A plate of food

Description automatically generated with medium confidence

**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**