

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.