

BREAKFAST

Sunday

Ham and Cheese Casserole* served with
Banana Muffin**

Oatmeal* or Cold Cereal*, Tropical Fruit* and Banana Muffin**

Monday

Homestyle Biscuit** with Sausage Gravy, served with Peaches*

Oatmeal* or Cold Cereal*, Peaches* and Vanilla Yogurt*

Tuesday

Western Skillet* served with
Blueberry Muffin**

Oatmeal* or Cold Cereal*, Fruit Cocktail* and
Blueberry Muffin**

Wednesday

Whole Grain Blueberry Pancakes** served with Sausage Links

Oatmeal* or Cold Cereal*, Diced Pears* and Vanilla Yogurt*

Thursday

Pineapple Coffee Cake ** served with Scrambled Eggs

Oatmeal* or Cold Cereal*, Pineapple Tidbits* and
Lemon Poppyseed Muffin**

Friday

Southwestern Breakfast Casserole served with Potatoes O'Brien*

Oatmeal* or Cold Cereal*, Mandarin Oranges*
and Vanilla Yogurt*

Saturday

Scrambled Eggs and Turkey Sausage served with
Breakfast Potatoes* and Diced Pears*

Oatmeal* or Cold Cereal*, Diced Pears*
and Orange Muffin**

* =15 grams carbohydrate

LUNCH

Sunday

Sloppy Joe on a Wheat Bun** served with AuGratin Potatoes*
and Tossed Salad

Chef Salad served with White Chicken Chili* and Dinner Roll*

Monday

Braised Pot Roast with Baby Carrots, Mashed Potatoes*, and a Dinner Roll*

Smoked Turkey and Cheese Wrap** served with Tomato Soup*

Tuesday

Chicken and Dumplings*** served with Mixed Vegetables*

Pineapple Cottage Cheese Plate** served with Chicken Noodle Soup*

Wednesday

Kung Pao (spicy, sweet and sour) Meatballs served over Brown Rice** with
Sesame Broccoli and Carrots

Grilled Chicken Wrap** served with Cream of Broccoli Soup*

Thursday

Chili** and a Corn Muffin** served with Garden Salad

Turkey Club Sandwich** served with Navy Bean Soup*

Friday

Hamburger Deluxe** served with Homemade Kettle Chips*

Grilled Chicken Salad served with Vegetable Soup and Dinner Roll*

Saturday

Chicken Pot Pie** served with Hubbard Squash*

Tuna Salad Sandwich** served with Beef Barley Soup*

* =15 grams carbohydrate



DINNER

Sunday

Roasted Turkey with Dressing* and Gravy, served with Green Beans and
Cheesecake Mousse**

Smokehouse Chicken Sandwich** served with Kettle Chips*,
and Cheesecake Mousse**

Monday

Lasagna Roll Up** served with Fresh Italian Blend Vegetables
and Red Velvet Cake**

Sweet and Sour Chicken** served with Brown Rice**
Fresh Italian Blend Vegetables and Red Velvet Cake**

Tuesday

Country Beef Pot Pie** served with corn* and pimentos

BBQ Pork on Wheat Bun*** served with Roasted Red Skin Potatoes*,
Coleslaw and Apple Crisp**

Wednesday

Chicken Alfredo** served with Green Beans, Garlic Breadstick*
and a S'more Trifle**

Country Fried Steak* served with Mashed Potatoes*, Country Gravy,
Green Beans and a S'more trifle**

Thursday

Beef Stroganoff* served with Corn*, Dinner Roll*, and
Carrot Cake**

Rotisserie Style Chicken served with Mashed Sweet Potatoes*,
Dinner Roll*, and Carrot Cake**

Friday

Penne Pasta* with Bolognese Sauce, served with Green Beans, Dinner Roll*
and Double Chocolate Cake**

Baked Fish Filet served with Rice Pilaf**
and Double Chocolate Cake**

Saturday

Meatloaf served with Mashed Potatoes* and Gravy, Mixed Vegetables*,
Dinner Roll* and Chocolate Banana Bread Pudding**

Baked Macaroni and Cheese*** served with Mixed Vegetables* and
Chocolate Banana Bread Pudding**

* =15 grams carbohydrate

BREAKFAST ADDITIONAL ITEMS

Toast*: white, wheat, rye

Oatmeal* ♥

Cream of Wheat* ♥

Grits* ♥

Bagel**

English Muffin**

Buttermilk Pancake**

Scrambled Eggs ♥

Hard Fried Egg

Hard Boiled Egg

Sausage

Bacon

Assorted Cold Cereal: Cheerios* ♥, Corn Flakes*,

Frosted Flakes**, Raisin Bran**, Rice Krispies*,

Rice Chex*

* =15 grams carbohydrate

♥ = low sodium/low fat

Beverages

Skim Milk*

2% Milk*

Whole Milk*

Chocolate Milk*

Coffee

Decaf Coffee

Hot Tea

Decaf Hot Tea

Iced Tea

Decaf Iced Tea

Apple Juice*

Orange Juice*

Cranberry Juice*

Prune Juice*

Coke**

Diet Coke

Sprite**

Vernors**

Diet Vernors



FLINT

M-600 (5/16)

ADDITIONAL SELECTIONS

Soup

Chicken Noodle*

Tomato*

Entrees

Sandwich: Turkey ♥, Ham, Tuna Salad, Chicken Salad, Grilled Cheese or
Peanut Butter and Jelly

-Served on your choice of bread** or wrap***

Gluten Free Bread available

Hamburger**, Cheeseburger**, Black Bean Burger***, Turkey Burger** ♥

Grilled Chicken Sandwich** ♥

Grilled Chicken Breast ♥

Baked Fish ♥

Pizza- cheese*** or pepperoni***

Macaroni and Cheese**

Chicken Fingers* with Honey Mustard, BBQ or Ranch on the side

Sides

Mixed Vegetables* ♥

Corn* ♥

Green Beans ♥

Tossed Salad ♥

Cottage Cheese

French Fries*

Mashed Potatoes* ♥

Dinner Roll* ♥

Desserts

Tropical Fruit Mix* ♥

Mandarin Oranges* ♥

Fruit Cocktail* ♥

Fresh Fruit* (apple, orange) ♥

Peaches* ♥

Pears* ♥

Pudding** ♥

No Sugar Added Pudding* ♥

Jello*/ Sugar Free Jello ♥

Fresh Baked Cookie**

Ice Cream*/Sherbet** ♥

* =15 grams carbohydrate

♥ = low sodium/low fat

great
living starts here
MENU



FLINT

While your body is healing
some foods may be restricted due
to your diet prescription.

If assistance is needed please call ext. 22185