

DIET INFORMATION

Name:

Date:

Room Number:



How to Order

Please select:

1 Entrée or 1 build your own

2 Sides

1 Sweet

1 Fruit and 1 Yogurt

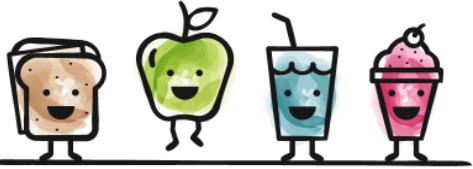
1 Breadbasket item

2 Beverages

Flip to reverse side to select your
Beverages & Condiments
for each meal!



BREAKFAST	
BEVERAGES	
	Milk: Skim, 2%, Whole, Chocolate, Lactose Free, Almond, Soy Juice: Apple, Cranberry, Orange Gatorade: Orange or Lemon Lime Crystal Lite: Lemonade or Fruit Punch or Iced Tea Iced Tea • Lemonade • Ginger Ale • Diet Ginger Ale • Bottled Water • Hot Chocolate • Cherry Bubbly
CONDIMENTS	
Margarine • Butter • Honey • Sugar • Splenda • Salt • Pepper • Ketchup Mustard • Jelly • Peanut Butter • Brown Sugar • Reg or Lite Cream Cheese Reg or Diet Syrup • Hot Sauce • Sunflower Seed Spread • Lemon Wedge Herb Seasoning • Nutella • Lite Mayo • Parmesan Cheese • BBQ Sauce • Honey Mustard • Buffalo Sauce • Sour Cream Dressing: Ranch, Fat free Ranch, Italian, Fat Free Italian, Caesar, Balsamic	
LUNCH	
BEVERAGES	
	Milk: Skim, 2%, Whole, Chocolate, Lactose Free, Almond, Vanilla Soy Juice: Apple, Cranberry, Orange Gatorade: Orange or Lemon Lime Crystal Lite: Lemonade or Fruit Punch or Iced Tea Iced Tea • Lemonade • Ginger Ale • Diet Ginger Ale • Bottled Water • Hot Chocolate • Cherry Seltzer
CONDIMENTS	
Margarine • Butter • Honey • Sugar • Splenda • Salt • Pepper • Ketchup Mustard • Jelly • Peanut Butter • Brown Sugar • Reg or Lite Cream Cheese Reg or Diet Syrup • Hot Sauce • Sunflower Seed Spread • Lemon Wedge Herb Seasoning • Nutella • Lite Mayo • Parmesan Cheese • Tartar Sauce BBQ Sauce • Honey Mustard • Buffalo Sauce • Sour Cream Dressing: Ranch, Italian, Caesar, Fat Free French, or French	
DINNER	
BEVERAGES	
	Milk: Skim, 2%, Whole, Chocolate, Lactose Free, Almond, Vanilla Soy Juice: Apple, Cranberry, Orange Gatorade: Orange or Lemon Lime Crystal Lite: Lemonade or Fruit Punch or Iced Tea Iced Tea • Lemonade • Ginger Ale • Diet Ginger Ale • Bottled Water • Hot Chocolate • Cherry Seltzer
CONDIMENTS	
Margarine • Butter • Honey • Sugar • Splenda • Salt • Pepper • Ketchup Mustard • Jelly • Peanut Butter • Brown Sugar • Reg or Lite Cream Cheese Reg or Diet Syrup • Hot Sauce • Sunflower Seed Spread • Lemon Wedge Herb Seasoning • Nutella • Lite Mayo • Parmesan Cheese BBQ Sauce • Honey Mustard • Buffalo Sauce • Sour Cream Dressing: Ranch, Italian, Fat Free Italian Caesar, Balsamic	



