

• **BREAKFAST BREADS**

Bagel	Rye
Waffle	Cinnamon raisin
Pancake	Wheat
English muffin	White
Fried Cake	

• **EGGS**

Fried
Poached
Hard boiled
Scrambled

• **FRUIT**

Prunes
Mandarin Oranges

• **CEREAL**

Cheerios
Corn Flakes
Frosted Flakes
Raisin Bran
Rice Krispies

• **YOGURT**

Vanilla yogurt	Fruited yogurt
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• **MEATS**

Bacon
Sausage

• **HOT CEREAL**

Grits
Oatmeal
Cream of Wheat

• **BEVERAGES**

1% milk	Grape juice
Whole milk	Tomato juice
Chocolate milk	Prune juice
Soy milk	Low sodium V8
Lactaid	Iced Tea
Cola (Reg./Diet)	
Hot Chocolate (Reg./Sugar Free)	
Ginger Ale (Reg./Diet)	

• **SOUP**

Chicken/Beef broth	Vegetable
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• **SIDES**

Lemon for tea	Apple
Sliced onion	Banana
Chips	Orange
French fries	Dill pickle
Mashed potatoes	Pretzels
Tater tots	Caesar Salad
Macaroni Salad	Potato Salad
Baked Potato	

• **SALAD DRESSINGS**

French	Ranch
1,000 Island	Blue Cheese
Italian	

• **ENTREES**

Egg/Tuna/Chix/ Salad	Hamburger
Peanut butter & jelly	Cheeseburger
Bologna	Garden burger
Turkey sandwich	Hot dog
Roast beef	Grilled Cheese
Ham sandwich	Personal Pan Pizza
Fruit & cottage cheese	B.L.T.
Baked fish (Cod)	Fried Fish (Pollock)
Eggs any style	Tuna Melt
Pasta w/ sauce	Salmon
Grilled chicken breast (plain or sandwich)	
Grilled ham & cheese sandwich	

Sandwiches are available on wheat, white, or rye bread. Cheese options include American, Swiss, or cheddar. 1/2 sandwiches available upon request.

• **DESSERTS**

Gelatin
Pudding
Applesauce
Seasonal fresh fruit

• **ICE CREAM**

Vanilla
Chocolate
Strawberry
Raspberry Sherbet
Orange Sherbet

UPDATED 8/10/21

Dining Services Hours

Breakfast	7:00 a.m. – 10:00 a.m.
Lunch	11:30 a.m. – 2:00 p.m.
Dinner	4:00 p.m. – 6:30 p.m.

You may call down for substitutions (x2645) as your diet allows. Your neighborhood shabazim and dietitians will guide you with making appropriate substitutions.

