

BREAKFAST

Sunday

Homestyle Egg and Cheese Casserole* served with Banana Muffin*

Oatmeal* or Cold Cereal*, Tropical Fruit* and Banana Muffin*

Monday

Homestyle Biscuit** with Sausage Gravy, served with Tropical Fruit*

Oatmeal* or Cold Cereal*, Peaches* and Vanilla Yogurt*

Tuesday

Homestyle Egg and Cheese Casserole* served with Blueberry Muffin**

Oatmeal* or Cold Cereal*, Fruit Cocktail* and Blueberry Muffin**

Wednesday

Whole Grain Blueberry Pancakes** served with Sausage Links

Oatmeal* or Cold Cereal*, Diced Pears* and Vanilla Yogurt*

Thursday

Homestyle Egg and Cheese Casserole* served with Lemon Poppyseed Muffin**

Oatmeal* or Cold Cereal*, Pineapple Tidbits* and Lemon Poppyseed Muffin**

Friday

Egg and Cheese Breakfast Burrito** served with Breakfast Potatoes*

Oatmeal* or Cold Cereal*, Mandarin Oranges* and Vanilla Yogurt*

Saturday

Scrambled Eggs and Turkey Bacon served with Breakfast Potatoes* and Tropical Fruit*

Oatmeal* or Cold Cereal*, Diced Pears* and Orange Muffin**

* =15 grams carbohydrate

LUNCH

Sunday

Beef Stew** served with Whipped Potatoes* and Baby Carrots

Chef Salad served with White Chicken Chili** and Dinner Roll*

Monday

Braised Pot Roast with Vegetable Medley*, Dinner Roll*

Smoked Turkey and Cheese Wrap** served with Tomato Soup*

Tuesday

Chicken and Dumplings*** served with Mixed Vegetables*

Pineapple Cottage Cheese Plate** served with Chicken Noodle Soup*

Wednesday

Kung Pao Meatballs served over Brown Rice** with Sesame Broccoli and Carrots*

Grilled Chicken Wrap** served with Cream of Broccoli Soup*

Thursday

Chili** and Sautéed Vegetables served with a Corn Muffin**

Turkey Club Sandwich** served with Navy Bean Soup*

Friday

Deluxe Hamburger** served with Homemade Kettle Chips*

Grilled Chicken Salad served with Vegetable Soup and Dinner Roll*

Saturday

Chicken Pot Pie*** served with Hubbard Squash*

Tuna Salad Sandwich** served with Beef Barley Soup*

* =15 grams carbohydrate



DINNER

Sunday

Beef Fried Rice* served with Green Beans* and Cheesecake Mousse***

Smokehouse Chicken Sandwich** served with Kettle Chips*, and Cheesecake Mousse***

Monday

Lasagna Roll Up** served with Fresh Italian Blend Vegetables and Red Velvet Cake**

Sweet and Sour Chicken** served with Brown Rice**
Fresh Italian Blend Vegetables and Red Velvet Cake**

Tuesday

Meatloaf served with Whipped Potatoes*, Corn*, Dinner Roll* and Apple Crisp**

Pulled Pork over Texas Toast** served with Roasted Red Skin Potatoes*, Coleslaw and Apple Crisp**

Wednesday

Chicken Alfredo** served with Garden Vegetables, Garlic Breadstick* and a S'more Trifle**

Bean and Cheese Burrito*** served with Spicy Black Beans*, Mexican Rice*o and a S'more Trifle**

Thursday

Beef Stroganoff* served with Corn*, Dinner Roll*, and Carrot Cake**

Rotisserie Style Chicken served with Mashed Sweet Potatoes**, Dinner Roll*, and Carrot Cake**

Friday

Penne Pasta with Marinara*, served with Green Beans, Dinner Roll* and Double Chocolate Cake**

Baked Fish Filet served with Mango Sweet Chili Sauce*, Rice Pilaf** and Double Chocolate Cake**

Saturday

Open Face Hot Beef Sandwich* served with Mashed Potatoes*, Mixed Vegetables* and Chocolate Banana Bread Pudding**

Baked Macaroni and Cheese*** served with Mixed Vegetables* and Chocolate Banana Bread Pudding**

* =15 grams carbohydrate

BREAKFAST ADDITIONAL ITEMS

Toast*: white, wheat, rye

Oatmeal* ♥

Cream of Wheat* ♥

Grits* ♥

Bagel**

English Muffin**

Buttermilk Pancake**

Scrambled Eggs ♥

Hard Fried Egg

Hard Boiled Egg

Sausage

Bacon

Assorted Cold Cereal: Cheerios* ♥, Corn Flakes*,

Frosted Flakes**, Raisin Bran**, Rice Krispies*,

Rice Chex*

* =15 grams carbohydrate

♥ = low sodium/low fat



FLINT

ADDITIONAL SELECTIONS

Soup

Chicken Noodle*

Tomato*

Entrees

Sandwich: Turkey ♥, Ham, Tuna Salad, Chicken Salad, Grilled Cheese or Peanut Butter and Jelly

-Served on your choice of bread** or wrap***

Hamburger**, Cheeseburger**, Veggie Burger*** ♥

Grilled Chicken Sandwich** ♥

Grilled Chicken Breast ♥

Baked Fish ♥

Pizza- cheese*** or pepperoni***

Macaroni and Cheese**

Chicken Fingers* with Honey Mustard or BBQ on the side

Sides

Mixed Vegetables ♥

Corn* ♥

Green Beans ♥

Tossed Salad ♥

Cottage Cheese

French Fries*

Mashed Potatoes* ♥

Dinner Roll* ♥

Desserts

Tropical Fruit Mix* ♥

Mandarin Oranges* ♥

Fruit Cocktail* ♥

Fresh Fruit* (apple, orange) ♥

Peaches* ♥

Pears* ♥

Pudding* ♥

No Sugar Added Pudding ♥

Jello*/ Sugar Free Jello ♥

Fresh Baked Cookie**

Ice Cream*/Sherbet** ♥

* =15 grams carbohydrate

♥ = low sodium/low fat

great
living starts here
MENU



FLINT

While your body is healing
some foods may be restricted due
to your diet prescription.

If assistance is needed please call ext. 22185