LITTLE TREATS & TASTY EATS

Updated: 5/27/26

Seashore
Inpatient
Rehab Menu



BREAKFAST

HOT CEREAL

Oatmeal
Cream of Wheat
Add-- Brown Sugar
Raisins
Cinnamon

COLD CEREAL

Cheerios
Cinnamon Toast Crunch
Honey Nut Cheerios
Corn Flakes
Rice Krispies

BUILD YOUR OWN OMELET

---- Choose Your Egg ----
Regular Eggs • Egg Whites
---- Choose Your Toppings ----
Cheddar • Swiss • American •
Provolone
Turkey Sausage
Bacon • Turkey Bacon
Plant Based Sausage
Sautéed Mushrooms • Sautéed
Onions
Green Peppers • Tomatoes •
Spinach
****3 Toppings Only****

BUILD YOUR SANDWICH

---- Choose Your Bread ----
Bagel • English Muffin • Biscuit
---- Choose Your Egg ----
Regular • Egg Whites
---- Choose Your Cheese ----
American • Provolone • Swiss •
Cheddar
---- Choose Your Protein ----
Bacon • Sausage Patty • Turkey
Bacon
Plant Based Sausage

BREAKFAST ENTREES

Scrambled Eggs
Scrambled Egg Whites
French Toast Sticks (4)
Whole Wheat Pancakes
Buttermilk Pancakes
Chocolate Chip Pancakes
Blueberry Pancakes
Fruit and Yogurt Platter

SIDES

Bacon
Turkey Bacon
Turkey Sausage
Plant Based Sausage
Hard Cooked Egg
Hashbrown Patty
Scrambled Eggs

FRUIT & YOGURT

Apple Slices
Banana
Orange
Fresh Berries
Red Grapes
Diced Peaches
Mandarin Oranges
Lite Strawberry Yogurt
Lite Vanilla Yogurt
Vanilla Non-Fat Greek Yogurt
Applesauce
Low Fat Cottage Cheese
½ Avocado
Chobani Mixed Berry yogurt drink
Chobani Peach yogurt drink

BREADBASKET

Blueberry Muffin
Plain Bagel
Cinnamon Raisin Bagel
English Muffin
White Bread
Wheat Bread
Whole Wheat Bagel

SOUP

Chicken Noodle
Tomato Basil
Beef Broth
Chicken Broth

SALAD

Chicken Caesar Salad
Hummus, Vegetable, Pita Plate
Side Caesar Salad
Side Garden Salad

FRUIT & YOGURT

Apple Slices •Banana
Orange • Fresh Berries
Red Grapes • Diced Peaches
Mandarin Oranges
Lite Strawberry Yogurt • Lite Vanilla Yogurt
• Vanilla Non-Fat Greek Yogurt
• Applesauce
Low Fat Cottage Cheese • ½ Avocado
Chobani Mixed Berry Yogurt Drink
Chobani Peach Yogurt Drink

BUILD YOUR SANDWICH

---- Choose Your Bread ----
Wheat Bread • White Bread
• Hoagie Roll
Hamburger Roll • Flour Tortilla
---- Choose Your Protein ----
Sliced Ham • Sliced Turkey
Beef Patty
Turkey Patty • Gardenburger
Grilled Chicken • Breaded Chicken
Chicken Salad • Tuna Salad
---- Choose Your Cheese ----
American • Cheddar • Provolone •
Swiss
---- Choose Your Toppings ----
Sautéed Onions • Hummus • Tomato
Pickle Slice • Lettuce Leaf
Sliced Red Onion • Bacon •Avocado

SWEETS

Cookies: Chocolate Chip or Sugar
Gelatin: Red
Pudding: Vanilla or Chocolate
Ice Cream: Vanilla or Chocolate
Fruit Ice: Lemon or Cherry
Milkshake: Vanilla or Chocolate
Popsicle: Blue Raspberry
Teddy Grahams • Brownie • Rice
Krispie Treat • Applesauce
Mini Oreo Parfait • Raspberry Sherbet •
Salted Caramel Pretzel Cupcake
Apple Pie

