

LOW SODIUM MENU

Chef Daily Specials

The low sodium diet limits sodium to 700 mg of sodium per meal in order to help prevent water retention, high blood pressure, and shortness of breath. It may help reduce your risk for a heart attack or stroke.

Revised Feb 2022

	BREAKFAST	LUNCH	DINNER
SUNDAY	Buttermilk Pancakes, Turkey Sausage Patty, Oatmeal & Applesauce	Turkey Tetrazzini & Broccoli or Southwest Chicken Salad Plate & Tomato Basil Soup	Chicken Marsala, White Rice & Baby Carrots or Lasagna with Meat Sauce & Caesar Side Salad
MONDAY	Scrambled Eggs, Hash Brown Potatoes, Oatmeal, English Muffin & Applesauce	Roasted Turkey Breast, Mashed Potatoes, Green Beans or Roast Beef on Rye Sandwich & Tomato Basil Soup	Baked Ziti & Broccoli or Cranberry Dijon Chicken, Brown Rice & Cal Mixed Vegetables
TUESDAY	Buttermilk Pancakes, Turkey Sausage Patty, Grits & Mandarin Oranges	Pork Carnitas, Spanish White Rice, Roasted Bell Peppers & Corn or Chicken Caesar Wrap & Vegetable Soup	Chicken Pot Pie & Cali Mixed Vegetables or Smothered Pork Chop, Mashed Potatoes & Broccoli
WEDNESDAY	Eggs with Veggies & Cheese, Hash Brown Potatoes, Oatmeal, English Muffin & Pears	Penne with Meatballs & Green Beans or Turkey Burger, Baked Potato Wedges & Mixed Green Salad	Beef Stew & Mixed Green Salad or BBQ Chicken, Mac & Cheese & Green Beans
THURSDAY	French Toast, Turkey Sausage Patty, Cheerios & Peaches	Citrus Marinated Chicken, White Rice & Cauliflower or Fettucine with Tomato Basil, Vegetable Soup & Mixed Green Salad	Roast Turkey, Dijon Roasted Potatoes & Green Beans or Beef, Macaroni & Tomatoes with Mixed Green Salad
FRIDAY	Scrambled Eggs, Turkey Sausage Patty, Oatmeal, English Muffin & Pears	Herb Baked Chicken, White Rice & Collard Greens or Chicken Parm Fresca, Penne with Marinara & Broccoli	BBQ Pulled Pork, Baked Beans & Collard Greens or Tuscan Herb Pollock, Barley Rice Pilaf & Cali Mixed Vegetables
SATURDAY	French Toast, Hash Brown Potatoes, Grits & Applesauce	Basil Chicken, Brown Rice & Baby Carrots or Turkey & Cranberry Spread Sandwich with Mixed Green Salad	Farmer's Meatloaf, Mashed Potatoes & Green Beans or Broccoli Penne Pesto & Mixed Green Salad

ALWAYS AVAILABLE

BREAKFAST

Regular or Low-Cholesterol Scrambled Eggs
Hard Boiled Egg
Buttermilk Pancakes
French Toast (Reg or WW)
Tofu Scramble
Turkey Sausage
Hash Brown Potatoes
Blueberry Muffin
Whole Wheat English 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
Hummus Wrap
Tofu Scramble
Hamburger (Beef, Turkey or Veggie)

Caesar Salad
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, Egg
Salad, Tuna Salad, Herb Chicken Breast,
Peanut Butter, Grape Jelly, Strawberry Jelly,
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
Regular 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, Graham Crackers
Ice Cream
Vanilla, Chocolate, Strawberry
Pudding (Reg or sf)
Chocolate or Vanilla
Gelatin (Reg or sf)
Berry or Citrus
Fresh Whole Fruit: Apple, Banana, Orange,
Grapes
Fresh Fruit Cup
Diced Peaches or Pears
Mandarin Oranges
Applesauce

Speak with the Call Center
Representative for
Additional Options

CALL US 843-792-3892