

# Bariatric Soft

## **Breakfast -** Available 7am to 10am

### Beverages

**Coffee:** Regular or Decaf

**Tea:** Regular, Decaf, Chamomile, Iced Tea

**Hot Chocolate:** No Sugar Added

**Milk:** Skim, Lactaid®

**Juice:** V8® (low sodium)

### Entrees

Scrambled Eggs, Scrambled Egg Whites, Hard Boiled Eggs (2ea)

### Sides

#### CEREAL:

Hot: Cream of Wheat®, Oatmeal

#### YOGURT

Light: Vanilla, Blueberry, Peach, Strawberry

#### FRUIT

Apples, Applesauce, Diced Pears, Mandarin Oranges, Diced Peaches

## **Lunch and Dinner -** Available 11am to 7pm

### Entrees

Baked Salmon, Meatloaf with Gravy, Turkey with Gravy, Tuna Salad, Egg Salad, Turkey Burger, Fruit Plate with Yogurt or Cottage Chees

### Soup and Sides

**SOUP:** LS Tomato, Beef Broth, Chicken Broth, Vegetable Broth

**SIDES:** Carrots, Cottage Cheese, Green Beans, Mashed Potatoes, Mashed Sweet Potatoes

### Condiments:

Equal, Honey, Lemon Juice, Salt, Splenda, Sweet & Low, Milk PC, Coffee Creamer

*For your health and safety, we will accept your menu selections only after your physician has entered your diet order.*