



Alternative Meal Options

Breakfast

Oatmeal

Cold Cereal

Assorted

Cottage Cheese and Fruit

Yogurt

Assorted flavors

Seasonal Fresh Fruit

LF Whole Grain Toast

Lunch/Dinner

Vegetable Lasagna

Classic Beef Stew

Brunch Burritos

Chicken, Beef, Bean & Rice

Chicken Pot Pie

Deli Sandwich

Egg, Tuna or Ham. Served with chips and a pickle.

Beverages & Nutritional Supplements

Coffee or Tea

Assorted Juices

Ensure Clear (Apple)

Ensure Plus (Vanilla or Chocolate)

Glucerna (Chocolate)

Lemon-Lime Soda