



Cardiac & Diabetic

SPECIAL MENU

HEART HEALTHY BREAKFAST OPTIONS

- Cold Cereal of your Choice
(*Corn Flakes, Cheerios, Raisin Bran, Rice Krispies*)
- Oatmeal/Cream of Wheat
- Scrambled Egg Whites
- French Toast
- Toast
- Seasonal Fruit
- Yogurt

HEART HEALTHY LUNCH/DINNER OPTIONS

- Grilled Chicken Sandwich
- Turkey Sandwich
- Peanut Butter and Jelly
- Garden Side Salad

DIABETIC OPTIONS

- All Juice/Tea are Sugar Free
- Sugar Free Jelly
- Sugar Free Syrup
- Sugar Free Jello
- Sugar Free Pudding

