

Breakfast

(Choice One Hot Entrée or Cold Entrée)

Breakfast Entrees

Eggs: Scrambled - Egg Whites
Hard Boiled Egg

Omelet: Egg- Egg White

Choice up to 4 Toppings: Red Onions – Broccoli
Baby Spinach-Diced Peppers – Mushroom – Turkey – Ham

Choice of Cheese: American or Swiss

Pancakes: Buttermilk - Blueberry - Banana

French Toast: Plain- Blueberry - Banana

Choice of Syrup: Regular or Sugar Free

Egg Sandwich on Kaiser Roll:

Eggs: Regular-Egg White

Choice of Cheese: Swiss or American

Choice of Meat: Ham or Sausage Patty or Sliced Turkey

(Choose up to Four Side Item's)

Sides Item's:

Sides: Sausage Patty-Turkey Sausage Links-Home Fries

Breakfast Bakery: (Counts as Side Item)

Muffins: Blueberry – Corn – Bran Muffin

Bagels: Plain– Sesame–Everything

Rolls: Whole Wheat– Kaiser Roll

Fruits: (Counts as Side Item)

Fresh Fruits: Banana-Orange-Apple-Seasonal Melon

Chilled Fruit: Peaches-Pears-Applesauce-Mandarin Oranges
Fruit Salad

Yogurt: (Counts as Side Item)

Regular: Plain-Vanilla-Strawberry

Lite: Strawberry-Peach

Cereal : (Counts as Side Item)

Hot: Oatmeal – Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes–Crispy Rice- Cheerios–Rice Chex
Raisin Bran

(Choose up Three Beverages)

Beverages:

Coffee: Regular-Decaffeinated

Tea: Regular-Decaffeinated-Chamomile

Hot Chocolate: Regular-Sugar Free

Milk: Whole-1%-Skim-Lactaid-Soy

Juice: Orange-Apple-Tomato-Cranberry-Prune

Regular or Diet Ginger-Ale – Seltzer

Condiments: Non- Dairy Creamers

Smart Balance – Jelly - Diet Jelly –Butter-Cream Cheese

Lite Cream Cheese-Peanut Butter-Salt- Pepper-Herb Packet

Sugar-Sweet & Low -Equal-Splenda -Lemon Juice-Ketchup

Lunch

Choice One Hot Entrée or Cold Entrée

Hot Entrée:

Chicken Francaise: Sautéed in a Lemon White Wine Sauce

Grilled Chicken Parmesan

Turkey with Gravy: Oven Roasted

Broiled Flounder: Dressed with Garlic Lemon Herb

Baked Salmon

Home Made Meatloaf: Served with Mushroom Gravy

Sliced Roast Beef: Served with Gravy

Grilled Chicken Paillard: Served over Sautéed Spinach
& Mashed Potatoes

Fajitas: Chicken, Shrimp, or Tofu

Cheese Quesadillas: Chicken, Cheese or Black Bean

Sliced Flank Steak & Onion Sandwich

Panini: Fresh Mozzarella, Basil, & Tomato

Macaroni & Cheese: Macaroni in Creamy Cheese Sauce

Pasta Bar: (Hot Entrée)

Choice of Pasta: Penne - Linguini – Whole Wheat Penne

Choice of Sauce: Meat Sauce – Marinara Sauce – Butter Sauce

Ala Vodka- Garlic & Olive Oil & White Wine

Choice of Toppings: Mixed Vegetables – Mushrooms –
Diced Marinated Chicken

From The Grill (Sandwich or Platters): (Hot Entrée)

Hamburger - Grilled Marinated Chicken – Turkey Burger

Black Bean Burger - Grilled Cheese Sandwich

Choice of Bread

Rye Bread - Whole Wheat - White Bread

Regular Burger Bun-Whole Wheat Burger Bun

Choice of Toppings:

Lettuce – Tomato - Sautéed Mushrooms

American Cheese - Swiss Cheese – Ham - Sautéed Onions

Pizza: (Hot Entrée)

Individual Personal Cheese Pizza

Choice of Toppings: Peppers –Mushrooms –Pepperoni

Red Onion – Black Olives – Broccoli

Beverages: (Choose up Three Beverages)

