

## BREAKFAST

Available for ordering from 6:45 am to 6 pm

### Fruits & Juices

- Apple Juice (15)
- Banana (27)
- Cranberry Juice (15)
- Fresh Fruit Cup (15)
- Orange Juice (15)
- Prunes (24)
- Low Sodium V-8 Juice

### Cereals, etc.

- Oatmeal (25)
- Cornflakes (19)
- Cream of Wheat (30)
- Raisin Bran (27)
- Krispy Rice (15)
- Toasted Oats (10)

- Late Vanilla Yogurt (14)
- Late Fruited Yogurt – peach (16) blueberry (16) or strawberry (16)

### Breakfast Entrees

- Cholesterol-Free Scrambled Egg (0)
- Cheese Omelet (1)
- Buttermilk Pancakes with syrup (40)  
(regular (13) low calorie (4))
- French Toast with syrup (28)  
(regular (13) low calorie (4))

### Bakery & Breads

- Blueberry Muffin (48)
- Diet Blueberry Muffin (22)
- Low Fat Banana Bread (25)
- Toasted Plain Bagel (0)
- White (12) Whole Wheat Toast (17)
- Toasted English Muffin (25)

(#) grams of carbs



## LUNCH AND DINNER

Available for ordering from 10 am to 6 pm

### SOUPS & SANDWICHES

#### Soups

- Chicken Noodle Soup, regular or low-sodium (0)
- Tomato Soup, regular or low sodium (22)
- Vegetable Soup, regular or low sodium (18)
- Chicken or Beef Broth, regular or low sodium (0)

#### On the Side

- Fresh carrots, celery, broccoli & cauliflower for Dipping (0)
- Garden Salad (0)
- Fresh Fruit Cup – melon, grapes, and strawberries (seasonal) (15)
- Fat-free Dressings: Italian (2) French (2) Ranch (4) 1000 Island (5)

#### Deli Bar

Create your own custom sandwich – all sandwiches are served with lettuce and tomato

- Sliced Meat – Turkey Breast (0)
- Fillings – Chicken Salad (0) Tuna Salad (0) Hummus (6)
- Peanut Butter (4) & Jelly (15)
- Cheese – Low fat
- Breads – White (12) Whole Wheat (17) Rye (16) Pita (23)
- Wrap (35) Bulkie Roll (21)
- Extras – Onion, Baked Chips (26)

#### From the Grill

- Grilled Cheese Sandwich, \*LF/\*LS (29)
- Grilled Chicken on a soft bulky roll (33)
- Hamburger / Cheeseburger on a bun (28)
- Veggie Burger on a bun (32)



### THE “MAINE” EVENT

#### Entrée Salads

- Chef Salad (12)
- Fresh greens topped with turkey breast and low-fat, low sodium cheese

#### Fruit & Cottage Cheese Plate (53)

Fat free cottage cheese served with pear halves and peach slices

#### Entrées

- Glazed Chicken (8)
- Delicately seasoned broiled chicken tenders & sliced mushrooms combined in a golden brown sauce lightly seasoned with tarragon
- Roast Turkey (0)
- All white meat turkey based in natural broth and served with your choice of accompaniments listed below

#### Home-style Meatloaf (6)

Our own meatloaf made with lean ground beef and served with a \*LF/\*LS Gravy

#### Pot Roast with Gravy (0)

Fork-tender lean beef slow-roasted in natural juices

#### Fillet of Haddock Parisienne (6)

Baked haddock served over julienne garden vegetables

#### Healthy Lite Fish Fillet (17)

Lightly breaded heart healthy Alaskan pollock fillet

#### Macaroni & Cheese (30)

Elbow macaroni in a creamy cheese sauce

#### Pasta Bar – Mix & Match

- Spaghetti – Regular or Whole Wheat (40)
- Meat sauce (16)
- Marinara sauce (15)

#### Accompaniments

- Whipped Potato (21)
- Oven Roasted Potatoes (28)
- White Rice (15)
- Bread Stuffing (19)
- Mac and Cheese (15)
- Dinner Roll (16)
- Gravy (beef or chicken), regular (3) or low sodium (4)
- Sliced Carrots (0)
- Butternut Squash (12)
- Cat Green Beans (0)
- Sweet Green Peas (1)
- Whole Kernel Corn (10)

## DESSERTS, BEVERAGES & CONDIMENTS

### Desserts

- Cake – Angel Food (10) Low Fat Pound (21)

- Cookie – Cranberry Flax (10)

- Fat-free Pudding – Butterscotch, Chocolate, Vanilla (17)

- Fresh Fruit – Apple, Banana, Orange, Cantaloupe, Watermelon, Strawberries (seasonal) (15)

- Soft Fruit – Applesauce, Peach Slices, Pear Halves (15)

- Gelatin – Strawberry, Orange, Lemon, Lime (0)

- Baked Custard (11)
- Vanilla Frozen Yogurt (19)
- Chocolate Mousse (10)
- Rice Krispies Treat (10)

### Beverages

- Hot – Coffee (Regular or Decaf) (0)

- Tea (Regular or Decaf) (0)
- Herbal Tea (0)
- Hot Chocolate (17)

- Cold – Low Fat 1% Milk (13)

- Skim Milk (13)
- Low Fat Chocolate Milk (27)
- Lactose Free Milk (13)
- Soy Milk (12)

- Pepsi (11) Caffeine Free Pepsi (41) Iced Tea (53)
- Pepsi Ale (24) Diet Pepsi (0) Diet Ginger Ale (0)
- Caffeine Free Diet Pepsi (0) Diet Iced Tea (0)

### Condiments

- Margarine (0)
- ¼ & ½ Creamer (0)
- Ketchup (3)
- Peanut Butter (4)
- Non Dairy Creamer (4)
- Mustard (0)
- Jelly (15)
- Relish (3)
- \*LF Mayo (0)

- \*LC Jelly (0)
- \*LS Crackers (4)
- Brown Sugar (13)

- Fat-free Cream Cheese (2)
- Cranberry Sauce (11)
- \*LC Cranberry Sauce (5)

\*LS = Low Sodium

\*LF = Low Fat

\*LC = Low Calorie