

HEART HEALTHY MENU

Revised Feb 2022

Chef Daily Specials

Your doctor has prescribed a Heart Healthy Diet limited in sodium, saturated/trans fat, and cholesterol for you during your stay. This diet will help control blood pressure and cholesterol, reducing your risk for a heart attack or stroke.

	BREAKFAST	LUNCH	DINNER
SUNDAY	Buttermilk Pancakes, Turkey Sausage Links & Oatmeal	Turkey Tetrazzini & Broccoli Florets or Southwest Chicken Salad & Tomato Basil Soup	Chicken Marsala, White Rice & Baby Carrots or Meatball Marinara with Pasta & Caesar Salad
MONDAY	Low Cholesterol Egg Omelet, Hash Brown Potatoes, Oatmeal & English Muffin	Roasted Turkey Breast with Gravy, Mashed Potatoes & Green Beans or Roast Beef on Rye & Tomato Basil Soup	Baked Ziti with Broccoli or Cranberry Dijon Chicken Breast, Brown Rice & California Vegetable Blend
TUESDAY	1 Buttermilk Pancake with Syrup, Turkey Sausage Patty, Grits & Mandarin Oranges	Pork Carnitas, Spanish Rice, Roasted Bell Peppers & Corn or Chicken Caesar Wrap & Vegetable Soup	Chicken Pot Pie (No Crust) with California Mixed Vegetables or Herb Baked Chicken Breast, Mashed Potatoes & Broccoli Cuts
WEDNESDAY	Low Cholesterol Scrambled Eggs, Hash Brown Potatoes, Oatmeal & Diced Pears	Meatball Marinara with Pasta & Green Beans or Turkey Cheeseburger with Oven Roasted Potato Wedges	Beef Stew with Mixed Green Salad or BBQ Chicken Breast, Macaroni and Cheese & Collard Greens
THURSDAY	French Toast with Syrup, Turkey Sausage Patty, Cheerios with Milk & Diced Peaches	Citrus Marinated Chicken, Mashed Sweet Potatoes & Cauliflower or Fettuccine with Tomato Basil Sauce & Garden Vegetable Soup	Lemon Thyme Roasted Turkey, Roasted Potatoes & Green Beans or Pasta Baked with Beef and Tomatoes
FRIDAY	Low Cholesterol Scrambled Eggs with Half English Muffin, Turkey Sausage Patty, Oatmeal & Diced Pears	Herb Baked Chicken Breast, Baked Beans & Collard Greens or Chicken Parmesan Fresca with Penne Marinara & Broccoli Cuts	Beef Pot Roast, Mashed Potatoes & Green Beans or Tuscan Herb Pollock & Barley Rice Pilaf
SATURDAY	French Toast with Grits, Hash Brown Potatoes & Applesauce	Basil Chicken Breast, Brown Rice & Carrots or Turkey and Cranberry Sandwich & Salad	Farmer's Meatloaf with Gravy, Mashed Potatoes & Green Beans or Broccoli Herb Penne Pesto & Salad

ALWAYS AVAILABLE

BREAKFAST

Regular or Low-Cholesterol Scrambled Eggs
Hard Boiled Egg
Buttermilk Pancakes
French Toast
Tofu Scramble
Turkey Sausage
Hash Brown Potatoes
Blueberry Muffin
Bagel - Wheat, White, Cinnamon
Hot Cereal - Oatmeal, Cream of Wheat, Grits
Cold Cereal - Cheerios, Corn Flakes, Frosted
Flaked, Raisin Bran, Rice Krispies
Greek Yogurt - Vanilla or Blueberry

ENTREES

Herb Chicken Breast
Chop Beef Steak
Penne & Marinara
Tofu Scramble

Hamburger (Beef, Turkey or Veggie) with
choice of Cheddar or Swiss Cheese

Chicken Caesar Salad
Fresh Fruit Plate
Apples, Grapes, Strawberries &
Cantaloupe

Build-Your-Own Sandwich

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

Choice of: Turkey Breast, Chicken Salad,
Tuna Salad, Herb Chicken Breast, Peanut
Butter, Grape Jelly, Strawberry Jelly, Sliced
Cheddar, Swiss Cheese

Add On: Leaf Lettuce, Sliced Tomatoes,
Sliced Yellow Onions

SIDES

Green Beans
Broccoli
Collard Greens
California Mixed Vegetables
Mixed Green Salad
Carrot & Celery Sticks

Brown Rice
White Rice
Mashed Potatoes
Penne Pasta
Macaroni & Cheese

Baked Lay's
Wheat Dinner Roll
White Dinner Roll

Chicken Noodle Soup
Tomato Basil Soup
Vegetable Soup
Beef, Chicken or Vegetable Broth

DESSERTS

Angel Food Cake
Peach Cobbler
Orange Sherbet
Lemon Fruit Ice
Cookies

Chocolate Chip, Oatmeal Raisin
Sugar & Vanilla Wafers

Ice Cream
Vanilla, Chocolate, Strawberry

Pudding (Reg or sf)
Chocolate or Vanilla

Gelatin (Reg or sf)
Berry or Citrus

Fresh Fruit
Apple, Banana, Orange, Red
Grapes, Peach Slices, Pear Halves

Speak with the Call Center
Representative for
Additional Options

CALL US 843-792-3892