

Good Morning!



Sample Breakfast Menu

Great Grains

English Muffin or Bagel or
Croissant Oatmeal or Cream of
Wheat

Toast (white, wheat), Raisin
Toast Waffles with butter/syrup
Cold Cereals: Frosted Flakes,
Cheerios, Corn Flakes, Raisin
Bran, Rice Krispies,
Wheaties

Beverages

Coffee: Regular or Decaf
Tea: (Hot or Cold) – Black Tea,
Decaf
Hot Cocoa: Regular or Sugar
Free
Milk: Whole, 1%, Skim, Lactaid,
Soy Juices: Apple, Orange,
Cranberry, Prune, V8

From the Griddle

Scrambled Egg
Egg Substitute
Breakfast Meat
Hard-Boiled Egg
Fruit and Yogurt
Apple Sauce
Seasonal Fruit
Yogurt
Prunes

Condiments

Cream Cheese
Butter
Sugar
Brown Sugar
Peanut Butter
Jelly
Sugar Free Jelly
Maple Syrup
Sugar Free Syrup

Therapeutic Diets available: Liberal ADA/NCS (Diabetic), Mechanical Soft, No Added Salt,
Low Fat, Low Cholesterol, Low Sodium, 2 Gram Sodium, and Renal, Dialysis.
(All foods are blenderized for pureed diet)



Great Food. Made Well.