

# General Diet Menu – Beverages & Desserts

(Amounts in parentheses are grams of carbohydrates)



**Call 6363 to order**

## **Milk (8 oz)**

Milk – skim (13g), 2% (12g), whole (12g),  
chocolate (20g)  
Rice Milk – original (23g), vanilla (26g)  
Soy Milk – original (7g), vanilla (18g),  
chocolate (25g)  
Lactose-Free Milk (12g)

## **Juice (4 oz)**

Juice – apple (15g), orange (15g), cranberry (20g),  
grape (20g), prune (25g), vegetable (7g), low-sodium  
vegetable (7g)

## **Cold Drinks (8 oz)**

Crystal Light® – orange sunrise, raspberry ice  
Sugar-Free Lemonade  
Iced Tea

## **Hot Drinks (8 oz)**

Coffee – regular, decaf  
French Vanilla Cappuccino (25g)  
Hot Chocolate – regular (25g), no sugar added (10g)  
Hot Tea – regular, decaf  
Herbal Tea – lemon, green, orange & spice, cranberry  
apple, mint medley

*Condiments: sugar (3g per packet), Equal®, Splenda®,  
creamer, non-dairy creamer (2g), lemon, honey (12g)*

## **Bakery**

Chocolate Fudge Brownie (30g)  
Apple Pie (45g)  
Carrot Cake (30g)  
Angel Food Cake (35g) – with strawberry  
sauce (20g)  
Cookies (25g) – chocolate chip, oatmeal raisin

## **On The Lighter Side**

Fresh Fruit – apple (15g), banana (30g),  
orange (20g), mixed fruit cup (15g)  
Applesauce (15g)  
Diced Fruit (15g)  
 pudding – chocolate (30g), vanilla (25g),  
sugar-free (10g)  
Gelatin – regular (15g), sugar-free

## **Frozen Delights**

Ice Cream – regular (15g), fat-free (20g)  
Sherbet – orange (30g), raspberry (25g)  
Italian Fruit Ice (20g)  
Sugar-Free Lemon Sorbet (5g)  
Popsicles – regular (14g), sugar-free (4g)  
Magic Cup (40g) – chocolate, vanilla, mixed berry,  
orange

## **Specialty Frozen Beverages (12 oz)**

*Limited to one per meal*

Nonfat Frozen Yogurt Shake – vanilla (30g),  
chocolate (55g)  
Fruit Smoothie (45g)