



Low Fat Diet



Your doctor has prescribed a Low Fat Diet limited which limits all types of fats from the diet for you during your stay. This diet is for digestive problems such as pancreatitis or gallstones.

Our suggestions when ordering your meals from the At Your Request menu for your special diet are listed below. **Multiple diet restrictions may limit the foods allowed**

Breakfast



Entrees

Cholesterol Free Scrambled
Cholesterol Free Omelet with Choice of:
Onion/Tomato/Mushroom
Buttermilk Pancake (1 pancake)
French Toast (1 piece)

Cereal

Cream of Wheat Rice Krispies
Oatmeal Special K
Grits Corn Flakes
Cheerios Raisin Bran

Bakery

Plain Bagel (half)
English Muffin
Blueberry Muffin
Plain Muffin

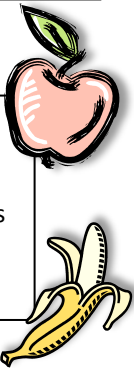


On the Side

Breakfast Potatoes
Turkey Sausage
Cottage Cheese
Yogurt: Vanilla/Strawberry/Greek

Fruit

Apple Applesauce
Banana Peach Slices
Quartered Orange Pear Halves
Fresh Fruit Cup



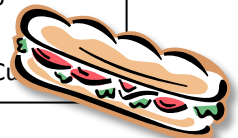
Lunch/Dinner

Entrees

Pot Roast Spaghetti or Whole Wheat Penne with:
BBQ Chicken Breast Marinara Sauce
Veggie Burger Blackened Chicken Breast
Chicken Parmesan Crispy Baked Tilapia
Roasted Turkey Breast Glazed Grilled Chicken

Deli

Breads: Wheat, White, Tortilla Wrap
Meat: Ham, Roast Beef, Turkey
Toppings: Onion, Lettuce, Tomato, C



Soup/Salad

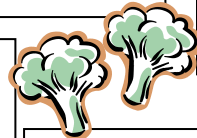
Garden Vegetable Cucumber salad
Chicken Noodle Side Garden Salad
Tomato Cole Slaw
Broth: Chicken/Beef/Vegetable Fruit & Cottage Cheese Plate

On the Side

Sliced Carrots Parsley Boiled Potatoes
Green Beans Whipped Potatoes
Yellow Corn White Rice
Green Peas Bread Dressing
Broccoli Dinner Roll
Zucchini Sliced Bread: Wheat/White
Yellow Squash Crackers

Desserts

Vanilla Wafers Diet Pudding: Choc/Vanilla
Graham Crackers Gelatin: Berry/Lemon/Lime
Angel Food Cake Diet Vanilla Ice Cream
Lemon Fruit Ice Sherbet: Lime/Orange



Beverages

Coffee/Decaf Milk: Skim, Lactose Free, Soy
Hot/Iced Tea Juice: Grape, Orange, Apple, Cranberry
Sodas (Reg or Diet): Cola, Lemon Lime
Sports Drink Crystal Light®