

Breakfast

BEVERAGES:

Coffee: Regular |Decaffeinated

Tea: Regular |Decaffeinated |Chamomile

Hot Chocolate: Sugar Free (10g)

Milk: 1% (7g) | Skim (7g) |Lactaid (13g) |Soy (18g)

Soda: Ginger-Ale |Seltzer

Juice: V8 (7g)

FRUITS:

Fruits: Banana (25g) |Orange (15g) |Apple (25g)

Seasonal Melon (10g)

Chilled Fruit: Peaches (12g) |Pears (14g) |Applesauce (12g)|

Mandarin Oranges (14g) | Fruit Salad (18g)

YOGURT:

Regular: Plain (12g) **Lite:** Strawberry (14g) |Peach (14g)

CEREAL:

Hot: Oatmeal (14g) |Cinnamon Oatmeal (14g)

Cream of Wheat (12g)

Cold: Corn Flakes (18g)| Crispy Rice (16g)|Cheerios (14g)

Rice Chex (16g) | Raisin Bran (25g)

BREAKFAST BAKERY:

Muffins: Blueberry (29g) |Corn (29g)

Bagels/Rolls: Plain (47g) |Sesame (47g) | Whole Wheat (47g)

Kaiser Roll (43g)

BREAKFAST ENTRÉE:

Eggs: Scrambled | Egg Whites |

Omelet: Egg White | Egg

Choice of 4 Toppings: Red Onions |Broccoli | Baby Spinach

Peppers |Mushroom |Turkey |Swiss cheese

Pancakes: Buttermilk (26g) | Blueberry (29g)|

Banana (34g)

French Toast: Plain (23g) | Blueberry (23g) | Banana

EGG SANDWICHES:

Choice of Bread | Kaiser Roll (43g)

Choice of Cheese: Swiss

Choice of Meat: Fresh Sliced Turkey

(Chefs) Healthy Sandwich Option:

Egg Whites, Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll (45g)

CONDIMENTS: Ketchup (3g) |Mustard | Lite Mayo| Lemon Juice| Smart Balance| Sweet & Low| Equal| Herb Packet| Pepper| Non-Dairy Creamers

10 North Cardiac/Carb Lunch Menu

HOT ENTRÉE:

Chicken Francaise: In a Lemon White Wine Sauce (4g)

Grilled Chicken Parmesan (4g)

Oven Roasted Turkey: Served with Gravy

Broiled Flounder: Dressed with Garlic Lemon Herb (8g)

Baked Salmon (8g)

Home Made Meatloaf: Served with Gravy (5g)

Sliced Roast Beef

Grilled Chicken Paillard: Served over Sautéed Spinach &

Mashed Potatoes (13g)

FROM THE GRILL:

Hamburger | **Grilled Marinated Chicken**

Black Bean Burger | **Grilled Cheese Sandwich**

Choice of Bread (*per slice):

*Rye Bread (19g) | *Whole Wheat Bread (14g)

Whole Wheat Burger Bun (28g) | *Sliced White Bread (14g)

Regular Burger Bun (31g)

Choice of Toppings: Lettuce | Tomato

Sautéed Mushrooms

PASTA BAR:

Choice of Pasta: Penne (28g) | Linguini (20g) | Whole Wheat Penne (28g)

Choice of Sauce: Meat Sauce | Marinara Sauce (8g)

Garlic & Extra Virgin Olive Oil & a Touch of White Wine

Choice of Toppings: Mixed Vegetables | Mushrooms |

Diced Marinated Chicken

DELI SPECIALS:

Fresh Fruit Plate with Plain Yogurt: (38g)

Classic Tuna / Chicken Salad Sandwich:

Oven Roasted Turkey Sandwich:

Slow Cooked Roasted Beef:

Choice of Bread: Sliced White (14g) | Whole Wheat (14g) |

Seedless Rye (19g) | Kaiser Roll (43g) |Wrap (53g) |

Grams is per slice

Choice of Toppings: Lettuce |Tomato |Swiss

SOUPS:

Soups: Campbell's Tomato (25g) | Chicken Rice (12g)

Lentil Soup (28g) | Pasta Fagioli (44g)

Broths: (Packets): Beef - Chicken

MAIN COURMET SALAD ENTRÉE:

Choice of Lettuce: Chopped Romaine Lettuce |

Seasonal Baby Field Greens |Baby Hand Picked Spinach

Choice of (1) Protein: Garden Seasoning |Baked Shrimp

Marinated Grilled Chicken |Sliced Flank Steak |Tofu (3g)

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

Cherry Tomatoes |Green Peppers |Croutons (5g) |

Walnut Pcs (2g) |Sliced Cucumbers |Chickpeas (5g) |

Sliced Mushrooms | Sunflower Seeds (3g)

Dressings: Lite Italian (1g) | Olive Oil and Vinegar

Lite Ranch (4g)

SIDES:

Choice of: Baked Potato (32g) | Dinner Roll (14g)

Baked Steak Fries (40g) |Mashed Potatoes (13g) |Mashed Sweet Pota-

atoes (12g) | Brown Rice (13g) Steamed White Rice (14 g) |Stuffing (10g)

Baby Carrots |Broccoli | Corn | Green Beans | Sautee Spinach

Cuban Style Black Beans (vegetarian) (19g)

SIDE SALAD:

Garden | Cottage Cheese (6g) Spanish Slaw |Vegetable Sticks |Crackers

& Peanut Butter (21g)|Cucumber Slices| Hummus & Carrot Plate (3g)

DESSERTS:

