

Dinner

Salads:

Garden Salad

Chef Salad

Soup:

Vegetable soup

Tomato soup

Soup of the day

Entrée:

Country Braised Chicken

Broiled Tilapia

Sides:

Whole wheat roll

Baked potato

Mashed potatoes

Mixed vegetables

Broccoli

Green Beans

Applesauce

Low-fat cottage cheese

Mixed nuts

Yogurt

Dessert:

Apple Crisp

Ice cream (sherbet or light vanilla)

Beverages: water, coffee, hot tea, milk

Juice: Orange, cranberry, apple, or prune juice

Condiments:

Margarine

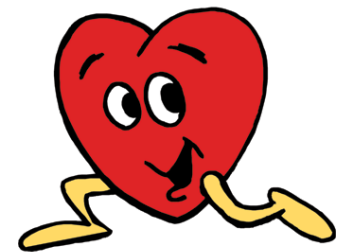
Ketchup

Light sour cream

Salad dressings: Italian, light ranch, balsamic vinaigrette

Heart Healthy Diet for Oneonta City Hospital

Healthy Heart



Healthy You

Breakfast

Entrée:

Pancakes with lean sausage

French Toast with turkey bacon

Alternatives:

Eggs – scrambled or hard fried

Cold cereal: Cheerios, Raisin

Bran, **Mini-wheats**

Hot cereal: Oatmeal, cream of wheat or cream of rice

Toast: White, wheat, or whole grain

Muffin: Blueberry or banana

Fruit: Apple, orange, or **banana**

Beverages: water, **coffee**, hot tea, **milk**

Juice: **orange**, cranberry, apple, or prune juice

Condiments: Light syrup, ketchup, margarine, jam, **peanut butter**

Lunch

Salads:

Garden Salad

Chef Salad

Soup:

Vegetable soup

Tomato soup

Soup of the day

Entrée:

Grilled Chicken sandwich on a whole wheat roll

Whole wheat spaghetti

Sides:

Whole wheat roll

Baked potato

Sweet potato

Mixed vegetables

Broccoli

Green Beans

Applesauce

Low-fat cottage cheese

Mixed nuts

Yogurt (non-fat)

Dessert:

Strawberries

Beverages: **water**, coffee, hot tea, milk

Juice: Orange, cranberry, apple, or prune juice

Condiments:

Margarine

Mayonnaise

Salad dressings: **Italian**, light ranch, balsamic vinaigrette

