

# Low Residue/Low Fiber/Soft Diet

Take a moment to look through our menu. To place your order,  
**dial 6255**

We are available to take orders from 7 AM - 5 PM daily.

Your nursing staff is available to assist you with menu selections during your stay.

Please allow up to 45 minutes for your meal to be delivered.

There is a limit of one guest tray per meal per room.

Your 100% satisfaction is our number one goal. If, for any reason, our meal service does not meet your expectations, please call the Dietary Manager at extension 3206 and let us know how we can better serve you, our guest.

# Step 1

Begin by making your beverage choice.

## Beverages:

Choose a drink

- ▷ Coffee *(Reg. or Decaf)*
- ▷ Hot Tea *(Reg. or Decaf)*
- ▷ Iced Tea *(Sweet/Unsweet)*
- ▷ Milk *(Skim, 2%, Skim Choc.)*
- ▷ Variety Pop *(Reg/Diet)*
- ▷ Apple Juice
- ▷ Grape Juice
- ▷ Cranberry Juice
- ▷ Hot Chocolate
- ▷ Crystal Light
- ▷ V-8 Juice
- ▷ Water

# Step 2

Guests are encouraged to choose breakfast OR lunch/dinner items. However, all items are available to order at any time of the day. (Breakfast is served all day and lunch/dinner items can be ordered for breakfast.)

## Breakfast:

Choose 1 item  
from each  
section.

**OR**

Go to the next  
page and make  
selections.

## Entrées:

- ▷ French Toast
- ▷ Pancake
- ▷ Eggs  
*(fried, poached, scrambled, or boiled)*
- ▷ Omelet  
*(choice of cheese, ham or combo)*

## Sides:

- ▷ Hash Browns

## Breads:

- ▷ Toast *(white)*
- ▷ Bagel *(blueberry)*

## Fruit:

- ▷ Fresh Fruit  
*(banana)*
- ▷ Canned Fruit  
*(applesauce, fruit mix, peaches, pears, mandarin oranges)*

## Cereals:

- ▷ Cream of Wheat
- ▷ Cheerios
- ▷ Corn Flakes
- ▷ Rice Krispies

# Step 2 continued

## Build A Sandwich

### Bread:

- ▷ Hamburger Bun
- ▷ Dinner Roll
- ▷ Bread Stick
- ▷ White Bread

### Toppings:

- ▷ American Cheese
- ▷ Swiss Cheese

### Sandwiches:

- ▷ French Dip
- ▷ Grilled Chicken
- ▷ Hamburger
- ▷ Cheeseburger
- ▷ Breaded Fish
- ▷ Grilled Cheese
- ▷ Chicken Salad
- ▷ Turkey
- ▷ Roast Beef
- ▷ Peanut Butter and Jelly

## Main Dishes

### Entrées:

- ▷ Roasted Pork Loin
- ▷ Roasted Beef
- ▷ Roasted Turkey
- ▷ Potato Crusted Cod
- ▷ Oven Breaded Chicken
- ▷ Grilled Chicken Breast

### Pasta:

- ▷ Macaroni & Cheese
- ▷ Spaghetti with meat sauce
- ▷ Chicken Alfredo

### Soup:

- ▷ Potato
- ▷ Chicken Noodle
- ▷ Tomato
- ▷ Garden Vegetable
- ▷ Beef Broth
- ▷ Chicken Broth

## Side Dishes

- ▷ Carrots
- ▷ Green Beans
- ▷ Peas
- ▷ Pickled Beets
- ▷ Cottage Cheese
- ▷ Pasta Salad
- ▷ Mashed Potatoes
- ▷ Gravy
- ▷ Hashbrowns
- ▷ Baked Potato (*skinless*)

Choose one of the following:

Build A Sandwich

**OR**

Choose 1 item from Main Dishes

**AND**

Side dish (All above options include 1 side dish.)

# Step 3

*Choose any condiments you would like for your meal.*

- ▷ Syrup
- ▷ Peanut Butter
- ▷ Jelly
- ▷ Honey
- ▷ Sour Cream
- ▷ Ketchup
- ▷ Mustard
- ▷ BBQ Sauce
- ▷ Margarine
- ▷ Mayonnaise
- ▷ Miracle Whip
- ▷ Sugar
- ▷ Splenda
- ▷ Brown Sugar
- ▷ Cinnamon/Sugar
- ▷ Creamer (*Non-Dairy*)
- ▷ Cream Cheese
- ▷ Tartar Sauce
- ▷ Mrs. Dash Seasoning
- ▷ Parmesan Cheese
- ▷ Salt/Pepper

# Step 4

*Choose 1 dessert to go with your meal.*

## **Desserts:**

- ▷ Cookies (*chocolate chip, sugar, lorna doone*)
- ▷ Ice Cream (*vanilla, chocolate, strawberry*)
- ▷ Sherbet (*orange, rainbow*)
- ▷ Angel Food Cake
- ▷ Cream Pie (*variety*)
- ▷ Milkshake (*chocolate, strawberry*)

## **Snacks:**

- ▷ Pudding (*vanilla, chocolate, butterscotch*)
- ▷ Jell-O (*orange, strawberry*)
- ▷ Italian Ice (*strawberry, lemon*)
- ▷ Lite Yogurt (*variety*)

# Other

## *Low Residue/ Low Fiber:*

*This diet is used for those with gastrointestinal (stomach) problems. It provides foods that are easy to digest, soft in texture, low in fiber, mildly seasoned and easy to chew. High fiber foods, nuts and seeds are not included.*

## *Soft Diet:*

*This diet can also be useful after surgery or for those with some chewing and/or gastrointestinal (stomach) problems. This diet is moderately low in fat and avoids foods high in fiber. Highly seasoned foods are also not included.*