Carolina Inn WEEK 1 Regular Diet

		Day 1 (Monday)	Day 2 (Tuesday)	Day 3 (Wednesday)	Day 4 (Thursday)	Day 5 (Friday)	Day 6 (Saturday)	Day 7 (Sunday)
Breakfast	Choice of:	4 oz Canned Fruit, , 6 oz Yogurt or Activia	4 oz Canned Fruit, , 6 oz Yogurt or Activia	4 oz Canned Fruit, , 6 oz Yogurt or Activia	4 oz Canned Fruit, , 6 oz Yogurt or Activia	4 oz Canned Fruit, , 6 oz Yogurt or Activia	4 oz Canned Fruit, , 6 oz Yogurt/ or Activia	4 oz Canned Fruit, , 6 oz Yogurt or Activia
	Choice of (2oz):	Scrambled eggs, Quartered Boiled Eggs or Eggs Over Easy/Medium	Scrambled eggs, Quartered Boiled Eggs or Eggs Over Easy/Medium	Scrambled eggs, Quartered Boiled Eggs or Eggs Over Easy/Medium	Scrambled eggs, Quartered Boiled Eggs or Eggs Over Easy/Medium	Scrambled eggs, Quartered Boiled Eggs or Eggs Over Easy/Medium	Scrambled eggs, Quartered Boiled Eggs or Eggs Over Easy/Medium	Scrambled eggs, Quartered Boiled Eggs or Eggs Over Easy/Medium
	Choice of (2oz):	Chopped Sausage Patties	Chopped Sausage Patties	Chopped Sausage Patties	Chopped Sausage Patties	Chopped Sausage Patties	Chopped Sausage Patties	Chopped Sausage Patties
	Choice of:	¾ c Cold Cereal or 2 oz Bread: Muffin, Biscuit or Bread (White/Wheat)	¾ c Cold Cereal or 2 oz Bread: Muffin, Biscuit or Bread (White/Wheat)	¾ c Cold Cereal or 2 oz Bread: Muffin, Biscuit or Bread (White/Wheat)	¾ c Cold Cereal or 2 oz Bread: Biscuit with Gravy or Toast (Wheat/White)	¾ c Cold Cereal or 2 oz Bread: Croissant, Biscuit, Corn beef & hash, or Toast (Wheat/White)	¾ c Cold Cereal or 2 oz Bread: Sausage, Egg and Cheese Biscuit, Hash browns or Toast (Wheat/White)	¾ c Cold Cereal or 2 oz Bread: Belgium Waffles with toppings, Biscuit or 1 slice Toast (Wheat/White)
	Choice of (4oz):	Grits, Oatmeal or Cream of Wheat	Grits, Oatmeal or Cream of Wheat)	Grits, Oatmeal or Cream of Wheat	Grits, Oatmeal or Cream of Wheat	Grits, Oatmeal or Cream of Wheat)	Grits, Oatmeal or Cream of Wheat	Grits, Oatmeal or Cream of Wheat
	Choice of 2 (8oz):	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Apple Juice, Grape Juice, Cranberry Juice, Orange Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Apple Juice, Grape Juice, Cranberry Juice, Orange Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Apple Juice, Grape Juice, Cranberry Juice, Orange Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Apple Juice, Grape Juice, Cranberry Juice, Orange Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Apple Juice, Grape Juice, Cranberry Juice, Orange Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Apple Juice, Grape Juice, Cranberry Juice, Orange Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Apple Juice, Grape Juice, Cranberry Juice, Orange Juice
Lunch	Choice of:	6 oz Broccoli cheese soup or 1 Cup Spinach Salad	6 oz Chicken Noodle soup or 4 oz Egg Salad	6 oz Creamy Tomato soup or 4 oz Fruit and Cottage Cheese	6 oz Cream of Chicken Soup or 4 oz Carrot and Raisin Salad	6 oz Creamy of Broccoli Soup or 4 oz Citrus Fruit Salad	6 oz Chicken and Rice Soup or 4oz 3 Bean Salad	6 oz Ham & Potato Soup or 4oz Cucumber Salad w/dressing
	Choice of (4oz)	Fried Shrimp or Brown Sugar Baked Ham	Pork Tenderloin w/Apple Glaze or Baked Chicken (White/Dark)	Beef Stir Fry or Orange Glazed Salmon	6 oz Turkey Pot Pie or 4 oz Fish and Chips	Pork Medallion or Grilled Salmon	Beef & Broccoli or Chicken Quesadilla	Roasted Pork Tenderloin or BLT Sandwich
