

Fiber Restricted Menu

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





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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

Condiments

Sugar
 Brown Sugar
 Splenda
 (Sugar Substitute)
 Honey
 Syrup/Sugar Free Syrup
 Non-Dairy Creamer
 Butter
 Margarine
 Peanut Butter Packet
 Jelly (Regular/Sugar free)
 Mustard/Mayo/Ketchup
 BBQ sauce
 Ranch, Oil/Vinegar dressing
 Soy Sauce
 Sour Cream
 Salsa
 Lemon Wedge
 Salt

