

### **Low Iodine Diet**

Please call 8-DINE (8-3463) to place your meal order  
Between 7:00 am – 7:00 pm

#### **Breakfast Selections**

##### **JUICES & FRUITS**

**Juices:** ♥Orange ♥Apple ♥Prune

**Fruits:** ♥Banana ♥Orange ♥Applesauce ♥ Grapes ♥ Seasonal Melon

##### **HOT CEREAL**

♥Oatmeal ♥Cinnamon Oatmeal ♥Cream of Wheat

(Available from 7:00am – 10:00 am)

**EGGS:** Egg Whites

**OMELET:** Egg White Omelet

Choice of: Scallions ♦ Mushrooms ♦ Peppers

#### **Lunch and Dinner Selection**

Available from: 11:00 am – 7:00 pm

**SALADS:** Garden Salad-Cucumber Slices-Vegetable Sticks

DRESSING: Diet Italian Oil and Vinegar

##### **MAIN COURSES:**

**Grilled Boneless Chicken Breast**

**Roast Turkey – Oven Roasted Turkey Breast**

##### **COLD SALAD PLATES:**

**Choice of:** Roast Beef- Roasted Turkey

##### **SOUP**

♥Low Sodium Tomato Soup♥

##### **SIDES**

**Choice of:** Penne Pasta ♥Baby Carrots ♥Broccoli ♥Corn

##### **DESSERTS:**

♥Banana ♥Orange ♥Apple

##### **BEVERAGES**

**Soft Drinks:** ♥Ginger Ale ♥Diet Ginger Ale

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