

ALWAYS AVAILABLE

BREAKFAST

CEREALS

CHEERIOS (14g) | CORN FLAKES (19g)
RICE KRISPIES (16g) | TOTAL RAISIN BRAN (29g)

APPLE CINNAMON CREAM OF WHEAT (18g)
OATMEAL (19g) | GRITS (14g)

BAKERY

BLUEBERRY MUFFIN (33g)
CRANBERRY ORANGE MUFFIN (39g)

THE NUMBERS THAT ARE IN () ARE THE
NUMBER OF GRAMS OF CARBOHYDRATES IN
THE FOOD ITEM.

FRUIT

CONTINENTAL BREAKFAST (65g)
FRUIT & HONEY YOGURT CRUNCH (42g)
SEASONAL FRUIT (18g)

GRILL

BACON (1g) | RED POTATO HASH (17g)
CINNAMON FRENCH TOAST (35g)
BUTTERMILK PANCAKES (33g)
SCRAMBLED EGGS (2g) | TURKEY SAUSAGE (0g)
VEGGIE SAUSAGE (4g) | PORK SAUSAGE LINK (1g)

LUNCH & DINNER

SOUP

CHICKEN NOODLE (8g) | TOMATO BASIL (20g)
SEASONAL SPECIAL (VARIES)

SALAD

BERRY FIELDS (15g) | CLASSIC COBB (8g)
CHICKEN CAESAR (15g) | BBQ CHICKEN (24g)

SANDWICH

CLASSIC BLT (47g) | BISTRO TURKEY (28g)
MEDITERRANEAN VEGGIE WRAP (47g)
CLASSIC TUNA SALAD (28g)

GRILL

DELUXE HAMBURGER (46g)
DELUXE IMPOSSIBLE BURGER (55g)
GRILLED CHICKEN SANDWICH (47g)
GRILLED CHICKEN QUESADILLA (43g)

DESSERT

KEY LIME CHEESECAKE (44g)
MINI APPLE PIE (69g)
PEANUT BUTTER BROWNIE BITE (30g)
SUGAR COOKIE (23g)
CHOCOLATE CHIP COOKIE (24g)

BEVERAGES

FRESH
BREWED
COFFEE
REGULAR (1g)
DECAF (1g)

TEA (0g)

HOT
COCOA (20g)

MILK
SKIM (11g)
2% (12g)
WHOLE (11g)
CHOCOLATE (25g)

JUICE
APPLE (14g)
CRANBERRY (15g)
GRAPE (18g) | ORANGE (13g)
PRUNE (34g)





YOUR DIET, LIKE YOUR MEDICATION, IS AN IMPORTANT PART OF YOUR TREATMENT AND MAY SPEED YOUR RECOVERY. YOU WILL RECEIVE THE DIET ORDERED BY YOUR DOCTOR, WHO MAY TRANSITION YOUR DIET THROUGH YOUR STAY.

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DAILY SPECIALS

SUNDAY

BREAKFAST
CLASSIC AMERICAN
BREAKFAST (20g)
SCRAMBLED EGG, BACON,
BREAKFAST POTATOES

LUNCH
SMOTHERED
PORK CHOP (37g)
PORK CHOP, MUSHROOM
GRAVY, POTATO WEDGES,
LEMON PEPPER CARROTS

DINNER
TOMATO BASIL
CHICKEN (31g)
TOMATO BASIL CHICKEN,
ROTINI, ITALIAN SAUTÉED
VEGETABLES, PARMESAN

MONDAY

BREAKFAST
BISCUIT & GRAVY (34g)
BUTTERMILK BISCUIT,
SCRAMBLED EGG,
COUNTRY GRAVY

LUNCH
CHICKEN POT PIE (24g)
CHICKEN, PEAS, GREEN BEANS,
CREAMY SAUCE, PUFF PASTRY,
STEAMED BROCCOLI

DINNER
JUMBO ITALIAN
MEATBALL (25g)
JUMBO MEATBALL, ROTINI,
MARINARA

TUESDAY

BREAKFAST
NITTY GRITTY
BOWL (28g)
CHEESE GRITS, CHEDDAR,
SCRAMBLED EGG, BACON,
SCALLIONS

LUNCH
SESAME GINGER
CHICKEN & RICE (51g)
SESAME GINGER GLAZED
CHICKEN, EDAMAME FRIED
RICE, HIBACHI VEGETABLES

DINNER
BUTTER CHICKEN
BOWL (40g)
COCONUT MASALA CHICKEN,
BASMATI RICE

WEDNESDAY

BREAKFAST
FIESTA TACOS (64g)
TORTILLAS WITH EGG,
CHEDDAR, BLACK BEAN,
POTATO, PICO DE GALLO

LUNCH
SMOKEHOUSE BBQ
PORK (80g)
PULLED PORK, MAC & CHEESE,
RED CABBAGE SLAW, HONEY-
KISSED CORNBREAD

DINNER
LOWCOUNTRY
SHRIMP & GRITS (24g)
OLD BAY SHRIMP, ANDOUILLE
SAUSAGE, CHEESY GRITS,
PEPPERS & ONIONS, CORN

THURSDAY

BREAKFAST
BREAKFAST
SKILLET (18g)
HOMESTYLE POTATOES,
PEPPERS & ONIONS,
SCRAMBLED EGG,
SAUSAGE LINK

LUNCH
BEEF
BURGUNDY (29g)
BRAISED BEEF, HERB CITRUS
CRUNCH, ROSEMARY POLENTA,
CARAMELIZED CARROTS &
PEARL ONIONS

DINNER
CHICKEN PICATTA (36g)
CHICKEN PICATTA, MASHED
POTATOES, SEASONED GREEN
BEANS

FRIDAY

BREAKFAST
FRENCH TOAST
BREAD PUDDING (51g)
BAKED CINNAMON SPICED
BRIOCHE, BACON

LUNCH
PASTA
POMODORO (48g)
ROTINI, BLISTERED TOMATOES,
BASIL, PARMESAN

DINNER
BBQ SALMON (21g)
BAKED SALMON, KANSAS CITY
BBQ SAUCE, CHEESE GRITS,
SAUTEED SPINACH

SATURDAY

BREAKFAST
SPINACH & PARMESAN
EGG BITE (21g)
CHEESY SPINACH EGG BITE,
RED POTATO HASH

LUNCH
HOMESTYLE
MEATLOAF (40g)
SMASHED POTATOES, RANCH
BROCCOLI, GRAVY

DINNER
JERK CHICKEN (57g)
JAMAICAN-STYLE CHICKEN,
YELLOW RICE, BLACK BEANS,
CARIBBEAN FRUIT SALSA