip Cookie, Fresh Fruit <b>GELATIN:</b> Assorted Flavors (Regular or Sugar Free)	<b>PUDDING:</b> Vanilla, Chocolate (Regular or Sugar Free) <b>FROZEN DESSERT:</b> Ice Cream: Vanilla, Chocolate, Sherbet, Fruit Ice
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<b>CLEAR LIQUID DIET</b> <b>BROTH:</b> Vegetable, Beef, Chicken <b>JUICE:</b> Apple, Cranberry <b>GELATIN (Reg. or SF):</b> Assorted Flavors <b>BEVERAGES:</b> Fruit Ice, Coffee, Hot Tea, Herbal Tea, Hot Chocolate, Lemonade, Iced Tea, Lemon Lime, Soda (Reg. or Diet)	<b>FULL LIQUID DIET</b> (Includes All Clear Liquid Diet Items Plus the Following Items) <b>SOUP:</b> LS Tomato, Cream of Chicken® <b>HOT CEREAL:</b> Oatmeal, Cream of Wheat® <b>PUDDING (Reg. or SF):</b> Vanilla, Chocolate <b>FROZEN DESSERTS:</b> Ice Cream, (Vanilla, Chocolate Sherbet) <b>MILK &amp; JUICE:</b> Fat Free, 1%, Chocolate, Lactose Free, Soy, Orange Juice, Prune Juice
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**REGULAR DIET:** Regular foods and fluids, no restriction.

**CLEAR LIQUID DIET:** Liquids you can see through, including broth, tea, gelatin, clear sodas, and clear juices.

**FULL LIQUID DIET:** Liquids including milk, smooth yogurt, soda, hot cereal, pureed soup, pudding, ice cream and all Clear Liquids.

**CARDIAC DIET:** Restricts food high in fat -fried foods, whole milk. Restricts foods high in salt processed or canned foods, lunch meats and table salt. Caffeine may also be restricted on this diet.

**CCD (Controlled Carbohydrate Diet):** For individuals with Diabetes. Foods containing carbohydrates are portioned and monitored at each meal to promote glycemic control. Artificial sweeteners will be provided instead of sugar. Sweet desserts may be replaced with fruit or diet items.

**RENAL (Low Potassium, Phosphorus, Sodium) DIET:** For individuals w/Acute or Chronic Renal Failure. Low Sodium foods will be provided. High potassium foods such as tomatoes, oranges, potatoes are restricted. High phosphorus such as chocolate, beans, dairy are restricted.

**HIGH FIBER, LOW FIBER OR LOW RESIDUE DIETS:** Foods rich in fiber and residue like raw vegetables/fruits, whole grains, bran, milk and milk products may be encouraged on high fiber and restricted on low fiber diets.

**CONSISTENCY MODIFIED DIET:** Soft foods, chopped meat and vegetables, pureed smooth consistency foods will be offered on Soft, Mechanical Soft and Pureed Diets for ease of chewing and swallowing.

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