

## À la carte

### Breakfast - Available 7am to 10am

#### Main Course Choose 1

**Eggs:** Scrambled, Whites, or Hard Boiled (2ea)

**Omelet:** Plain, Cheddar or Swiss Cheese

**Pancakes:** Plain or Blueberry

**French Toast**

#### Breakfast Sides Limit of 5

##### CEREAL

Cinnamon Oatmeal, Cream of Wheat®, Steel Cut Oats, Cream of Rice®

##### YOGURT

Plain, Vanilla, Strawberry, Light Blueberry, Light Peach, Light Vanilla, Light Strawberry  
Cottage Cheese

**FRUIT:** Applesauce, Diced Pears, Diced Peaches

#### Bakery

**Muffins:** Blueberry Muffin, Banana Muffin

**Bread:** White or Wheat

#### Beverages Choose up to 3 per meal

**Tea:** Iced Tea

**Milk:** Whole, Skim, Lactaid®, Vanilla Soy, Low Fat Chocolate

**Juice:** Apple, Prune

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

4/16/26

## Tonsillectomy Diet

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

#### Main Course Choose 1 per meal time

##### HOT ENTRÉES

Beef Meatloaf, Sliced Roasted Turkey, Macaroni & Cheese  
Lasagna Pinwheel with Alfredo Sauce, Baked Fish

##### GRILL

Scrambled Eggs

##### DELI

Tuna Salad, Egg Salad

#### Soup and Sides Limit of 5

**SIDES:** White Rice, Stuffing, Penne Pasta, Macaroni & Cheese, Homemade Mashed Potatoes, Mashed Sweet Potatoes, Seasoned Carrots, Seasoned Broccoli, Seasoned Fresh Green Beans

**Soups:** Chicken & Rice

#### Cold Plates

**Soft Fruit Plate:** Peaches and Pears with Cottage Cheese, Plain Yogurt, or Vanilla Yogurt

**Grape Jelly Whole Wheat Uncrustable®**

#### Desserts \*NSA= No Sugar Added (Contains Splenda®)

**Pudding (Regular and NSA):** Chocolate, Vanilla, Rice

**Gelatin (Regular or NSA):** Orange

**Ice Cream (Regular or NSA):** Chocolate, Vanilla

#### Specialty Items

Limit of 1 per meal

Cheesecake, Brownie, Chocolate Mousse,

Angel Food Cake