

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
Lucky Charms
Rice Chex
Oatmeal
Toast white, wheat, cinnamon & sugar
Strawberry Pop Tart
Hard boiled eggs
Scrambled eggs
Omelet cheese, ham, bacon, mushroom, green pepper, onion
Tater Tots
Bacon
Sausage
French toast sticks
Yogurt assorted flavors

Sides

Broccoli
Carrots
Corn
Green beans
Peas
French fries
Tater tots
Baked potato
Ask about the assortment of toppings
Mashed potato
Bow tie noodles
White rice
Refried beans
Soft corn tortilla
Tossed salad ranch, French or 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
Spaghettios
Spaghetti or bow tie pasta with marinara sauce

Beverages

Apple or orange juice
Bottled water
Crystal Light Flavoring
Milk whole, 1%, skim, chocolate
Vanilla Rice Milk
Sprite or Sprite Zero
Coke or Diet Coke
Mello Yello
Lemonade
Powerade berry, fruit punch, lemon lime
Shake
Featured fruit smoothie

Snacks

Carrot and celery sticks
Baked Lays
Lays Potato Chips
Soft hot pretzel
String cheese
Fruit roll up

Desserts

Seasonal fresh fruit
Fresh fruit cup
Apple with caramel dip
Mandarin oranges, peaches, pears, or applesauce cup
Animal crackers
Graham crackers
Teddy Grahams
Oreos
Rice Krispies treat
Gelatin
Popsicles
Ice Cream

Condiments

Ketchup, mustard, mayonnaise
BBQ sauce
Pickle slice
Lettuce, tomato, and onion
Margarine and butter
Salsa, sour cream
Marinara sauce
Chicken gravy
White and brown sugar
Breakfast syrup
Hershey's Syrup