# Very Low Sodium

## 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 Salad Sandwich, Spinach Salad with Tomato, Onion and Dressing 🍪, Mixed Fresh Fruit 🍎
- **Dinner:** Penne with Meatballs, California Blend Vegetables 🥦, Lemon Bar 🍋

### Tuesday
- **Breakfast:** Scrambled Eggs 🍳, Oatmeal with Brown Sugar 🍲, Red Grapes and Sliced Apples 🍊, Light Yogurt 🍹
- **Lunch:** Prime Rib Sandwich, Baked Potato Chips 🍟, House Side Salad with Dressing 🥗
- **Dinner:** Lemon Rosemary Chicken 🍦, Roasted Redskin Potatoes 🍯, Seasonal Vegetable 🥦, Frozen Custard 🍹

### Wednesday
- **Breakfast:** Scrambled Eggs 🍳, Mixed Fresh Fruit 🍊, Seasonal Muffin 🍪, Cereal with Milk 🍷
- **Lunch:** Pulled Pork Sandwich, Vinegar Slaw 🥗, Baked Potato Chips 🍟, Fresh Pear 🍏
- **Dinner:** Fire-Braised Chicken 🍦, Buttered Egg Noodles 🍳, California Blend Vegetables 🥦, Dinner Roll 🍩, Brownie 🍪

### Thursday
- **Breakfast:** French Toast 🍳, Scrambled Egg Whites 🍳, Mixed Fresh Fruit 🍊
- **Lunch:** Deluxe Hamburger, Spring Mix Salad with Dressing 🍲, Diced Peaches 🍂
- **Dinner:** Roast Turkey 🍦, Steamed Baby Carrots 🍳, Buttered Egg Noodles 🍳, Dinner Roll 🍩, Chocolate Chip Cookie 🍪

### Friday
- **Breakfast:** Vegetable and Swiss Cheese Omelet 🍳, Greek Yogurt 🍹, Red Grapes and Sliced Apples 🍊
- **Lunch:** Fire-Braised Chicken Sandwich, Pasta Salad 🍲
- **Dinner:** Meatloaf with Gravy, Brown Rice 🍳, Steamed Broccoli 🥦, Chocolate and Peanut Butter Whoopie Pie 🍪

### Saturday
- **Breakfast:** Cheddar Cheese Egg White Scramble 🍳, Fresh Pear 🍏, Cereal and Milk 🍷, Greek Yogurt 🍹
- **Lunch:** Chicken Salad, Flatbread, Mixed Fresh Fruit 🍊, Greek Salad with Dressing 🥗,
- **Dinner:** Pulled Pork 🍳, Collard Greens 🥦, California Blend Vegetables 🥦, Sherbet 🍹

### Sunday
- **Breakfast:** Scrambled Eggs 🍳, Cinnamon Roll 🍩, Red Grapes and Sliced Apples 🍊
- **Lunch:** Buckeye Club, Light Yogurt, Fresh Banana 🍌, House Side Salad with Dressing 🥗
- **Dinner:** Pot Roast with Beef Gravy 🍳, Steamed Baby Carrots 🍳, Roasted Redskin Potatoes 🍳, Frozen Custard 🍹