



Low Fat Diet



Your doctor has prescribed a Low Fat Diet limited which limits all types of fats from the diet for you during your stay. This diet is for digestive problems such as pancreatitis or gallstones.

Our suggestions when ordering your meals from the At Your Request menu for your special diet are listed below. **Multiple diet restrictions may limit the foods allowed**

Breakfast



Entrees

Cholesterol Free Scrambled
Cholesterol Free Omelet with Choice of:
Onion/Tomato/Mushroom
Buttermilk Pancake (1 pancake)
French Toast (1 piece)
Fruit Plate

Cereal

Cream of Wheat	Rice Krispies
Oatmeal	Special K
Grits	Corn Flakes
Cheerios	Raisin Bran
Frosted Flakes	Fruit Loops

Bakery

Plain Bagel (half)
English Muffin
Blueberry Muffin
Plain Muffin



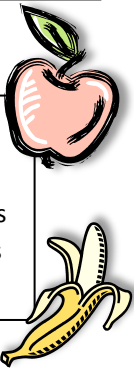
On the Side

Breakfast Potatoes
Turkey Sausage
Cottage Cheese
Yogurt: Vanilla/Strawberry/Greek

Fruit

Apple
Banana
Quartered Orange
Fresh Fruit Cup

Applesauce
Peach Slices
Pear Halves



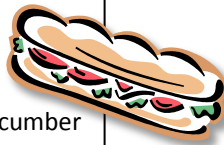
Lunch/Dinner

Entrees

Pot Roast	Spaghetti or Whole Wheat Penne with:
BBQ Chicken Breast	Marinara Sauce
Veggie Burger	Blackened Chicken Breast
Chicken Parmesan	Crispy Baked Tilapia
Roasted Turkey Breast	Glazed Grilled Chicken

Deli

Breads: Wheat, White, Tortilla Wrap
Meat: Ham, Roast Beef, Turkey
Toppings: Onion, Lettuce, Tomato, Cucumber



Soup/Salad

Side Garden Salad	Garden Vegetable
Chicken Noodle	Cole Slaw
Tomato	Fruit & Cottage Cheese Plate
Broth: Chicken/Beef/Vegetable	

On the Side

Sliced Carrots	Parsley Boiled Potatoes
Green Beans	Whipped Potatoes
Yellow Corn	White Rice
Green Peas	Bread Dressing
Broccoli	Dinner Roll
Yellow Squash	Sliced Bread: Wheat/White
Crackers	Collard Greens

Desserts

Vanilla Wafers	Diet Pudding: Choc/Vanilla
Graham Crackers	Gelatin: Berry/Lemon/Lime
Angel Food Cake	Diet Vanilla Ice Cream
Lemon Fruit Ice	Sherbet: Lime/Orange
Chocolate Brownie	

Beverages

Coffee/Decaf	Milk: Skim, Lactose Free, Soy
Hot/Iced Tea	Juice: Grape, Orange, Apple, Cranberry
Sodas (Reg or Diet): Cola, Lemon Lime	
Sports Drink	Crystal Light®

