

Name: _____

♥ = Heart healthy
 🍀 = Diabetic-friendly

#	BREAKFAST CHOICES:	
	Waffle & Sausage 🍀♥	Waffle, veggie sausage patties, potato wedges, & diced pears
	Cheese Omelet 🍀♥	Cheese omelet, peppers and onions, breakfast potatoes, & broccoli
	Pork Sausage Breakfast Bowl 🍀	Scrambled eggs, potatoes, sausage crumbles, spinach, & peppers and onions
	Sausage & Egg Sandwich 🍀♥	Sausage & Egg Sandwich, breakfast potatoes, & diced pears
	Biscuits & Sausage Gravy	Biscuits & gravy, tri-color potato medley, & green beans
	Breakfast Skillet 🍀	Sausage & potato skillet, fried egg patty, cheddar cheese, cheddar grits, cinnamon applesauce
	Blueberry Pancakes 🍀♥	Pancakes, blueberry compote, scrambled eggs, turkey sausage links
	French Toast Sticks ♥	French toast sticks, blueberry compote, turkey sausage links, redskin potatoes
	Smothered Omelet 🍀♥	Sausage gravy over cheese omelet, breakfast potatoes, broccoli
	BEEF CHOICES:	
	Meatloaf w/ Gravy ♥	Meatloaf, mashed potatoes & herb gravy, diced carrots, & diced peaches
	Salisbury Steak w/ Gravy ♥	Salisbury steak, mashed potatoes & gravy, corn, & cinnamon applesauce
	Hamburger	Hamburger, macaroni and cheese & broccoli
	Beef Stew	Beef Stew over biscuit, broccoli, & maple roasted sweet potatoes
	Country Fried Steak	Country fried steak & gravy, mashed potatoes, peas & carrots, & bean medley
	Burger Parmesan ♥	Burger over penne with marinara & mozzarella, carrot coins, green beans
	CHICKEN CHOICES:	
	Chicken Cordon Bleu	Breaded chicken w/ sliced ham & cheese sauce, carrot, & Brussel sprouts
	Grilled Chicken Breast 🍀♥	Grilled chicken, carrot coins, and scalloped potatoes
	Santa Fe Chicken 🍀	Grilled chicken w/ salsa, monterey jack cheese. Roasted corn and black beans
	Chicken Rice Casserole ♥	Chicken rice casserole, Italian blend vegetables, & scalloped potatoes
	Chicken & Broccoli Ch. Casserole 🍀	Chicken, noodles, broccoli & cheese sauce, peach betty, and peas
	Chicken Nuggets 🍀♥	Chicken nuggets, roasted Brussel sprouts, and Italian blend
	Chicken Pasta Parmesan	Chicken pasta primavera, carrot coins, & green beans
	Popcorn Chicken Bowl	Boneless chicken over mashed potatoes, peppered gravy, cheese, & corn
	Chicken Mornay ♥	Chicken mornay, rice, & peas & mushrooms
	Chicken Tikka Masala ♥	Diced chicken on rice w/ Masala sauce, green beans, & pineapple tidbits
	Sweet & Sour Chicken 🍀♥	Sweet 'n sour chicken, rice, vegetables, & Brussel sprouts
	Chicken & Dumplings ♥	Chicken & dumplings, broccoli, & pineapple betty
	BBQ Chicken ♥	BBQ grilled chicken, rosemary & garlic potatoes, & green beans
	Spaghetti & Turkey Meatballs	Spaghetti, turkey meatballs, Brussel sprouts, and carrot coins
	PORK CHOICES:	
	Italian Sausage with Peppers	Italian sausage w/ peppers, corn, & baked beans
	BBQ Pork Riblet	Pork riblet w/ BBQ sauce, mashed potatoes, peas & carrot coins
	Country-Fried Pork 🍀	Country-fried pork, carrot coins, & fiesta black beans
	Kielbasa w/ Sauerkraut 🍀	Kielbasa w/ sauerkraut, rosemary & garlic potatoes, & cinnamon apples
	SEAFOOD CHOICES:	
	Potato-Breaded Pollock 🍀♥	Potato-breaded Pollock, green beans, & tri-color potatoes
	Fish Marinara 🍀	Crunchy fish wedge, marinara & cheese, bean medley, & cinnamon apples
	VEGETARIAN CHOICES:	
	Cheese Tortellini w/ Marinara Sauce 🍀	Mozzarella Cheese, mixed vegetables and diced carrots
	Cornbread & Chili	Vegetarian chili over cornbread, green beans, & carrot coins
	Cheese Stuffed Shells 🍀♥	Cheese stuffed shells, peas & mushrooms, & cinnamon pears
	Macaroni & Cheese 🍀♥	Macaroni & cheese, green beans, & diced cinnamon apples
	Cheddar Pierogis	Cheddar pierogis with caramelized onions, carrot coins, & peas
	Chef's Choice	***substitutions may be made due to product availability***

Please call **614-DIETITIAN** to make changes to your selections