

LOW FIBER MENU

Chef Daily Specials

Your doctor has prescribed a low fiber diet. A low fiber diet reduces the frequency and volume of your stools. This lessens irritation to the gastrointestinal (GI) tract and can help you heal.

Revised Feb 2022

	BREAKFAST	LUNCH	DINNER
SUNDAY	Buttermilk Pancakes, Scrambled Eggs & Applesauce	Turkey Tetrazzini & Green Beans or Roasted Turkey Breast & Cali Mixed Vegetables	Chicken Marsala & White Rice or Penne with Meatballs & Green Beans
MONDAY	Scrambled Eggs, Hash Brown Potatoes, Bacon, Grits & Applesauce	Roasted Turkey Breast, Mashed Potatoes, Green Beans or Roast Beef & Cheese Sandwich	Penne with Meatballs & Cali Mixed Vegetables or Cranberry Dijon Chicken & Cali Mixed Vegetables
TUESDAY	Buttermilk Pancakes, Scrambled Eggs, Grits & Mandarin Oranges	Pork Carnitas, Spanish White Rice, & Roasted Bell Peppers or Chicken Salad Cold Plate & Vegetable Soup	Chicken Pot Pie & Cali Mixed Vegetables or Smothered Pork Chop, Mashed Potatoes & Green Beans
WEDNESDAY	Scrambled Eggs with Veggies & Cheese & Applesauce	Penne with Meatballs & Green Beans or Turkey Burger & Baked Potato Wedges	Beef Stew & Green Beans or BBQ Chicken, Mac & Cheese & Green Beans
THURSDAY	French Toast, Bacon & Diced Peaches	Citrus Marinated Chicken & White Rice or Penne With Meatballs & Cali Mixed Vegetables	Lemon Thyme Roast Turkey, White Rice & Green Beans or Beef, Macaroni & Tomatoes & Cali Mixed Vegetables
FRIDAY	Cheese Omelet, Turkey Sausage Patty & Applesauce	Herb Baked Chicken, White Rice & Corn Muffin or Chicken Parm Fresca, Penne & Green Beans	Pot Roast, Mashed Potatoes & Green Beans or Tuscan Herb Pollock, White Rice & Cali Mixed Vegetables
SATURDAY	French Toast, Hash Brown Potatoes, Grits & Applesauce	Basil Chicken with Mashed Potatoes & Gravy or Turkey & Cranberry Spread Sandwich	Chop Beef Steak, Mashed Potatoes & Green Beans or Penne with Meatballs & Green Beans

ALWAYS AVAILABLE

BREAKFAST

Regular or Low-Cholesterol Scrambled Eggs
Hard Boiled Egg
Buttermilk Pancakes
French Toast (Reg or WW)
Tofu Scramble
Bacon Slice
Turkey Sausage Patty
Pork Sausage Patty
Hash Brown Potatoes
Bagel -White, Cinnamon
Hot Cereal - Cream of Wheat, Grits
Cold Cereal - Corn Flakes, Frosted Flaked, Rice
Krispies
Greek Yogurt or Regular Yogurt - Vanilla

ENTREES

Herb Chicken Breast
Cheese Quesadilla
Grilled Cheese Sandwich
Chop Beef Steak
Tofu Scramble
Hamburger (Beef or Turkey)

Chef Salad

Build-Your-Own Sandwich

Choice of: White Bread, Hamburger Bun, 10"
Flour Tortilla or 6" Corn Tortilla

Choice of: Ham, Turkey Breast, Herb Chicken
Breast, Peanut Butter, Grape Jelly, Strawberry
Jelly, Swiss Cheese, American Cheese, Sliced
Cheddar, Provolone Cheese

SIDES

Green Beans
California Mixed Vegetables

White Rice
Mashed Potatoes
Penne Pasta
Macaroni & Cheese

Baked Lay's
Regular Lay's
White Dinner Roll

Chicken Noodle Soup
Vegetable Soup
Beef, Chicken or Vegetable Broth

DESSERTS

Angel Food Cake
Peach Cobbler
Orange Sherbet
Lemon Fruit Ice
Cookies
Chocolate Chip, Sugar, Vanilla Wafers,
Graham Crackers
Ice Cream
Vanilla, Chocolate, Strawberry
Pudding (Reg or sf)
Chocolate or Vanilla
Gelatin (Reg or sf)
Berry or Citrus
Banana
Diced Peaches
Mandarin Oranges
Applesauce

Speak with the Call Center
Representative for
Additional Options

CALL US 843-792-3892