

Beverages

Orange, Apple, Cranberry, Lo-Cal Cranberry, Pink Grapefruit,
V-8, Lo-Sodium V-8♥, Prune Juice
Iced Tea, Iced Coffee, Decaffeinated Iced Coffee, Lemonade
Regular, Fat-Free, or Lactaid Milk
Coke, Diet Coke, 7-Up, Ginger Ale, Diet Ginger Ale, Root Beer, Club Soda
Coffee, Assorted Teas, Hot Chocolate, Sugar Free Hot Chocolate

Soups and Appetizers

Tomato Soup **V** ~ Low Sodium Chicken Noodle Soup ♥ ~ Chicken or Beef Bouillon
Coleslaw ~ Health Slaw ~ Cottage Cheese with Fruit
Garden Salad ♥ ~ Fresh Seasonal Fruit Cup ♥

Entrees

Sautéed or Grilled Boneless Chicken Breast ♥
Baked or Fried Fillet of Flounder (buttered breadcrumb topping also available)+
Sautéed Calves Liver- Topped with Bacon and Onions
Breaded Chicken Fingers ~ Hot Dog ~ Quiche Du Jour
6-ounce Charbroiled Beef, Turkey or Garden Burger **V**
Vegetable & Cheddar Quiche **V** ♥ Sautéed Seasonal Vegetable Entrée **V** ♥
Omelette or Eggbeater Omelette ♥ ~ Cheese, Onion, Pepper, Mushroom, Broccoli,
Bacon, Ham

Sandwiches – also available as club sandwiches, or platters

Meats - Turkey, Roast Beef, Ham, Tuna **V**, Egg **V**, or Chicken Salad
Bread- White, Wheat, Rye or Gluten Free Bread
Cheese- America, Swiss, Cheddar, Muenster, Mozzarella
Grilled Cheese Sandwich

Accompaniments

Baked Potato ~ Mashed Potatoes ~ Steamed White Rice ♥
Green Peas ~ Carrots ~ Sautéed Fresh Spinach ~ Sautéed Onions~ Baked Beans

Desserts

Ice Cream or Sherbet; Toppings: Chocolate Sauce, Caramel Sauce, Strawberry Sauce,
Wet Nuts, Walnuts, Whipped Cream & Maraschino Cherries
Pound Cake ~ Angel Food Cake ~ Assorted Pepperidge Farm Cookies
Seasonal Fresh Fruit Cup ~ Whole Fresh Fruit ~ Cheese & Fruit Plate

No Sugar Added Desserts

Fruit Pie ~ Gelatin ~ Chocolate or Vanilla Pudding ~ Assorted Cookies
Chocolate Mousse Cake~ Fruit Bundt Cake~ Butter Pecan Ice Cream

♥ = Heart Healthy Options **V**= Vegetarian Options