

**Breakfast**

Juice…………………………………………………………………………………… ½ cup
Refined cooked cereal………………………………………………………… ½ cup
Eggs or lean meat…………………………………………………………… 2 or 2 OZ
White toast……………………………………………………………………….. 2 slices
Butter or margarine……………………………………………………………..2 pats
Jelly………………………………………………………………………….…. As Desired
Milk……………………………………………………………………………………… 8 OZ
Decaffeinated coffee……………………………………………………… if tolerated

**Lunch or Supper**

Cream soup…………………………………………………………….….. 3/4th cup
Bland vegetables………………………………………………….………….. ½ cup
Salad……………………………………………………………………………. 1 portion
White bread or Roll……………………………..………………………………….. 1
Bland dessert or fruit………………………….………………………… 1 portion
Milk………………………………………………..……………………………………. 8 OZ

Menu

**Restaurant Name**