

# POST TRANSPLANT MENU

## Chef Daily Specials

Your doctor has prescribed a post transplant diet. Following this diet at home will help you and your new organ stay healthy. This diet is low in sodium (less than 1000 mg of sodium per meal), low in fat, and low in sugar.

Revised Feb 2022

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

# ALWAYS AVAILABLE

## BREAKFAST

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Regular or Low-Cholesterol Scrambled Eggs  
Hard Boiled Egg  
Buttermilk Pancakes  
Whole Wheat French Toast  
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, Rice Krispies  
Greek Yogurt - Vanilla or Blueberry

## ENTREES

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Herb Chicken Breast  
Cheese Quesadilla  
Grilled Cheese Sandwich  
Chop Beef Steak  
Penne & Marinara  
Hummus Wrap  
Tofu Scramble  
Hamburger (Beef, Turkey or Veggie)

Chef Salad  
Caesar Salad  
Chicken Caesar Salad  
Hummus & Pita Plate  
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,  
Jelly, Swiss Cheese

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

## SIDES

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

Brown Rice  
White Rice  
Mashed Potatoes  
Penne Pasta

Baked Lay's  
Regular Lay's  
Wheat Dinner Roll  
White Dinner Roll

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

## DESSERTS

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Angel Food Cake  
Peach Cobbler  
SF Lemon Fruit Ice  
Cookies  
Vanilla Wafers, Graham Crackers  
SF Pudding  
Chocolate or Vanilla  
SF Gelatin  
Berry or Citrus  
Fresh Whole Fruit: Apple, Banana, Orange,  
Grapes  
Fresh Fruit Cup  
Diced Peaches  
Diced Pears  
Mandarin Oranges  
Applesauce

Speak with the Call Center  
Representative for  
Additional Options

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CALL US 843-792-3892