	Choice of (4oz):	Green Beans or Southern Collard Greens	Artichoke-Spinach casserole or Roasted Fresh Brussel Sprouts	Stir Fry Vegetables or Seasoned Broccoli	Fresh Sautéed Zucchini or Cauliflower Medley	Country Cabbage or Peas & Onions	Steamed Fresh Broccoli or Buttered Corn	Broccoli, Rice & Cheese Casserole or Vegetable Medley
	Choice of (4oz):	Lucky Black eyed Peas, White Rice, or Cornbread	Roasted vegetable couscous, Scalloped potato or 2oz Roll	White Rice, Baked Potato or Roll	Leave off as entrees have starch French Fries, Herbed Rice or Garlic Bread	Baked Sweet Potatoes, Yellow Rice or Roll	Spanish Rice, Couscous or Roll	Baked Sweet Potato, Yellow Rice or Roll
	Choice of (1/2 C):	Ice Cream (vanilla or chocolate), Parfait or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), NY Cheesecake or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), Coconut Cream Pie or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), Pecan Pie or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), Pistachio Pudding or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), Oreo Mouse or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), Chocolate Chip Cookies or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup
	Choice of 8oz):	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice
Dinner	Choice of:	6 oz Vegetable Soup or 1 Cup Cobb Salad	6 oz Loaded Baked Potato Soup or 1 Cup Spinach Salad	6 oz French Onion Soup or 1 Cup House Salad with Dressing	6 oz Italian Wedding Soup or 1 Cup Tomato & Onion Salad	6 oz Minestrone Soup or 1 Cup Side Salad	6 oz Butternut Squash Soup or 1 Cup Pasta Salad	6 oz Vegetable Barley Soup or 1 Cup Garden Salad w/Dressing
	Choice of (4oz)	Grilled Chicken w/Red Onion & Mushroom Sauce or 1 C Caesar Salad Topped with 4 oz Salmon	Chicken Parmigiana or Chef Salad	Chicken Stuffed with Broccoli & Cheese or Beef Lasagna w/Marinara Sauce	Parmesan Crusted Tilapia or Chicken Alfredo	Hot Ham & Cheese Croissant or Fresh Spinach Salad with Shrimp	Roasted Turkey w/Cranberry Sauce or Fried Flounder	Brown Buttered Fish or Yankee Pot Roast
	Choice of (4oz):	Steamed Fresh Cauliflower or Honey Glazed Carrots	Sautéed Fresh Green Beans or Steamed Fresh Cabbage	Italian Green Beans or Roasted Asparagus	Creamed Spinach or Italian Corn	Fresh Steamed Asparagus or Sliced Honey Carrots	Fresh Brussel Sprouts or Seasoned Fresh Green Beans	Mixed Greens or Green Bean Casserole
	Choice of (4oz):	Baked Sweet Potato, Long Grain & Wild Rice, or Roll	Whipped Sweet Potatoe, Rice Pilaf or Garlic Bread	Garden Rice, Parsley Mashed Potatoes or Garlic Bread	Egg Noodles, Breadsticks or Garlic Mashed Potatoes	Potato Wedges, Potato Salad or Bread Stick	Mashed Potatoes w/Gravy, Cornbread Dressing, or Roll	Herbed Mashed Potatoes, Rice Pilaf or Roll
	Choice of (1/2 C):	Ice Cream (vanilla or chocolate), Parfait or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), Peach Pie or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), Pineapple Upside Down Cake or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), Banana Cream Pie or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Fresh Fruit Salad or 1/8th Cherry Pie; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), Dutch Apple Pie or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup	Ice Cream (vanilla or chocolate), Cinnamon Apple Crumb Cake, or Sherbet; 4oz SF Options: Seasonal Melon, SF Jello, Fruit Cup
	Choice of 8oz):	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice	Milk, Coffee, Hot Tea, Sweet Tea, Unsweet Tea, Juice