

Alternate Menu for Lunch and Dinner

Deli Board Sandwiches

Your Choice of

- ◆ Turkey
- ◆ Ham
- ◆ Roast beef
- ◆ Tuna salad
- ◆ Egg salad
- ◆ Chicken salad

Served on Your Choice of

- ◆ Hard roll* (= 3 “carbs”)
- ◆ White*
- ◆ Wheat*
- ◆ Rye*

Add

- ◆ Lettuce
- ◆ Tomato[¶]
- ◆ Onion
- ◆ American cheese[¶]
- ◆ Swiss cheese

From the Grill

- ◆ Grilled Hamburger on a Bun* ~
lettuce, tomato, onion and/or
cheese added upon request
(= 2 “carbs”)
- ◆ Veggie Burger on a Bun*^{§¶} ~
lettuce, tomato, onion and/or
cheese added upon request
(= 2 “carbs”)
- ◆ Classic Grilled Cheese ~
American[¶] or Swiss cheese on
your choice of white, rye or
wheat bread*
(= 2 “carbs”)

Light Fare

- ◆ Traditional Chef Salad (served
with 3 pkg saltines* = 1 “carb”)
- ◆ Grilled Chicken Salad (served
with 3 pkg saltines* = 1 “carb”)
- ◆ Cottage Cheese & Fruit Plate
(= 1 “carb”)
- ◆ Peanut Butter & Jelly* (made
with diet jelly = 3 “carbs”)

Hot Entrees

- ◆ Grilled Chicken Breast
- ◆ Lemon Herb Pollock
- ◆ Broiled Salmon*
- ◆ Honey Baked Ham

Accompaniments

- ◆ Baked potato[¶]
(1 med, 6 oz = 2 “carbs”)
- ◆ Mashed potato[¶]
(½ cup = 1 “carb”)
- ◆ Steamed rice
(1/3 cup = 1 “carb”)
- ◆ Pasta* (1/3 cup = 1 “carb”)
- ◆ Egg Noodles*
(½ cup = 1 “carb”)
- ◆ Carrots
- ◆ Mixed vegetables
(½ cup = 1 “carb”)
- ◆ Green Beans
- ◆ Peas (½ cup = 1 “carb”)
- ◆ Cauliflower
- ◆ Broccoli

Please note that certain menu items may need to be modified or may not be available depending on the diet your doctor has ordered for you. For example, if your diet order is Heart Healthy, and you’d like a grilled cheese sandwich, it will be made with reduced-sodium / reduced-fat cheese.

*These items contain gluten. Gluten-free bread and gluten-free pasta are available upon request. Gluten-free salmon is *not* available.

[¶]Not allowed on a Renal diet.

[§]Not allowed on a Bland diet.