

# GI Soft Menu

Sunday

## Breakfast

Pancakes, Scrambled Eggs, Breakfast Potatoes, Yogurt

## Lunch

Chicken Marsala, White Rice, Steamed Carrots **or**  
Chicken Salad Sandwich, Corn Chowder Soup

## Dinner

Braised Beef Tips, White Rice, Carrots **or**  
Turkey & Swiss Sandwich, Tomato Soup

Monday

## Breakfast

Apple Muffin, Cheese Omelet, Breakfast Potatoes

## Lunch

Pork Loin, Green Beans, Sweet Potatoes **or**  
Egg Salad Sandwich, Vegetable Meatball Soup

## Dinner

Beef Lasagna, Zucchini & Squash Blend **or**  
Chicken Salad Sandwich, Vegetable Meatball Soup

Tuesday

## Breakfast

Grits, Scrambled Eggs, Breakfast Potatoes

## Lunch

Meatloaf with Vegetable Demi Glaze, Whipped Potatoes,  
Steamed Fresh Green Beans **or**  
Chicken Salad & Peaches Fruit Plate, Chicken Tortilla Soup

## Dinner

Roasted Chicken Quarter, Chicken Gravy, White Rice,  
Carrots **or**  
Roast Beef Sandwich, Chicken Tortilla Soup

Wednesday

## Breakfast

Cinnamon French Toast, Scrambled Eggs

## Lunch

Chicken Fried Rice with White Rice, Vegetable Blend **or**  
Roast Beef Sandwich, Vegetable Meatball Soup

## Dinner

Salisbury Steak, Whipped Potatoes with Olive Oil,  
Green Beans, Brown Gravy **or**  
Chicken Salad Sandwich, Beef Vegetable Soup

Thursday

## Breakfast

Scrambled Eggs, 1/2 a Plain Bagel

## Lunch

Boiled Salmon, White Rice, Rosemary Asparagus **or**  
Grilled Chicken Sandwich, Vegetable Rice Soup

## Dinner

Roasted Turkey Breast, Mashed Potatoes, Carrots,  
Herb Gravy **or**  
Egg Salad Sandwich, Vegetable Rice Soup

Friday

## Breakfast

Egg & Cheese Omelet, Sweet Orange Muffin

## Lunch

BBQ Pulled Pork Sandwich, Hamburger Bun **or**  
Turkey Sandwich, Broccoli Cheddar Soup

## Dinner

Sesame Chicken with Vegetables on White Rice, Applesauce  
**or** Turkey Cobb Sandwich, Broccoli Cheddar Soup

Saturday

## Breakfast

Scrambled Eggs, Breakfast Potatoes, Blueberry Muffin

## Lunch

Baked Fish, White Rice, Carrot & Zucchini Blend **or**  
Turkey Sandwich, Corn Chowder Soup

## Dinner

Grilled Pork Chop, Sweet Potatoes, Green Beans **or**  
Peaches & Pears Fruit Plate with Banana Nut Muffin,  
Chicken Noodle Soup

# GI Soft Always Available Menu

## Breakfast

Pancakes  
French toast  
Scrambled Eggs  
Cheese Omelet  
Fruit Muffins  
Breakfast Potatoes

## Lunch and Dinner

Pasta with Marinara Sauce  
Grilled Hamburger  
Grilled Veggie Burger  
Grilled Chicken Sandwich  
Grilled Cheese Sandwich  
Chicken Salad Sandwich or Cup  
Egg Salad Sandwich or Cup  
Tuna Salad Sandwich or Cup  
Cottage Cheese with Peaches and Pears  
Chicken Salad with Peaches and Pears  
Steamed Veggies: Carrots, Green Beans  
Whipped Potatoes  
White Rice

## Soups

Vegetable Rice Soup  
Mushroom  
Cream of Chicken  
Chicken Noodle

## Desserts

Peaches  
Peaches and Cream Trifle  
Vanilla Pudding  
Apple Sauce  
Ice Cream: vanilla, Chocolate, Strawberry



**NORTHSIDE HOSPITAL**