

## Additional Selections

### BREAKFAST ENTRÉES

**Entrées:** Scrambled eggs (1g), buttermilk pancakes (14g each), French toast (25g each), fresh fruit plate (57g)

**Cereals:** Oatmeal (13g), Cream of Wheat (15g), Cheerios (14g), Frosted Flakes (31g), Rice Krispies (21g), Corn Flakes (18g), Total Raisin Bran (25g)

**Breads:** Bagel (34g for half), toast (14g), English muffin (20g), bran muffin (27g), or blueberry muffin (31g)

**Potatoes:** Breakfast potatoes (23g)

### LUNCH AND DINNER ENTRÉES

**Entrées:** Grilled seasoned chicken 🐔 breast (2g) • Pasta (penne (21g), macaroni noodles (21g), or gluten-free spaghetti noodles (31g) and choice of sauce: lemon herb butter (5g) or marinara (25g)) • Beef tacos 🐄 (39g) • Roasted salmon (1g)

**Burgers:** Hamburger 🐄 (33g) quinoa veggie burger (55g), turkey burger (33g)

**Sandwiches:** Vegetarian (48g), turkey (28g), roast beef (28g), grilled cheese (29g)

**Salads:** Chicken 🐔 Caesar (18g), beef taco salad (16g) or chef salad (8g)

**Fruits:** Fresh fruit plate (57g)

### LUNCH AND DINNER SIDE ITEMS

**Sides:** Mashed potatoes (15g) and gravy (2g), brown rice (24g), jasmine rice (24g) or French fries (28g)

**Dinner rolls:** white (18g) or wheat (19g)

**Fruits:** Apple slices (8g), red grapes (19g), orange slices (13g), bananas (23g), fresh melon cup (15g), canned peaches (16g), mandarin oranges (13g), pears (17g), pineapple (18g) or applesauce (13g)

**Veggies:** Baby carrots (15g), broccoli (10g), zucchini (6g), side salad (3gm) with choice of ranch (3g) or Italian dressing (1g)

**Soups:** Chicken noodle (21g), tomato (12g), or broth (1g) (all low sodium)

### DESSERTS

Sorbet (21g), frozen yogurt (17g), Italian ice (20g), Jell-O (22g) or pudding (21g), shortbread cookies (18g) or animal cookies (23g)

# PATIENT MENU

## Low Sodium Diet

*Includes grams of carbohydrates listed in parentheses*



### 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.

# Low Sodium 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 may include Total Raisin Bran (25g), orange juice (14g), low fat milk (12g) and coffee.

## SUNDAY

**Breakfast:** Scrambled eggs (1g) and breakfast potatoes (23g)

**Lunch:** Beef stroganoff (3g), egg noodles (21g) and baby carrots (15g)

**Dinner:** Chicken 🐔 teriyaki (5g), spicy broccoli (6g), jasmine rice (24g), and kiwi-strawberry sorbet (16g)

**Soup of the Day:** Chicken 🐔 noodle (21g)

## MONDAY

**Breakfast:** Veggie quiche Lorraine (20g), breakfast potatoes (23g) and a peach yogurt (28g)

**Lunch:** Alfredo pasta and vegetables (44g), roasted vegetables (5g) and apple slices (8g)

**Dinner:** Lemon cream chicken 🐔 (3g), roasted potatoes (18g), cauliflower (4g) and mango sorbet (21g)

**Soup of the Day:** Red lentil soup (21g)

## TUESDAY

**Breakfast:** French toast (25g), scrambled eggs (1g), cream of wheat (16g) and a banana (23g)

**Lunch:** Chicken 🐔 tinga tacos (3g), black beans (14g), corn tortillas (28g), cilantro rice (27g)

**Dinner:** Meatloaf 🐮 (7g), mashed potatoes (17g) with gravy (3g), broccoli (10g) and mango sorbet (21g)

**Soup of the Day:** Chicken gumbo (12g)

## WEDNESDAY

**Breakfast:** Veggie scrambled eggs (7g), breakfast potatoes (23g) and a peach yogurt (28g)

**Lunch:** House mac and cheese (35g), zucchini (6g) and apple slices (8g)

**Dinner:** Parmesan chicken 🐔 (19g), penne pasta with marinara (27g) roasted vegetables (5g) and lemon ice (21g)

**Soup of the Day:** Seasonal soup

## THURSDAY

**Breakfast:** Buttermilk pancake (14g), scrambled eggs (1g), breakfast potatoes (23g)

**Lunch:** Roast turkey 🐔 teriyaki (0g), Yukon Gold mashed potatoes (16g) with gravy (2g), roasted cauliflower and carrots (8g) and a banana (23g)

**Dinner:** Beef 🐮 and broccoli (10g), garden salad (3g) with Italian dressing (1g), jasmine rice (24g) and lemon ice (21g)

**Soup of the Day:** Chicken 🐔 noodle (21g)

## FRIDAY

**Breakfast:** Vegetable frittata (9g), breakfast potatoes (23g), cream of wheat (16g) and a banana (23g)

**Lunch:** Pasta with Portobello bolognese sauce (34g), roasted vegetables (7g)

**Dinner:** BBQ chicken 🐔 sandwich with slaw (52g), broccoli (4g) and a kiwi-strawberry sorbet (16g)

**Soup of the Day:** Chicken noodle 🐔 (21g) or tomato (12g)

## SATURDAY

**Breakfast:** French toast (25g) and scrambled eggs (1g) and cream of wheat (16g)

**Lunch:** Hamburger 🐮 (32g) with tomato, lettuce, onion (5g) and French fries (28g)

**Dinner:** Lemon herb salmon (4g) or oven fried chicken 🐔 (13g), jasmine rice (24g), fresh vegetables (6g) and mango sorbet (16g)

**Soup of the Day:** Minestrone (17g)

## BEVERAGES

**Milk:** Skim (13g), low fat 1% (13g), whole (11g), chocolate (30g), lactose-free (13g), soy (12g) or almond (1g)

**Juice:** Orange (14g), apple (14g), prune (20g), cranberry (16g), cran-grape (16g), or diet cranberry (2g)

**Hot beverage:** Decaf coffee, decaf tea, or decaf herbal tea, hot chocolate (17g)

**Bottled water**

🐔 = No antibiotics ever     🐮 = Grass-fed beef

Grams of carbohydrates are listed in parentheses