

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| Pep-
per| 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-
toes (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
Sautee 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