Coffee: Decaffeinated

Tea: Decaffeinated – Chamomile

Hot Chocolate: Regular- Sugar Free

Milk: Whole - 1% - Skim– Lactaid – Soy

Juice: Orange-Apple-Tomato-Cranberry-Prune

Regular or Diet Ginger-Ale – Seltzer

Condiments: Mayonnaise - Mustard - Lite Mayo

Ketchup - Sour Cream-Sugar- Sweet & Low– Equal-Splenda

Butter-Smart Balance Herb Packet – Lemon Juice- Salt –Pepper

Non- Dairy Creamers

Lunch

Cold Entrée:

Cottage Cheese & Fresh Seasonal Fruit

Fresh Fruit Plate with Plain Yogurt

Create your own Main Course Gourmet Salad (Cold Entrée)

Choice of Lettuce: Chopped Romaine Lettuce –
Seasonal Baby Field Greens – Baby Hand Picked Spinach

Choice of (1) Protein: Baked Shrimp

Marinated Grilled Chicken – Sliced Flank Steak – Tofu

Choice of (up to 4) Toppings: Sliced Red Onions

Cherry Tomatoes – Green Peppers - Croutons – Walnut Pcs – Sliced

Black Olives-Sliced Cucumbers - Chickpeas Dried Cranberries

Sliced Mushrooms - Sunflower Seeds

Dressings: Lite Italian -Olive Oil & Vinegar - Lite Ranch-Lite Caesar

Deli Specials (Cold Entrée)

Grilled Chicken Caesar Wrap: Marinated Grilled

Chicken, Romaine Lettuce, Creamy Caesar Dressing

Classic Tuna or Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef

Choice of Bread: Sliced White- Whole Wheat -

Seedless Rye - Kaiser Roll – Wrap

Choice of Toppings: Lettuce – Tomato – Pickles-

American Cheese or Swiss Cheese

(Choose up to Four Sides Items)

Soups: (Counts as Side Item)

Soups: Campbell's Tomato- Chicken Rice-Lentil Soup- Pasta Fagioli

Broths: (Packets): Beef – Chicken- Vegetable

Choice of Side: Baked Potato - Dinner Roll – Baked Steak Fries

Mac & Cheese - Mashed Potatoes – Mashed Sweet Potatoes

Plain Penne -Penne Marinara- Brown Rice - Steamed White Rice -

Stuffing - Baby Carrots – Broccoli – Corn – Green Beans -

Cuban Style Black Beans (vegetarian)-Spinach

Side Salads: (Counts as Side Item)

Garden – Macaroni Salad – Potato Salad

Crackers & Peanut Butter -Cucumber Slices

Hummus & Carrot Plate- Cottage Cheese - Spanish Slaw

Dessert: (Counts as Side Item)

Lemon Pound Cake – Angel Food Cake - Brownie

Chocolate Angel Food Cake – Peach Pear Cobbler – Cheese Cake

Fresh Marinated Fruit Salad-Chocolate Mousse

Fruit Ice: Cherry - Orange - Lemon

Fresh Fruits: Banana-Orange-Apple-Seasonal Melon

Chilled Fruit: Peaches – Pears – Applesauce – Mandarin Oranges

Cookies: Chocolate Chip – Oatmeal Raisin –

Lorna Doone -Fig Newton – Graham Crackers

Gelatin: (Regular or Sugar Free) Strawberry or Orange

Ice Cream: Vanilla – Chocolate- Sugar Free Vanilla

Dinner

(Choice One Hot Entrée or Cold Entrée)

Hot Entrée

Chicken Francaise:

Sautéed in a Lemon White Wine Sauce

Grilled Chicken Parmesan

Oven Roasted Turkey: Served with Gravy

Broiled Flounder: Dressed with Garlic Lemon Herb

Baked Salmon

Home Made Meatloaf: Served with Gravy

Sliced Roast Beef: Served with Mushrooms Gravy

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes

Fajitas: Chicken, Shrimp, or Tofu

Cheese Quesadillas: Chicken, Cheese, or Black Bean

Sliced Flank Steak & Onion Sandwich

Panini: Fresh Mozzarella, Basil, & Tomato

Macaroni & Cheese: Macaroni in Creamy Cheese Sauce

Pasta Bar: (Hot Entrée)

Choice of Pasta: Penne - Linguini - Whole Wheat Penne

Choice of Sauce: Meat Sauce - Marinara Sauce-Ala Vodka

Butter Sauce-Garlic & Extra Virgin Olive Oil & White Wine

Choice of Toppings: Mixed Vegetables - Mushrooms-
Diced Marinated Chicken

From The Grill (Sandwich or Platters): (Hot Entrée)

