

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, Italian, Fat Free Italian, Caesar, Balsamic, or French

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 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 • Tartar Sauce
 BBQ Sauce • Honey Mustard • Buffalo Sauce • Sour Cream
Dressing: Ranch, Italian, Fat Free Italian Caesar, Balsamic, or French

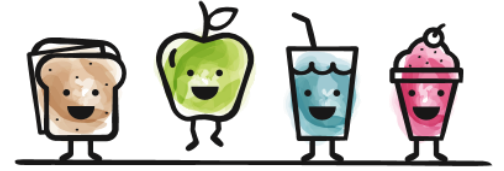
DINNER

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 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, Italian, Fat Free Italian, Caesar, or Balsamic



LITTLE TREATS &
 TASTY EATS

Seashore Day 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 • Flour Tortilla
 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
 Biscuit
 Bagel
 Biscuit
 English Muffin
 White Bread
 Wheat Bread
 Whole Wheat Bagel

LUNCH

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 • 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
 Flour Tortilla • Hoagie Roll
 Hamburger Roll
 --- Choose Your Protein ---
 Sliced Ham • Sliced Turkey
 Beef Patty
 Turkey Patty • Gardenburger
 Marinated 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

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 or
 Berry Smoothie
Popsicle: Strawberry Fruit, Blue
 Raspberry
 Teddy Grahams • Brownie • Rice
 Krispie Treat • Applesauce
 Mini Oreo Parfait • Raspberry Sherbet •
 M&M Cupcake • Salted Caramel Pretzel
 Cupcake
 Apple Pie • Vanilla/Chocolate Swirl
 Cone

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/
 Onions • 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 •
 Black Beans • 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
 Black Beans • Brown Rice • White Rice
 • Mozzarella Sticks • Potato Salad •
 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,
 peppers, onions)

BREADBASKET

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

DINNER

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
 Flour Tortilla • Hoagie Roll
 Hamburger Roll
 --- 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 or
 Berry Smoothie
Popsicle: Strawberry Fruit, Blue
 Raspberry
 Teddy Grahams • Brownie • Rice
 Krispie Treat • Applesauce
 Mini Oreo Parfait • Raspberry
 Sherbet • M&M Cupcake • Salted
 Caramel Pretzel Cupcake
 Apple Pie • Vanilla/Chocolate Swirl
 Cone

ENTREES

Chicken Parmesan
 Fish Sticks • Hot Dog
 Chicken Tenders • Chicken Nuggets • Marinated
 Grilled Chicken Breast
 Chicken Taco • Beef Taco
 Chicken Caesar Wrap •
 Penne and Marinara
 Penne and 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 • Chicken Salad • Tuna Salad
 --- Choose Your Toppings ---
 Hummus • Avocado • Tomatoes • Cheddar Cheese •
 Hard Boiled Egg Cucumbers • Black Beans • 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
 Black Beans • Brown Rice • White Rice
 • Mozzarella Sticks • Potato Salad •
 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,
 peppers, onions)

BREADBASKET

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