**BREAKFAST ENTRÉES**

**Entrées:** Scrambled eggs, buttermilk pancakes, French toast, biscuit and gravy, breakfast potatoes, turkey sausage and bacon  
**Breads:** Bagel, biscuit, English muffin, bran or blueberry muffin, wheat or white toast  
**Hot and cold cereal:** Oatmeal, Cream of Wheat, Cheerios, Frosted Flakes, Rice Krispies, Corn Flakes, Total Raisin Bran  
**Fruit:** Fresh fruit or fresh fruit and cottage cheese plate

**LUNCH AND DINNER ENTRÉES**

**Entrées:** Grilled seasoned chicken breast • Roasted salmon • Ground turkey tacos • Hot roast beef sandwich • Chicken nuggets • Macaroni and cheese • Pasta (torchiette, macaroni noodles or gluten-free spaghetti noodles) with choice of sauce: marinara, Alfredo or lemon herb sauce

**Burger:** Hamburger, cheeseburger, turkey burger, veggie burger

**Pizza:** Cheese or pepperoni

**Sandwich:** Vegetarian, turkey, ham, roast beef, tuna salad, egg salad, peanut butter and jelly, grilled cheese or grilled ham and cheese

**Salad:** Chicken Caesar, vegetarian taco, beef taco, chef salad, or vegetarian entrée salad

**Fruit:** Fresh fruit or fresh fruit and cottage cheese plate

**SIDE ITEMS/VEGETABLES**

**Potato:** Mashed potatoes and gravy or French fries  
**Rice:** Brown rice or jasmine rice  
**Dinner roll:** White or wheat  
**Chips:** Potato, Doritos or Baked Lay’s  
**Fruit:** Apple slices, red grapes, orange slices, banana, seasonal fruit cup; canned peaches, mandarin oranges, pineapple or applesauce  
**Veggies:** Baby carrots, zucchini, broccoli, side salad with choice of dressing (ranch, Italian, Caesar or Thousand Island)  
**Soups:** Chicken noodle, tomato, or broth

**DESSERTS**

Frozen yogurt, sorbet, Italian ice, Jell-O, pudding, shortbread cookies or animal cookies

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**MEAL DELIVERY TIMES**

**Breakfast:** 6:45 – 9:30 a.m.  
**Lunch:** 11 a.m. – 2 p.m.  
**Dinner:** 4:45 – 7:30 p.m.

**HOW TO MAKE SELECTIONS**

1. Please review the menu daily so you are ready with your selections.
2. A Dietetic Assistant will call or visit you daily to get your menu choices.
3. The Daily Special will be automatically delivered if you do not make selections.

Please note, menu items may need to be adjusted to meet special diet needs prescribed by your doctor. Some items may be restricted.

Please keep this menu throughout your stay.
Regular Diet

Food and Nutrition Services offers a menu of fresh, seasonal, locally-grown foods and ingredients. Chicken breasts and thighs are local and “no antibiotics ever.” Beef for the hamburgers is local and grass-fed. Beef for the meatloaf is grass-fed.

Daily breakfast options include Total Raisin Bran, orange juice and coffee. Breakfast, lunch, and dinner are served with milk. Soup will be served upon request.

<table>
<thead>
<tr>
<th>DAY</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Soup of the Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNDAY</td>
<td>Buttermilk pancakes and scrambled eggs</td>
<td>Beef stroganoff, egg noodles, baby carrots, and fresh fruit</td>
<td>Chicken teriyaki, spicy broccoli, jasmine rice, and chocolate swirl cake</td>
<td>Chicken noodle</td>
</tr>
<tr>
<td>MONDAY</td>
<td>Quiche Lorraine and breakfast potatoes</td>
<td>Alfredo pasta and vegetables, roasted vegetables, and fresh fruit</td>
<td>Lemon cream chicken, roasted potatoes and seasonal vegetable, and chocolate chip cookie</td>
<td>Red lentil</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>French toast, scrambled eggs, and fresh fruit</td>
<td>Chicken tinga tacos, black beans, flour tortillas, cilantro rice</td>
<td>Meatloaf mashed potatoes and gravy, baby carrots, and oatmeal raisin cookie</td>
<td>Chicken gumbo</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Veggie scrambled eggs and breakfast potatoes</td>
<td>House mac and cheese, zucchini, and fresh fruit</td>
<td>Parmesan chicken, penne pasta with marinara, roasted vegetables, and chocolate swirl cake</td>
<td>Seasonal soup</td>
</tr>
</tbody>
</table>

**BEVERAGES**

- **Milk:** Skim, low-fat, whole, lactose-free, chocolate, soy, or almond
- **Juice:** Orange, apple, prune, cranberry, cran-grape, or diet cranberry
- **Hot beverage:** Coffee (regular or decaf), tea (regular or decaf), hot chocolate (regular or sugar-free)
- **Bottled water**

**Note:**

- = No antibiotics ever
- = Grass-fed beef