



these menu creations cannot be ordered. individual items must be ordered a la carte and combined at bedside.

BREAKFAST

BLT

Bacon, white roll, tomato, lettuce, and mayo.

Fruit Parfait

Greek yogurt, fruit of choice, granola or muffin (crumble and sprinkle on top).

Protein Oatmeal/Cream of Wheat

1 packet protein powder, oatmeal /cream of wheat, peanut butter, banana, milk or dairy free milk. Mix to desired consistency and top with sliced bananas or fruit of choice!

Add pancake syrup or brown sugar for extra sweetness

LUNCH AND DINNER

Tacos or Burrito

Rice and beans in a tortilla – add sour cream and salsa.

Optional: grilled chicken, salmon, burger patty, or chicken tenders.

Nachos

Multigrain chips, cheese sauce, pinto beans, salsa, sour cream. Optional: Top with favorite protein.

Wraps

Using flour tortillas:

- Chicken tender, mozzarella string cheese, marinara sauce
- Chicken breast or tenders, BBQ sauce, sliced cheese, LTO
- Salmon, side salad and balsamic dressing
- Your favorite protein, teriyaki sauce, Swiss cheese, side salad

Sloppy Joe Sliders

2 white rolls, meat pasta sauce, sliced cheese.

BBQ Chicken Sliders

2 white rolls, 2 chicken tenders, BBQ sauce, lettuce, tomato, onion.

BBQ Chicken Grilled Cheese

Grilled cheese, plain chicken breast, BBQ sauce

Patty Melt

Grilled cheese sandwich, burger patty, mix special sauce (1 packet each of mustard, mayo and ketchup)

Teriyaki Burger

Order burger of choice, Swiss cheese, side of teriyaki sauce, and pineapple.

Un-fried Rice

Mix together steamed rice, scrambled egg, tofu or chicken, steamed carrots and green beans, soy sauce.

Egg or Chicken Salad Sandwich

Boiled eggs or plain chicken breast, mayonnaise, mustard, salt, pepper, white rolls, lettuce, tomato, onion.

Seared Salmon or Chicken Salad

Entrée Field Fresh salad, your choice of seared salmon or chicken. Optional: lemon wedge

Cheeseburger Mac and Cheese

Mac and cheese, burger patty of choice (no bun), mustard and sour cream. Break up burger patty and combine all ingredients.

Spiced Mac and Cheese

Mac and Cheese, hot sauce, cottage cheese, crushed saltine crackers or cheddar bunnies to add some crunch!

SNACKS AND SWEETS

Ants on a Log

Vegetable snack box, peanut butter, and raisins.

Herb Dip

Plain yogurt, Mrs. Dash seasoning packets – Combine and pair with veggie box or chips.

Apples and Peanut Butter

Sliced apples and peanut butter

Apple Pie Pudding

Vanilla Pudding, applesauce, graham crackers/granola. Mix ½ applesauce into pudding, top with crushed graham crackers/granola.

Ice Cream Sandwich

Two chocolate chip cookies + 1 scoop of ice cream

