

# Low-Fat/Cholesterol, 2g Sodium Dinner 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

<b>1st Choice (standard):</b>	Pasta w/ Meat Sauce Broccoli Cantaloupe Side Salad Breadstick
<b>2nd Choice:</b>	Turkey Breast Mashed Potato w/ Chicken Gravy Carrots
<b>Alt Choice:</b>	Caesar Salad Baked Chips Apple Crisp Vanilla Ice Cream Cup

## Monday

<b>1st Choice (standard):</b>	Chicken Marsala Mashed Potato w/ Beef Gravy Broccoli, Cauliflower, Carrots Peaches Side Salad
<b>2nd Choice:</b>	Saint Luke's Salad Chicken Noodle Soup Peaches
<b>Alt Choice:</b>	Spinach Summer Salad Baked Chips Vanilla Pudding Vanilla Ice Cream Cup

## Tuesday

<b>1st Choice (standard):</b>	Turkey Breast Mashed Potato w/ Chicken Gravy Carrots Fruit Cocktail
<b>2nd Choice:</b>	Tilapia White Rice Broccoli, Cauliflower, Carrots
<b>Alt Choice:</b>	Spinach Summer Salad Baked Chips Angel Food Cake Vanilla Ice Cream Cup

## Wednesday

<b>1st Choice (standard):</b>	Pot Roast w/ Gravy & Veg Mashed Potato w/ Beef Gravy Green Beans Pineapple
<b>2nd Choice:</b>	Turkey Sandwich Chicken Noodle Soup
<b>Alt Choice:</b>	Spinach Summer Salad Baked Chips Peach Cobbler Vanilla Ice Cream Cup

## Thursday

<b>1st Choice (standard):</b>	Pork Loin Brown Rice Pilaf Carrots Peaches Side Salad
<b>2nd Choice:</b>	Tomato Soup Chicken Sandwich Peaches
<b>Alt Choice:</b>	Caesar Salad Baked Chips Vanilla Pudding Vanilla Ice Cream Cup

## Friday

<b>1st Choice (standard):</b>	Chicken Marsala Baked Potato (Sour Cream and Butter) Broccoli Cantaloupe Side Salad
<b>2nd Choice:</b>	Salmon Green Beans
<b>Alt Choice:</b>	Caesar Salad Baked Chips Apple Crisp Vanilla Ice Cream Cup

## Saturday

<b>1st Choice (standard):</b>	Pork Loin Mashed Potato w/ Beef Gravy Broccoli, Cauliflower, Carrots Fruit Cocktail Side Salad
<b>2nd Choice:</b>	Tilapia Baked Potato
<b>Alt Choice:</b>	Spinach Summer Salad Baked Chips Angel Food Cake Vanilla Ice Cream Cup