



Fiber Restricted Menu

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

Breakfast

Scrambled Eggs
 Cheesy Egg Scramble
 Eggbeaters
 Hard Boiled Egg
 Pancakes/Chocolate Chip Pancakes
 White Roll
 Flour tortilla
 Breakfast Sandwich
 Hashbrown
 Cream of Wheat
 Cream of Rice
 Corn Flakes Cereal
 Cocoa Koala Crisps
 Organic Banana
 Organic Applesauce
 Pureed Peaches or Pears
 Plain or Vanilla Greek Yogurt

Homemade Soups

Soup of the Day
 Chicken Noodle Soup
 Plain Juk (rice porridge)
 Chicken Broth
 Vegetable Broth

Entrees (Avail after 11 am)

*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, Cheeseburger
 Beyond veggie burger
 Grilled cheese
 Chicken tenders
 Quesadilla (chicken optional)
 Macaroni & cheese
 Spaghetti w/ meat sauce or marinara
 Simple Turkey Sandwich on Country White

Side Orders

Mashed Potatoes w/ Gravy
 White Bread Roll
 White Rice
 Flour Tortilla
 French Fries
 Cheese sauce
 Steamed carrots
 Bite sized sweet potatoes



Snacks

Pretzels
Annie's Cheddar Bunnies
Annie's Bunny Friends (Chocolate Chip)
Mozzarella Cheese Stick
Cottage cheese
Saltine Crackers

Dessert

Chocolate Chip Cookie
Vanilla Cream Puffs
Pudding: Chocolate or
Diet Vanilla
Jello: Orange or Diet Tropical
Milkshakes: Vanilla, Chocolate

Beverages

Whole or Low fat Milk
Lactose Free Milk
Chocolate Milk
Organic Almond Milk
Soy Milk
Juice: Apple, Orange, Cranberry,
Diet Cranberry
Coffee (Regular/Decaf)
Tejava Iced Tea
Hot Tea- Black, Green, Herbal
Diet Lemon-Lime Soda
Ginger ale
Sparkling Water

Condiments

Salt
Sugar
Brown Sugar
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
Honey
Sour cream
Salsa