

FRIDAY LUNCH

Cardiac

Our chef has prepared a few specials for lunch:

#1 Hamburger Deluxe** (tomato and lettuce)
served with Unsalted Homemade Kettle Chips*

#2 Grilled Chicken on a Bed of Greens served with
Vegetable Soup and a Dinner roll*
Dressing? _____ fat free

Which one would you prefer?

What would you like to drink?

Skim milk* Decaf Ice Tea
2% milk* Decaf Coffee
Chocolate milk** Decaf Hot Tea

Don't forget the Condiments

Sugar Pepper Margarine
Sugar Sub Mrs Dash SF Crackers (2)
Creamer Ketchup Mustard
Relish Light miracle whip

EXTRAS:

M-606-E (6/15)

FRIDAY DINNER

Cardiac

Our chef has prepared a few specials for dinner:

#1 Penne Pasta* with meat sauce,
served with Green Beans and dinner roll*

#2 Baked Fish Filet served with rice pilaf**

Which one would you prefer?

Would you like dessert with dinner?

Dessert of the day is Double Chocolate cake**

What would you like to drink?

Skim milk* Decaf Ice Tea
2% milk* Decaf Coffee
Chocolate milk** Decaf Hot Tea

Don't forget the Condiments

Sugar Pepper Margarine
Sugar Sub Mrs Dash
Creamer Tartar sauce

EXTRAS:

M-606-E (6/15)

SATURDAY BREAKFAST

Cardiac

For breakfast today, our chefs have prepared:

#1 Scrambled eggs and turkey sausage served with
breakfast potatoes* and diced pears*

#2 Choice of Oatmeal* or
Cold Cereal*, served with Orange Muffin**
and Diced Pears*

Which one would you prefer?

What would you like to drink?

Skim milk* Decaf Coffee Orange Juice*
2% milk* Decaf Hot Tea Apple juice*
Chocolate milk** Prune Juice*
Cranberry Juice*

Don't forget the Condiments

Sugar Pepper Margarine
Sugar Sub Mrs Dash Brown Sugar*
Creamer Ketchup

EXTRAS:

M-606-E (6/15)