

BLAND MENU

Chef Daily Specials

Your doctor has prescribed a bland diet. This lessens irritation to the gastrointestinal (GI) tract and can help you heal.

****Multiple diet restrictions may limit the foods allowed****

Revised April 2022

	BREAKFAST	LUNCH	DINNER
SUNDAY	Buttermilk Pancakes, Scrambled Eggs, Oatmeal & Diced Pears	Roasted Turkey, Broccoli Cuts, Fresh Fruit Cup & Dinner Roll	Chicken Marsala, White Rice, Baby Carrots, Dinner Roll & Vanilla Pudding
MONDAY	Scrambled Eggs, English Muffin, Oatmeal, Applesauce & Bacon	Roasted Turkey Breast, Mashed Potatoes, Green Beans, Dinner Roll & Diced Pears	Penne with Margarine, Broccoli Cuts, Dinner Roll & Oatmeal Raisin Cookie
TUESDAY	Buttermilk Pancakes, Scrambled Eggs, Grits & Mandarin Oranges	Chopped Beef Steak, White Rice, Corn, Roasted Bell Peppers, Dinner Roll & Fresh Fruit Cup	Chicken Pot Pie (No crust), Cali Mixed Vegetables, Dinner Roll & Fresh Fruit Cup
WEDNESDAY	Scrambled Eggs, English Muffin, Oatmeal & Diced Pears	Penne with Margarine, Dinner Roll, Green Beans & Diced Peaches	Beef Stew, Green Beans, Dinner Roll, Diced Pears & Angel Food Cake
THURSDAY	French Toast, Bacon, Oatmeal & Diced Peaches	Tofu Scramble, Mashed Sweet Potato, Cauliflower, Dinner Roll & Vanilla Pudding	Lemon Thyme Roast Turkey, White Rice, Green Beans, Corn Muffin & Fresh Fruit Cup
FRIDAY	Cheese Omelet, Oatmeal, Blueberry Muffin & Diced Pears	BBQ Pulled Pork, White Rice, Collard Greens, Corn Muffin & Mandarin Orange	Pot Roast, Mashed Potatoes, Green Beans, Dinner Roll & Peach Cobbler
SATURDAY	French Toast, Grits, Bacon & Applesauce	Basil Chicken, Brown Rice, Baby Carrots, Dinner Roll & Diced Peaches	Chop Beef Steak, Mashed Potatoes, Dinner Roll & 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
- English Muffin
- Bagel -White, Wheat, Cinnamon
- Blueberry Muffin
- Biscuit
- Hot Cereal - Oatmeal, Cream of Wheat, Grits
- Cold Cereal - Cheerios, Corn Flakes, Frosted Flaked, Rice Krispies, Raisin Bran, Rice Chex
- Greek Yogurt -Vanilla or Blueberry
- Regular Yogurt - Vanilla or Strawberry

ENTREES

Chop Beef Steak
Tofu Scramble
Veggie Burger
Mixed Green Salad

Build-Your-Own Sandwich

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

Choice of: Ham, Turkey Breast, Herb Chicken Breast, Chicken Salad, Tuna Salad, Egg Salad, Grape Jelly, Strawberry Jelly, Swiss Cheese, American Cheese, Sliced Cheddar, Provolone Cheese

SIDES

- Green Beans
- Broccoli Cuts
- Collard Greens
- California Mixed Vegetables
- Brown Rice
- White Rice
- Mashed Potatoes
- Penne Pasta
- Macaroni & Cheese
- White Dinner Roll
- Vegetable Soup
- Beef, Chicken or Vegetable Broth

DESSERTS

- Angel Food Cake
- Peach Cobbler
- Orange Sherbet
- Lemon Fruit Ice
- Cookies - Oatmeal Raisin, Vanilla Wafers
- Graham Crackers
- Vanilla Ice Cream
- Vanilla Pudding (Reg or sf)
- Gelatin (Reg or sf) - Berry or Citrus
- Fresh Fruit - Apple, Banana, Orange, Red Grapes, Fresh Fruit Cup, Peach Slices, Pear Halves, Applesauce, Mandarin Orange

Speak with the Call Center
Representative for
Additional Options

CALL US 843-792-3892