Angel Food Cake (28g) | Chocolate Angel Food Cake (29g) |Fresh

Marinated Fruit Salad (18g) | Fresh Fruit

Chilled Fruit: Peaches (12g) |Pears (14g) |Applesauce (12g)|

Mandarin Oranges (14g) | Graham Crackers (11g)

Gelatin: (Sugar Free) Strawberry (3g) or Orange (2g)

Sugar Free Vanilla Ice Cream (18g)

Sugar Free Pudding: Vanilla (13g) |Chocolate (13g)

BEVERAGES:

Coffee: Decaffeinated Hot Chocolate: Sugar Free (10g)

Tea: Decaffeinated |Chamomile

Milk: 1% (7g) | Skim (7g) |Lactaid (13g) |Soy (18g)

Soda: Ginger-Ale |Seltzer

CONDIMENTS: Ketchup (3g) |Mustard | Lite Mayo| Lemon Juice| Smart Balance| Sweet & Low| Equal| Herb Packet| Pepper| Non-Dairy Creamers

Directions:

Pick No More Than:

1 Entrée, 4 Sides and 3 Beverages

Dinner

HOT ENTRÉE:

Chicken Francaise: In a Lemon White Wine Sauce (4g)
Grilled Chicken Parmesan (4g)
Oven Roasted Turkey: Served with Gravy
Broiled Flounder: Dressed with Garlic Lemon Herb
Baked Salmon: (8g)
Sliced Roast Beef: Served with Gravy (5g)
Home Made Meatloaf: Served with Gravy
Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes (13g)

FROM THE GRILL:

Hamburger | Grilled Marinated Chicken |
Black Bean Burger (22g) | Grilled Cheese Sandwich
Choice of Bread: *Grams is per slice*
Rye Bread (19g) | Whole Wheat (14g) | White Bread (14g)
Regular Burger Bun (31g)
Choice of Toppings:
Lettuce | Tomato | Sautéed Mushrooms | Swiss Cheese
Sautéed Onions

PASTA BAR:

Choice of Pasta: Penne (28g) | Linguini (20g)
Whole Wheat Penne (28g)
Choice of Sauce: Meat Sauce | Marinara Sauce (8g)
Garlic & Extra Virgin Olive Oil & a Touch of White Wine
Choice of Toppings: Mixed Vegetables | Mushrooms
Diced Chicken

Room Number: _____ Date: _____

Name: _____

Diet: _____

10 North Cardiac/Carb Menu

DELI SPECIALS:

Fresh Fruit Plate with Plain Yogurt: (38g)
Classic Tuna / Chicken Salad Sandwich:
Oven Roasted Turkey Sandwich:
Slow Cooked Roasted Beef:
Choice of Bread: Sliced White (14g) | Whole Wheat (14g) |
Seedless Rye (19g) | Kaiser Roll (43g) | Wrap (53g) |
Grams is per slice
Choice of Toppings: Lettuce | Tomato | Swiss Cheese

MAIN COURMET SALAD ENTRÉE:

Choice of Lettuce: Chopped Romaine Lettuce –
Seasonal Baby Field Greens | Baby Hand Picked Spinach
Choice of (1) Protein: Garden Seasoning |
Marinated Grilled Chicken | Sliced Flank Steak | Tofu (3g)
Choice of (up to 4) Toppings: Sliced Red Onions |
Cherry Tomatoes | Green Peppers | Croutons (5g) |
Walnut Pcs (2g) | Sliced Cucumbers | Chickpeas (5g)
Sliced Mushrooms | Sunflower Seeds (3g)

SOUP:

Soups: Campbell's Tomato (25g) - Chicken Rice (12g) –
Lentil Soup (28g) - Pasta Fagioli (44g)
Broths: (Packets): Beef - Chicken

Directions:

Pick No More Than:
1 Entrée, 4 Sides and 3 Beverages
For Each Meal:
Breakfast, Lunch & Dinner

Dinner

SIDES:

Choice of: Baked Potato (32g) | Dinner Roll (14g) –
Baked Steak Fries (40g) –
Mashed Potatoes (13g) | Mashed Sweet Potatoes (12g) |
Brown Rice (12g) | Steamed White Rice (14g) | Stuffing (10g) |
Baby Carrots | Broccoli | Corn | Green Beans
Sautée Spinach | Cuban Style Black Beans (19g)

SIDE SALAD:

Garden | Cottage Cheese (6g) Spanish Slaw | Vegetable Sticks |
Crackers & Peanut Butter (21g) Cucumber Slices |
Hummus & Carrot Plate (3g)

DESSERTS:

Angel Food Cake (28g)
Chocolate Angel Food Cake (29g)
Graham Crackers (11g)
Fruit Salad (18g) | Fresh Fruit
Chilled Fruit: Peaches (12g) | Pears (14g)
Applesauce (12g) | Mandarin Oranges (14g)
Gelatin: (Sugar Free) Strawberry (3g) or Orange (2g)
Sugar Free Vanilla Ice Cream (18g)
Sugar Free Pudding: Vanilla (13g) | Chocolate (13g)

BEVERAGES:

Coffee: Decaffeinated **Hot Chocolate:** Sugar Free (10g)
Tea: Decaffeinated | Chamomile
Milk: 1% (7g) | Skim (7g) | Lactaid (13g) | Soy (18g)
Ginger Ale | Seltzer (13g)

CONDIMENTS: Ketchup (3g) | Mustard | Lite Mayo |
Lemon Juice | Smart Balance | Sweet & Low | Equal | Herb Packet |
Pepper | Non-Dairy Creamers

Note: g = grams

Carb Controlled 45g/Meal
Carb Controlled 60g/Meal