Heart Healthy
University Hospital East

Breakfast: 7 a.m. – 10 a.m.       Lunch: 11 a.m. – 2 p.m.       Dinner: 4 p.m. – 7:30 p.m.

Monday
Breakfast: French Toast ☀, Light & Fit® Yogurt ☀ ☀, Cereal with Milk ☀
Lunch: Chicken Quesadilla, Spinach Salad with Tomato, Onion and Ranch Dressing ☀ ☀ ☀,
Poblano Black Bean Soup ☀ ☀
Dinner: Penne with Meatballs, Dinner Roll ☀, California Blend Vegetables ☀ ☀, Ice Cream ☀ ☀

Tuesday
Breakfast: Scrambled Egg Whites ☀ ☀, Oatmeal with Brown Sugar ☀ ☀, Red Grapes and Sliced Apples ☀ ☀
Lunch: Prime Rib Sandwich, Baked Potato Chips ☀ ☀, House Side Salad with Ranch Dressing ☀,
Chicken and Wild Rice Soup ☀
Dinner: Lemon Rosemary Chicken ☀, Roasted Redskin Potatoes ☀ ☀, Seasonal Vegetable ☀ ☀, Peach Pie ☀

Wednesday
Breakfast: Cheddar Cheese Egg White Omelet ☀ ☀, Turkey Sausage ☀, Breakfast Potatoes ☀ ☀ ☀,
Cereal with Milk ☀ ☀
Lunch: Pulled Pork Sandwich, Vinegar Slaw ☀ ☀, Italian Wedding Soup ☀
Dinner: Chicken Noodle over Mashed Potato, Dinner Roll ☀, California Blend Vegetables ☀ ☀, Sherbet ☀

Thursday
Breakfast: Hash Brown Casserole ☀ ☀, Scrambled Egg Whites ☀ ☀, Mixed Fresh Fruit ☀ ☀ ☀, Greek Yogurt ☀ ☀
Lunch: Deluxe Hamburger, Spring Mix Salad with Balsamic Dressing ☀ ☀, Broccoli Cheddar Soup ☀ ☀
Dinner: Roasted Turkey, Mashed Potatoes, Steamed Baby Carrots ☀ ☀, Chocolate Cake ☀

Friday
Breakfast: Western Omelet ☀, Seasonal Muffin ☀, Red Grapes and Sliced Apples ☀ ☀ ☀
Lunch: Fire-Braised Chicken Sandwich, Pasta Salad ☀, Italian Sausage Soup ☀
Dinner: Meatloaf with Gravy, Brown Rice ☀ ☀, Steamed Broccoli ☀ ☀, Chocolate and Peanut Butter Whoopie Pie ☀

Saturday
Breakfast: Cheesy Scrambled Egg Whites ☀, Breakfast Potatoes ☀ ☀, Mixed Fresh Fruit ☀ ☀ ☀
Lunch: Chicken Salad, Flatbread, Mixed Fresh Fruit ☀ ☀ ☀, Greek Salad with Italian Dressing ☀ ☀ ☀,
Potato Shallot Soup ☀ ☀
Dinner: Pulled Pork with BBQ Gravy ☀, Corn Bread ☀, Collard Greens ☀, Apple Pie ☀

Sunday
Breakfast: Scrambled Egg Whites ☀ ☀, Turkey Sausage ☀, Cinnamon Roll ☀, Red Grapes and Sliced Apples ☀ ☀ ☀
Lunch: Buckeye Club, Caesar Side Salad with Caesar Dressing, Tomato Basil Soup ☀ ☀ ☀
Dinner: Pot Roast with Beef Gravy ☀, Steamed Baby Carrots ☀, Roasted Redskin Potatoes ☀ ☀, Cherry Pie ☀