



This diet restricts high fiber foods. Vegetables and lean meats are well cooked. Grains are refined, fruit is canned or cooked.

\*All items are served à la carte. Please ask for sides and condiments.

\*\*We apologize, substitutions and customizations are not accommodated.

### **Breakfast**

(Available all day)

Scrambled Eggs

Cheesy Egg Scramble

Eggbeaters

Hard Boiled Egg

Pancakes/Chocolate Chip Pancakes

White Roll

Flour Tortilla

Breakfast Egg & Cheese Sandwich

Bacon

Gluten-Free Bread, White  
(2 slices, served chilled)

Hashbrown Triangle

Cream of Wheat

Cream of Rice

Corn Flakes Cereal

Banana

Applesauce

Pureed Peaches or Pears

Plain or Vanilla Greek Yogurt

### **Homemade Soups**

Blended Minestrone  
(Vegetarian, Mondays only)

Blended Italian Ribollita  
(Vegetarian, Wednesdays only)

Butternut Squash  
(Vegetarian, Thursdays only)

Blended Mushroom Barley  
(Vegetarian, Fridays only)

Chicken Noodle Soup  
(daily, regular or blended)

Vegetarian Rice Porridge

Chicken Rice Porridge

Chicken Broth

Vegetable Broth





## Fiber Restricted Menu

### Entrees

(Available after 11am)

\*all sandwiches on white bun/bread

Chicken Breast with Demi-glace

Grassfed Beef Meatloaf & Gravy

Pan-Seared Salmon

Plain Steamed Salmon

Plain Tofu

Turkey Burger Patty  
(without bun, cheese optional)

Beyond Burger Vegan Patty  
(without bun, cheese optional)

Grilled Cheese Sandwich (on white bread)

Chicken Tender (1 piece)

Quesadilla  
(chicken optional)

Macaroni & Cheese

Spaghetti w/marinara

Gluten-free macaroni noodles

Simple Turkey Sandwich on Country White

### Side Orders

Mashed Potatoes w/ Gravy

White Bread Roll

White Rice

Flour Tortilla

Gluten-Free Bread, White  
(2 slices, served chilled)

French Fries

Cheese Sauce

Steamed Carrots

Bite-sized Sweet Potatoes

### Snacks

Avocado (half)

Pretzels

Annie's Cheddar Bunnies

Annie's Bunny Friends (Chocolate Chip)

Mozzarella Cheese Stick

Cottage cheese

Saltine Cracker





## Fiber Restricted Menu

### Dessert

Chocolate Chip Cookie

Vanilla Cream Puffs

Pudding: Chocolate or

Diet Vanilla

Jello: Orange or Diet Tropical

Milkshakes: Vanilla, Chocolate

### Beverages

Whole or Lowfat 1% Milk

Lactose-Free Milk

Fat-Free Chocolate Milk

Vanilla Almond Milk

Vanilla Soy Milk

Juice: Apple, Orange, Cranberry,  
Diet Cranberry

Coffee (Regular/Decaf)

Unsweetened Iced Tea

Hot Tea – Black, Green, Herbal

Diet Lemon-Lime Soda

Ginger ale

Sparkling Water

