

Regular Diet House Menu

Breakfast - Wednesday

Fruit/Juice

Fortified grapefruit juice
Fuji apple slices*

Cereals

Oatmeal with ground flax seeds*
Assorted cold cereals:
- Cheerios - Raisin Bran
- Frosted Flakes - Life

Entrées

Whole wheat waffle
Tomato and cheese scrambled egg*

Sides

Baked hash brown*
Canadian bacon
Fresh blueberry muffin
Assorted toast:
- Whole wheat toast*
- Whole wheat biscuit

Beverages

Coffee and decaffeinated coffee
Tea and decaffeinated tea
Iced tea
Milk (skim, 1%, 2%, lactose-free)
Soy milk*

Condiments & Spreads

Salt/pepper/sugar/sugar substitute packets
Butter and margarine
Ketchup
Mustard
Maple syrup
Honey
Strawberry jam*

Lunch - Wednesday

Soup & Salad

Vegetable Minestrone soup*
Kale salad with balsamic vinaigrette dressing

Entrées

Grilled mango chicken breast*
Greek couscous with sun dried tomato, drizzled
with extra virgin olive oil

Vegetables

Vegetables included in the minestrone soup
Steamed baby spinach*

Starches

Couscous included in the Greek couscous entree
Steamed black beans and brown rice*
Assorted bread:
- Whole grain roll*
- Rosemary bread slice

Desserts

Lemon bars*
Fresh blueberries

Beverages

Coffee and decaffeinated coffee
Tea and decaffeinated tea
Iced tea*
Milk (skim, 1%, 2%, lactose-free)
Soy milk

Condiments & Spreads

Salt/pepper/sugar/sugar substitute packets
Butter and margarine
Ketchup
Mustard
Maple syrup
Honey

Dinner - Wednesday

Soup & Salad

Bean and lentil soup
Avocado egg salad*

Entrées

Miso glazed salmon*
Baked stuffed bell peppers

Vegetables

Bell peppers included in the baked bell peppers
Steamed broccoli and cauliflower florets*

Starches

Beans included in the bean and lentil soup
Garlic quinoa*
Assorted bread:
- Whole grain roll
- Rosemary bread slice*

Desserts

Dark chocolate brownies
Watermelon slices*

Beverages

Coffee and decaffeinated coffee
Tea* and decaffeinated tea
Iced tea
Milk (skim, 1%, 2%, lactose-free)
Soy milk

Condiments & Spreads

Salt/pepper/sugar/sugar substitute packets
Butter and margarine
Ketchup
Mustard
Maple syrup
Honey

Soft Diet House Menu

Breakfast - Wednesday

Fruit/Juice

Fortified grapefruit juice
Cantaloupe and honeydew melon*

Cereals

Oatmeal with ground flax seeds*
Assorted cold cereals:
- Cheerios - Raisin Bran
- Frosted Flakes - Life
Milk (skim, 1%, 2%, lactose-free) to accompany cold cereal

Entrées

Whole wheat waffle with maple syrup
Tomato and cheese scrambled egg*

Sides

Baked hash brown*
Canadian bacon
Fresh blueberry muffin
Assorted toast:
- Whole wheat bread with spread*
- Whole wheat biscuit with olive oil

Beverages

Coffee and decaffeinated coffee
Tea and decaffeinated tea
Iced tea
Milk (skim, 1%, 2%, lactose-free)
Soy milk*

Condiments & Spreads

Salt/pepper/sugar/sugar substitute packets
Butter and margarine
Ketchup
Mustard
Maple syrup
Honey
Strawberry jam*

Lunch - Wednesday

Soup & Salad

Vegetable Minestrone soup*
Shredded lettuce with balsamic vinaigrette dressing

Entrées

Grilled mango chicken breast*
Greek couscous with sun dried tomato, drizzled with extra virgin olive oil

Vegetables

Vegetables included in the minestrone soup
Steamed baby spinach*

Starches

Couscous included in the Greek couscous entree
Steamed black beans and brown rice*
Assorted bread:
- Whole grain roll with olive oil *
- Rosemary bread slice with olive oil

Desserts

Lemon bars*
Fresh blueberries

Beverages

Coffee and decaffeinated coffee
Tea and decaffeinated tea
Iced tea*
Milk (skim, 1%, 2%, lactose-free)
Soy milk

Condiments & Spreads

Salt/pepper/sugar/sugar substitute packets
Butter and margarine
Ketchup
Mustard
Maple syrup
Honey

Dinner - Wednesday

Soup & Salad

Bean and lentil soup
Avocado egg salad*

Entrées

Miso glazed salmon*
Bell peppers and ground beef

Vegetables

Bell peppers included in the baked bell peppers
Steamed broccoli and cauliflower florets*

Starches

Beans included in the bean and lentil soup
Garlic quinoa*
Assorted bread:
- Whole grain roll with olive oil
- Rosemary bread slice with olive oil*

Desserts

Dark chocolate brownies
Watermelon squares*

Beverages

Coffee and decaffeinated coffee
Tea* and decaffeinated tea
Iced tea
Milk (skim, 1%, 2%, lactose-free)
Soy milk

Condiments & Spreads

Salt/pepper/sugar/sugar substitute packets
Butter and margarine
Ketchup
Mustard
Maple syrup
Honey