

# ALWAYS AVAILABLE

## BREAKFAST

### CEREALS

CHEERIOS | CORN FLAKES  
RICE KRISPIES | TOTAL RAISIN BRAN

APPLE CINNAMON CREAM OF WHEAT  
OATMEAL | GRITS

### BAKERY

BLUEBERRY MUFFIN  
CRANBERRY ORANGE MUFFIN

### FRUIT

CONTINENTAL BREAKFAST  
FRUIT & HONEY YOGURT CRUNCH  
SEASONAL FRUIT

### GRILL

BACON | BREAKFAST POTATOES  
CINNAMON FRENCH TOAST | SCRAMBLED EGGS  
BUTTERMILK PANCAKES | RED POTATO HASH  
SAUSAGE LINK | TURKEY SAUSAGE PATTY

## LUNCH & DINNER

### SOUP

BROCCOLI CHEDDAR | TOMATO BASIL  
SEASONAL SPECIAL

### SALAD

BERRY FIELDS | CLASSIC COBB  
CHICKEN CAESAR | MEDITERRANEAN CRUNCH

### SANDWICH

CLASSIC BLT | CLASSIC CHICKEN SALAD SANDWICH  
BISTRO TURKEY SANDWICH  
MEDITERRANEAN VEGGIE WRAP

### GRILL

DELUXE HAMBURGER  
GRILLED CHICKEN SANDWICH  
SPICY TURKEY BACON SANDWICH  
GRILLED CHICKEN QUESADILLA

### DESSERT

KEY LIME CHEESECAKE  
CHOCOLATE MUG CAKE  
PEANUT BUTTER BROWNIE BITE  
SUGAR COOKIE  
CHOCOLATE CHIP COOKIE

## BEVERAGES

FRESH  
BREWED  
COFFEE

REGULAR | DECAF

TEA  
SWEET  
UNSWEET

HOT  
COCOA

MILK  
SKIM | 2%  
WHOLE

JUICE  
APPLE | CRANBERRY  
GRAPE | ORANGE



**Terrebbonne**  
GENERAL HEALTH SYSTEM



YOUR DIET, LIKE YOUR MEDICATION, IS AN IMPORTANT PART OF YOUR TREATMENT AND MAY SPEED YOUR RECOVERY.

YOU WILL RECEIVE THE DIET ORDERED BY YOUR DOCTOR, WHO MAY TRANSITION YOUR DIET THROUGH YOUR STAY.

SOME ITEMS MAY BE RESTRICTED DUE TO YOUR PRESCRIBED DIET AND/OR FOOD ALLERGIES. YOUR HOSPITALITY ASSISTANT WILL OFFER YOU SUBSTITUTIONS FOR THESE RESTRICTED ITEMS

# DAILY SPECIALS

## SUNDAY

**BREAKFAST**  
CLASSIC AMERICAN  
BREAKFAST  
SCRAMBLED EGG, BACON,  
BREAKFAST POTATOES

**LUNCH**  
JUMBO ITALIAN  
MEATBALL  
JUMBO MEATBALL,  
ROTINI, MARINARA

**DINNER**  
JERK CHICKEN  
JAMAICAN-STYLE CHICKEN,  
YELLOW RICE, BLACK BEANS,  
CARIBBEAN FRUIT SALSA

## MONDAY

**BREAKFAST**  
BISCUIT & GRAVY  
BUTTERMILK BISCUIT,  
SCRAMBLED EGG,  
COUNTRY GRAVY

**LUNCH**  
RED BEANS & RICE  
NEW ORLEANS RED BEAN AND  
RICE, ANDOUILLE SAUSAGE,  
SIDE SALAD, HONEY KISSED  
CORNBREAD

**DINNER**  
SMOTHERED  
PORK CHOP  
PORK CHOP, MUSHROOM  
GRAVY, POTATO WEDGES,  
LEMON PEPPER CARROTS

## TUESDAY

**BREAKFAST**  
LEMON RICOTTA  
PANCAKES  
SCRATCH PANCAKES,  
BLUEBERRY COMPOTE,  
LEMON PUDDING

**LUNCH**  
SMOKEHOUSE  
BBQ PORK  
PULLED PORK, MAC & CHEESE,  
RED CABBAGE SLAW,  
HONEY-KISSED CORNBREAD

**DINNER**  
CAJUN CHICKEN  
PASTA  
BLACKENED CHICKEN, SAUSAGE,  
ROTINI, PEPPERS & ONIONS,  
MUSHROOMS, WHITE WINE  
CREAM SAUCE

## WEDNESDAY

**BREAKFAST**  
NITTY GRITTY  
BOWL  
CHEESE GRITS, CHEDDAR,  
SCRAMBLED EGG, BACON,  
SCALLIONS

**LUNCH**  
BEEF  
BURGUNDY  
BRAISED BEEF, HERB CITRUS  
CRUNCH, ROSEMARY POLENTA,  
CARAMELIZED CARROTS &  
PEARL ONIONS

**DINNER**  
HOT HONEY FRIED  
CHICKEN  
FRIED CHICKEN, MACARONI &  
CHEESE, BRAISED GREENS

## THURSDAY

**BREAKFAST**  
BREAKFAST  
SKILLET  
HOMESTYLE POTATOES,  
PEPPERS & ONIONS,  
SCRAMBLED EGG,  
SAUSAGE LINK

**LUNCH**  
CHICKEN POT PIE  
CHICKEN, PEAS, GREEN BEANS,  
CREAMY SAUCE, PUFF PASTRY,  
STEAMED BROCCOLI

**DINNER**  
ROASTED  
TURKEY  
ROASTED TURKEY, GRAVY,  
MASHED POTATOES,  
HERB GREEN BEANS

## FRIDAY

**BREAKFAST**  
FRENCH TOAST  
BREAD PUDDING  
BAKED CINNAMON SPICED  
BRIOCHE, BACON

**LUNCH**  
CRISPY FRIED CATFISH  
FRIED CATFISH, WHITE BEANS,  
COLLARD GREENS

**DINNER**  
TEXAS STYLE BEEF  
SANDWICH  
OPEN FACED BEEF SANDWICH,  
BALSAMIC ONIONS, MASHED  
POTATOES, BROCCOLI

## SATURDAY

**BREAKFAST**  
HAM & CHEESE  
EGG BITE  
HAM & CHEESE EGG BITE,  
RED POTATO HASH,  
SAUSAGE LINK

**LUNCH**  
ROTISSERIE  
CHICKEN  
ROASTED CHICKEN QUARTER,  
MASHED POTATOES,  
GREEN BEANS

**DINNER**  
SOUTHWESTERN  
CARNITAS BOWL  
SHREDDED PORK, CILANTRO  
LIME RICE, PINTO BEANS,  
PICO DE GALLO