

# Menu and Serving Guidelines

## ENOA Diner's Choice Breakfast Menu and Serving Guidelines



**Meat or Meat Alternate**  
2 Eggs and 2 Strips of Bacon



**Side dish - 1 serving**  
Breakfast Potatoes



**Fruit- Choice of 2 servings**  
1/2 cup juice  
1 piece of fresh fruit  
1/2 cup fresh fruit cup



**Bread- 1 serving**  
Toast



**Beverage - 1 serving**  
*Choice of one:*  
8 oz.  
Milk | Coffee | Tea



No exceptions | No substitutes

## ENOA Diner's Choice Hickory House Menu and Serving Guidelines

**Meat or Meat Alternate - 1 serving**  
*Choice of one:*  
1 piece Fried or Baked Chicken  
2 Chicken Strips



**Side dish - 2 servings**  
*Choice of two:*  
1/2 cup potatoes, macaroni & cheese  
1/2 cup hot vegetable  
1/2 cup vegetable salad



**Bread- 1 serving**  
*Choice of one:*  
1 Dinner Rol | 1 Bun | 1 slice Bread



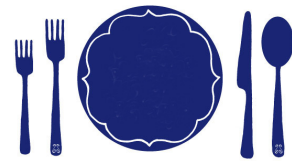
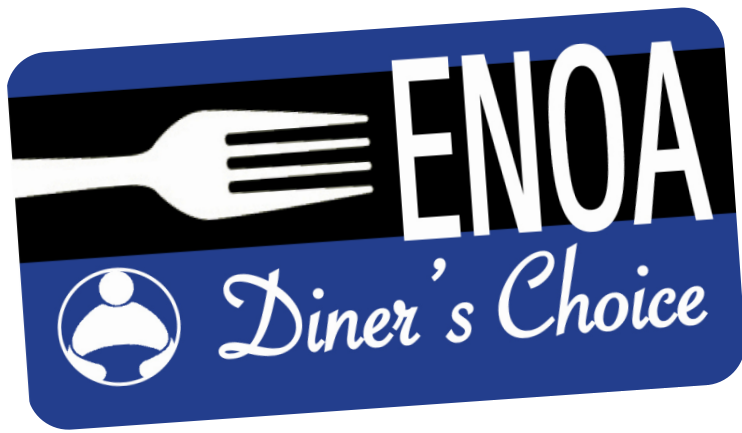
**Fruit- 1 serving**  
available at Kitchen Counter  
*Choice of one:*  
1/2 cup cut Fresh Fruit  
1 piece Fresh Fruit  
1 Fruit Cup packed in Juice  
1/2 cup Fruit Fluff



**Beverage - 1 serving**  
*Choice of one:*  
8 oz. Milk | Coffee | Tea



The above menus have been written and approved by ENOA's dietitian to meet the required nutritional guidelines of the Diner's Choice Program. All choices are subject to availability. For any additional items or larger portions there will be an additional charge to the customer.



# Menu and Serving Guidelines



## Meat or Meat Alternate - 1 serving



1 serving of Meat & Vegetable Bowl  
(Choice of available entrées)  
*(Does not include Sweet & Sour Chicken,  
Orange Chicken or Sesame Chicken)*

## Bowl Served with 1 of the following:



Choice of one:  
1/2 cup Steamed Rice  
1/2 cup Fried Rice  
1/2 cup Lo Mein Noodles



## Bread- 1 serving

*Choice of one:*  
1 Eggroll | 1 Crab Rangoon | 2 Spring Rolls

## Fruit- 1 serving

available at Kitchen Counter

*Choice of one:*  
1/2 cup cut Fresh Fruit  
1 piece Fresh Fruit  
1 Fruit Cup packed in Juice  
1/2 cup Fruit Fluff



## Beverage - 1 serving

*Choice of one:*  
8 oz. Milk | Coffee | Tea

