

# Back-of-the-House Menu

Regular Diet				Soft Diet Modifications	
Breakfast	Portion	Food Item		Food Item	
Juice	1 cup	Fortified grapefruit juice		Fortified grapefruit juice	
Fruit	1 cup	Fuji apple slices, remove pit but leave skin		Cubed cantaloupe and honeydew melon	
Hot Cereal	1 cup, 1 tbsp	Oatmeal topped with ground flax seed		Oatmeal topped with ground flax seeds	
Cold Cereal	1 cup	Cold cereals: Cheerios, Frosted Flakes, Raisin Bran, or Life		Cold cereals: Cheerios, Frosted Flakes, Raisin Bran, or Life, add ¼ cup of milk	
Entrées	1 waffle	Whole wheat waffle		Whole wheat waffle, add 1 tbsp of syrup	
	1 cup	Tomato and cheese scrambled egg		Tomato and cheese scrambled egg	
Sides	1 cup	Baked hash brown		Baked hash brown	
	2 slices	Canadian bacon		Thin sliced, chopped Canadian bacon	
	1 muffin	Fresh blueberry muffin		Fresh blueberry muffin	
Bread	1 slice	Whole wheat toast		Whole wheat bread, add 1 tbsp strawberry jam	
Bread	1 biscuit	Whole wheat biscuit		Whole wheat biscuit, add 1 tbsp of olive oil	
Lunch	Portion	Food Item		Food Item	
Soup	1 cup	Vegetable minestrone soup		Vegetable minestrone soup	
Salad	1 cup	Kale salad		Shredded lettuce	
	1 tbsp	Vinaigrette dressing		Vinaigrette dressing	
Entrées	3 oz	Grilled mango chicken breast		Pureed mango as sauce, thin sliced grilled chicken breast	
	1 cup 1 tbsp	Greek couscous with sun dried tomato, drizzled with extra virgin olive oil		Greek couscous with sun dried tomato, drizzled with extra virgin olive oil	
Vegetables	1 cup	Vegetables included in minestrone soup		Vegetables included in minestrone soup	
	1 cup	Steamed baby spinach		Steamed baby spinach	
Starch	1 cup	Couscous included in Geek couscous entree		Couscous included in the Greek couscous entree	
	1 cup	Steamed black beans and rice		Steamed black beans and rice	
Desserts	1 bar/1 oz	Lemon bar		Lemon bar	
	1 bar/1 oz	Blueberry crisp bar			
Bread	1 roll	Whole grain roll		Whole grain roll, add 1 tbsp of olive oil	
Bread	1 slice	Rosemary bread		Rosemary bread, add 1 tbsp of olive oil	
Dinner	Portion	Food Item		Food Item	
Soup	1 cup	Bean and lentil soup		Bean and lentil soup	
Salad	1 cup	Avocado egg salad		Avocado egg salad	
	1 tbsp	Extra virgin olive oil dressing		Extra virgin olive oil dressing	
Entrées	3 oz	Miso glazed salmon, baked		Miso glazed salmon, baked and sliced into bite sized pieces	
	2 bell peppers/3 oz	Baked stuffed bell peppers		Baked sliced bell peppers and ground beef	
Vegetables	1 cup	Bell peppers included in baked bell pepper		Bell peppers included in sliced bell pepper entree	
	1 cup	Steamed broccoli and cauliflower florets		Steamed broccoli and cauliflower florets	
Starch	1 cup	Beans included in the bean and lentil soup		Beans included in the bean and lentil soup	
	1 cup	Garlic quinoa		Garlic quinoa	
Desserts	1 bar/1 oz	Dark chocolate brownie		Dark chocolate brownie	
	2 slices/1 cup	Watermelon slices		Unseeded watermelon cubes	
Bread	1 roll	Whole grain roll		Whole grain roll, add 1 tbsp of olive oil	
	1 slice	Rosemary bread		Rosemary bread, add 1 tbsp of olive oil	
Beverages					
Portion	Item	Portion	Item	Portion	Item
1 cup	Coffee	1 cup	Decaffeinated Coffee	1 cup	Soy milk
1 cup	Tea	1 cup	Decaffeinated Tea	1 cup	Iced Tea
1 cup	Milk (skim, 1%, 2%, lactose-free)				
Condiments/Accompaniments					
Portion	Item	Portion	Item	Portion	Item
1 packet	Salt	1 packet	Pepper	1 packet	Sugar
1 tbsp	Ketchup	1 tbsp	Mustard	1 packet	Sugar substitute
1 tbsp cube	Butter	1 tbsp cube	Margarine	1.4 oz cup pack	Maple Syrup
2 0.32 oz pack	Honey	0.5 oz cup	Strawberry jam		

