

Recommended room service foods for a soy* free diet

Some foods from the general patient menu may not be included on this menu as we are unable to check all food labels. If you have questions about this menu or your diet, call (414) 266-3663.

Due to supply chain disruptions, some menu items may be temporarily unavailable or substituted. Menu items are subject to change based on availability. For the most current selections, please ask for a printed menu that is suited for the patients' dietary needs.

***Note: Highly refined soybean oil and soy lethicin is allowed on the soy-free diet. Some of these foods may contain these ingredients. If these are to be avoided, please request assistance from the unit Dietitian.**

Breakfast

Cheerios
Froot Loops
Frosted Flakes
Lucky Charms
Rice Chex
Oatmeal
Toast white, wheat
Strawberry Pop Tart
Hot Breakfast Sandwich
Hard-boiled eggs
Scrambled eggs
Omelet cheese, ham, bacon, diced
sausage, mushroom, green pepper, onion
Tator Tots
Bacon
Sausage
Pancakes
Yogurt assorted flavors

Sides

Broccoli
Carrots
Corn
Green beans
Peas
French fries
Tator tots
Mashed potato
Bow tie noodles
White rice
Refried beans
Soft corn tortilla
Tossed salad FF ranch, French, Italian
dressing

Lunch and Dinner

Deli sandwich turkey, ham, Swiss,
cheddar, or American cheese
Peanut butter and jelly
sandwich
Tomato soup
Beef or chicken broth saltine
crackers
Beef hot dog
Chicken strips
Hamburger or cheeseburger
Grilled cheese sandwich
Grilled ham and cheese
sandwich
Roast turkey
Grilled chicken breast (boneless)
Spaghetti or bow tie pasta
with marinara sauce
Cheese Quesadilla
Chef Salad

Beverages

Apple and orange juice
Bottled water
Crystal Light lemon, raspberry
Lemonade
Milk whole, 1%, skim, chocolate
Lactose Free
Vanilla Rice Milk
Sprite or Sprite Zero
Coke or Diet Coke
Mello Yello
Powerade berry
Vitawater XXX, lemon
Hot Cocoa
Shake chocolate, vanilla
Fruit smoothie berry, mango,

Snacks

Carrot and celery sticks
Cucumber slices
Baked Lays
Lays Potato Chips
String cheese
Fruit roll up

Desserts

Seasonal fresh fruit
Fresh fruit cup
Apple with caramel dip
Mandarin oranges, peaches,
pears, or applesauce cup
Graham crackers
Scooby Snacks
Oreos
Rice Krispies treat
Gelatin orange, strawberry
Popsicles
Italian Ice cherry, lemon
Ice Cream chocolate, strawberry,
vanilla
Pudding chocolate, vanilla
Cupcake chocolate, vanilla

Condiments

Ketchup, mustard, mayonnaise
Cream Cheese
Shredded Cheddar
BBQ sauce
Pickle chips/pickle relish
Lettuce, tomato, and onion
Margarine and butter
Salsa, sour cream
Cheese sauce
Marinara sauce
Chicken gravy
White and brown sugar
Breakfast syrup regular, SF