Hamburger - Grilled Marinated Chicken - Turkey Burger

Black Bean Burger - Grilled Cheese Sandwich

Choice of Bread: Rye Bread - Whole Wheat - White Bread -

Regular Burger Bun - Whole Wheat Burger Bun

Choice of Toppings: Lettuce - Tomato -

Sautéed Mushrooms - American Cheese - Swiss Cheese -
Ham - Sautéed Onions

Room Number: _____ Date: _____

Name: _____

Diet: _____

10 North Regular Menu

Pizza: (Hot Entrée)

Individual Personal Cheese Pizza:

Choice of Toppings: Peppers -Mushrooms -Pepperoni

(Choice One Hot Entrée or Cold Entrée)

Cold Entrée Salads:

Cottage Cheese Plate: Cottage Cheese and
Fresh Seasonal Fruit

Fresh Fruit Plate with Plain Yogurt

Create your own Gourmet Salad: (Cold Entrée)

Choice of Lettuce: Chopped Romaine Lettuce
Seasonal Baby Field Greens - Baby Hand Picked Spinach

Choice of (1) Protein: Baked Shrimp -
Marinated Grilled Chicken - Sliced Flank Steak - Tofu

Choice of (up to 4) Toppings: Sliced Red Onions -
Cherry Tomatoes - Green Peppers - Croutons -

Walnut Pcs - Sliced Black Olives - Sliced Cucumbers
Dried Cranberries - Chickpeas -Mushrooms
Sunflower Seeds

Dressings: Lite Italian - Olive Oil & Vinegar
Lite Ranch-Lite Caesar

Deli Specials: (Cold Entrée)

Grilled Chicken Caesar Wrap: Marinated grilled
Chicken, Romaine Lettuce, Creamy Caesar Dressing

Classic Tuna or Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef

Choice of Bread: Sliced White - Whole Wheat
Seedless Rye - Kaiser Roll - Wrap

Directions:

Pick No More Than:

1 Entrée, 4 Sides and 3 Beverages

For Each Meal:

Breakfast, Lunch & Dinner

Dinner

(Choose up to Four Side Item's)

Sides Item's:

Soups : (Counts as a Side Item)

Soups: Campbell's Tomato - Chicken Rice
Lentil Soup -Pasta Fagioli

Broths: (Packets): Beef - Chicken- Vegetable

Choice of: Baked Potato - Dinner Roll- Baked Steak Fries
Mac & Cheese - Mashed Potatoes- Mashed Sweet Potatoes

Brown Rice - Steamed White Rice - Stuffing -

Baby Carrots Broccoli - Corn - Green Beans -

Plain Penne -Penne Marinara - Spinach

Cuban Style Black Beans (Vegetarian)

Side Salads: (Counts as a Side Item)

Garden - Macaroni Salad - Potato Salad

Crackers & Peanut Butter -Cucumber Slices

Hummus & Carrot Plate- Cottage Cheese - Spanish Slaw

Desserts: (Counts as a Side Item)

Lemon Pound Cake - Angel Food Cake - Brownie -

Chocolate Angel Food Cake - Peach Pear Cobbler

Cheese Cake - Chocolate Mousse

Fruit Ice: Cherry - Orange - Lemon

Fresh Fruits: Banana-Orange-Apple-Seasonal Melon

Chilled Fruit: Peaches - Pears - Applesauce

Mandarin Oranges-Fresh Marinated Fruit Salad

Cookies: Chocolate Chip - Oatmeal Raisin - Lorna

Doone - Fig Newton - Graham Crackers

Gelatin: (Regular or Sugar Free) Strawberry or Orange

Ice Cream: Vanilla - Chocolate - Sugar Free Vanilla

(Choose up Three Beverages)

Beverages:

Coffee: Decaffeinated

Tea: Decaffeinated - Chamomile

Hot Chocolate: Regular - Sugar Free

Milk: Whole - 1% - Skim - Lactaid - Soy

Juice: Orange-Apple-Tomato-Cranberry-Prune

Regular or Diet Ginger-Ale - Seltzer

Condiments: Mayonnaise - Mustard - Lite Mayo

Ketchup - Sour Cream-Sugar- Sweet & Low- Equal-

Splenda -Butter-Smart Balance Herb Packet - Lemon Juice

- Salt -Pepper-Non- Dairy Creamers-Parmesan Cheese