

# 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.***

***\*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  
Cheese pizza pepperoni, ham,  
mushrooms, green pepper, onion  
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  
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,  
strawberry

## 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  
Grahams Bug Bites  
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  
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