

Low-Fat/Cholesterol, 2g Sodium Breakfast Menu

Low-sodium, low-fat, low-cholesterol diet

Drink offerings

Coffee (reg or decaf)*	Shasta Cola (reg or diet)*
Iced Tea*	Skim Milk
Chamomile Tea	Orange Juice
Lemonade	Apple Juice
2% Milk	Cranberry Juice
Shasta Lemon Lime (reg or diet)	Vanilla Soy Milk

**Patients with caffeine restrictions cannot have these beverages.*

Other drinks may be available upon request.
(Subject to caffeine restrictions)

Order cutoff times:

Breakfast: 5 a.m.

Lunch: 9 a.m.

Dinner: 3 p.m.

If you don't call to order your meal prior to the cutoff time, you will receive a tray, but will not be able to make selections.

Additional options are available, please ask
when placing your order.

Sunday

Scrambled Eggs
Wheat Toast
Cheerios®
Pears

Monday

Scrambled Eggs
Potatoes
Blueberry Muffin
Peaches

Tuesday

Scrambled Eggs
Turkey Bacon
Wheat Toast
Cheerios®
Pineapple

Wednesday

Pancakes
Turkey Sausage
Fresh Orange

Thursday

Scrambled Eggs
Turkey Bacon
Oatmeal
Wheat Toast
Peaches

Friday

Scrambled Eggs
Potatoes
Turkey Sausage
Wheat Toast
Pineapple

Saturday

Pancakes
Turkey Sausage
Cantaloupe
Cheerios®