

# Always Available Menu

Served During Lunch & Dinner

## Beverages

Orange Juice, Cranberry Juice, Apple Juice, Lemonade, Unsweetened Ice Tea 🍷  
Sugar Free Lemonade 🍷, Skim Milk ♥, Ginger Ale, Sweet Tea  
Lactose Free Milk ♥, Prune Juice ♥, Coffee, Decaffeinated Coffee

## Deli Items

Tuna Salad ♥, Egg Salad ♥, Turkey Breast ♥, PB&J Sandwich  
American Cheese, Swiss Cheese ♥, Lettuce, Tomato  
~On Your Choice of Bread or Served Over a Bed of Lettuce~

## Hot From the Grill

Plain Omelet or w/Cheese, Egg Beater Omelet ♥, Broiled Fillet of Fish ♥ Hamburger,  
Cheeseburger, Hot Dog\*, Grilled Cheese (add Turkey, Ham or Tomato)  
Roasted Chicken ♥

## Sides

House Salad ♥, Soup of the Day, Cottage Cheese ♥, Stewed Prunes ♥, Baked Potato ♥,  
Baked Sweet Potato ♥, Deli Salad of the Day ♥, Carrots or Green Beans ♥, Pasta of the Day  
w/Sauce or Garlic & Butter

Fat Free Salad Dressings ♥: Italian, Ranch, 1000 Island, Blue Cheese & Oil & Vinegar

## Desserts

Assorted Ice Cream, Sugar Free Ice Cream 🍷, Yogurt ♥ 🍷, Seasonal Fruit ♥ 🍷,  
Sugar Free Apple Sauce ♥ 🍷, Reduced Fat Pound Cake ♥, Sugar Free Jello

## Condiments Available

Ketchup\*, Mustard, Mayonnaise, Tartar Sauce\*, Butter Parmesan Cheese\*

**\*\*\*All Special Orders Require Additional Preparation & Cooking Time.**

**Please Anticipate Longer Service Times\*\*\***

**For Faster Service Order Special Items At Least One Meal In Advance**



Heart Healthy Item

Signature of RD \_\_\_\_\_



High In Sodium Item



CCD Diet Recommended Item

Date \_\_\_\_\_