LUNCH

ENTREES

Chicken Parmesan
Fish Sticks • Hot Dog
Chicken Tenders • Chicken Nuggets
Marinated Grilled Chicken Breast
Chicken Taco • Beef Taco
Chicken Caesar Wrap
Penne with Marinara Sauce
Penne with Meat Sauce
Boneless Wings (Buffalo or BBQ)
Baked Cod
Chicken or Cheese Quesadilla
Pan Seared Tofu • Philly Cheese Steak w/
Onion • Uncrustable

BYO SALAD

--- Choose Your Lettuce ---
Spinach • Romaine
--- Choose Your Protein ---
Grilled Chicken • Chicken Salad • Tuna Salad
--- Choose Your Toppings ---
Hummus • Avocado • Tomatoes • Cheddar Cheese •
Hard Boiled Egg Cucumbers • Peppers • Broccoli •
Onions
Croutons
---Choose Your Dressing---
Balsamic • FF Italian • Italian • Ranch • Caesar

BUILD YOUR OWN STIR-FRY

Choose: White Rice, Brown Rice, Lo Mein
Noodles
Add: Tofu or Chicken
Add: Mushrooms, Broccoli, Carrots, Peppers
Add: Teriyaki Sauce, Sweet & Sour Sauce

SIDES

Broccoli • Green Beans • Carrots • French Fries •
Mashed Potatoes • Buttered Penne
Buttered Wheat Penne • Macaroni & Cheese
Seasoned Black Beans • Brown Rice • White Rice
• Mozzarella Sticks •
Goldfish • Potato Chips • Pretzels • Saltines
Poultry Gravy • Brown Gravy
Carrots, Celery & Ranch
Tortilla Chips & Salsa • Buttered Penne

---Personal Pizza---

Plain Cheese, Pepperoni, or Veggie (mushrooms,
onions, peppers)

BREAD BASKET

Blueberry Muffin • Plain Bagel Whole Wheat
Bagel • Cinnamon Raisin Bagel
• English Muffin •Hamburger Roll • Flour
Tortilla
White Bread • Wheat Bread • Dinner Roll
Hoagie Roll
• Whole Wheat Hamburger Roll

DINNER

ENTREES

Chicken Parmesan
Fish Sticks •Hot Dog
Chicken Tenders • Chicken Nuggets • Marinated
Grilled Chicken Breast
Chicken Taco • Beef Taco
Chicken Caesar Wrap
Penne with Marinara Sauce
Penne with Meat Sauce
Boneless Wings (Buffalo or BBQ)
Baked Cod • Chicken or Cheese Quesadilla
Pan Seared Tofu • Philly Cheese Steak
Uncrustable

BYO SALAD

--- Choose Your Lettuce ---
Spinach • Romaine
--- Choose Your Protein ---
Grilled Chicken • Black Beans • Chicken Salad Tuna
Salad
--- Choose Your Toppings ---
Hummus • Avocado • Tomatoes • Cheddar Cheese •
Hard Boiled Egg Cucumbers • Peppers • Broccoli •
Onions
Croutons
---Choose Your Dressing---
Balsamic • FF Italian • Italian • Ranch Caesar

BUILD YOUR OWN STIR-FRY

Choose: White Rice, Brown Rice, Lo Mein
Noodles
Add: Tofu or Chicken
Add: Mushrooms, Broccoli, Carrots, Peppers
Add: Teriyaki Sauce, Sweet & Sour Sauce

SIDES

Broccoli • Green Beans • Carrots
French Fries • Mashed Potatoes
Buttered Wheat Penne • Macaroni & Cheese
Seasoned Black Beans • Brown Rice • White
Rice
• Mozzarella Sticks • Buttered Penne
Goldfish • Potato Chips • Pretzels • Saltines
Poultry Gravy • Brown Gravy
Carrots, Celery & Ranch
Tortilla Chips & Salsa

---Personal Pizza---

BREADBASKET

Blueberry Muffin • Plain Bagel Whole Wheat
Bagel • Cinnamon Raisin Bagel
• English Muffin •Hamburger Roll •Flour Tortilla
White Bread • Wheat Bread • Dinner Roll
Hoagie Roll
• Whole Wheat Hamburger Roll