

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 



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