

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



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

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

