

DAILY FARE

AVAILABLE TO ORDER 7:00 AM - 11:00 AM
BREAKFAST:
HOT & COLD CEREALS
Oatmeal • Cream of Wheat • Cherrios (Reg or Honey Nut) • Corn Flakes • Raisin Bran • Rice Krispies

ENTREES
Scrambled Eggs (Reg or Low Cholesterol)
Pancakes • Biscuits & Gravy

SIDES
Bacon (Pork or Turkey) • Greek Yogurt (Blueberry, Strawberry, Vanilla) • Cottage Cheese (LF) • Blueberry Muffin

AVAILABLE TO ORDER 11:00 AM - 7:00 PM
LUNCH/DINNER:
HOT ENTREE & GRILL
Herb Grilled Chicken Breast • Lasagna Roast-
ed Turkey Breast • Hamburger • Cheeseburg-
er Veggie Burger (Garden Patty or Black
Bean Patty) • Chicken Tenders • Baked Tilapia
Grilled Cheese

SANDWICHES
Turkey • Ham • BLT • PB&J

SALADS
Tossed Salad • Fruit & Cottage Cheese Plate

FRUIT, WHOLE
Banana • Orange • Red Delicious Apple

FRUIT, CHILLED
Applesauce • Fresh Fruit Cup • Diced Peaches
Pineapple Tidbits

SOUPS & VEGETABLES
Chicken Noodle • Potato Soup • Tomato Soup
Green Beans • Sliced Carrots • Hummus &
Vegetables

SIDES
Steak Fries • Steamed Rice • Oatmeal • Mashed
Potatoes & Gravy • Macaroni & Cheese • Baked
Potato • Potato Chips (Baked or Regular)

PEDIATRIC MENU

Mini Corn Dogs • Hot Dog • Chicken Strips • Grilled Cheese Sandwich
Mac & Cheese • Personal Pizza

KEY
REG: Regular • NSA: No Sugar Added • LF: Low Fat • SF: Sugar Free

DESSERTS

COOKIE:
Oatmeal Raisin • Chocolate Chip
Sugar • Graham Crackers • Vanilla
Wafers

BAKERY:
Brownie • Angel Food Cake • Red
Velvet Cake (SF)

GELATIN:
Lime (Reg) • Raspberry (Reg)
Orange (Reg or SF)

FROZEN:

ICE CREAM:
Vanilla • Chocolate • Strawberry
Orange Sherbet

FROZEN TREATS:
Orange Popsicle (SF) • Banana
Popsicle (Reg) • Orange Pineapple
Cherry Swirl Fruit Cup (NSA) • Mixed
Berry Lemon Swirl Fruit Cup (NSA)

PUDDING: (REG OR NSA)
Vanilla • Chocolate

BEVERAGES

Coffee (Reg or Decaf) • Hot/Iced Tea
(Reg or Decaf) • Hot Chocolate (Reg or
NSA)

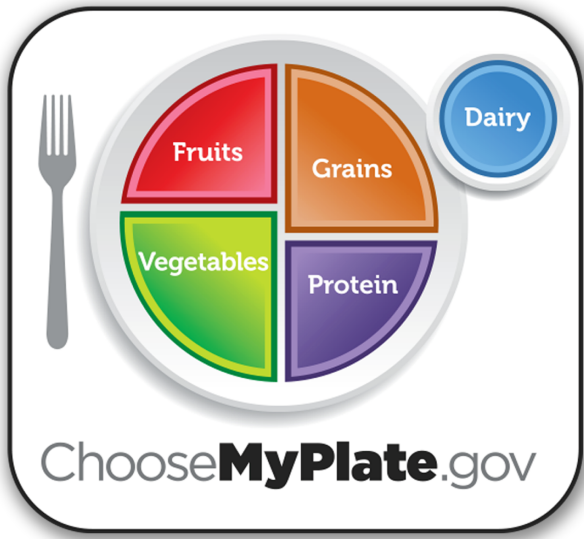
Coke (Reg or Diet) • Sprite (Reg or Diet)
Dr. Pepper (Reg or Diet) • Lemonade
(Reg) • Powerade

JUICES:
Orange • Apple • Grape • Cranberry
Prune • V-8

MILKS:
Fat Free Skim • Low Fat 1% • Whole
Buttermilk • Chocolate • Soy

- We are pleased to offer healthy choices room service dining for our patients.
- Your meal will be delivered to your room within at a designated time. For your convenience, meals may be pre-ordered in advance.
 - Guest trays may be purchased through room service for visiting guests and family members.
 - A customer service specialist will call you to obtain meal order or you may call extension 3663 prior to the following times to place an order:
Lunch - 10:30AM, Dinner - 3:30PM, Tomorrow’s Breakfast - 7:00AM
 - When you are finished with your meal, contact your nurse to remove your tray from the room.
 - If your physician has prescribed a special diet, some items may be limited or modified. Let our operators assist you with your selections.
 - For diabetic management, please notify the nursing staff when you order your meal so we can best help you manage your diabetes. Timing of blood sugar checks and medication is critical in keeping your blood sugar as normal as possible.

We appreciate your assistance with your medical treatment.



Vegetables	Fruits	Grains	Protein	Dairy
Vary Your Veggies. Any Vegetables or 100% vegetable juice counts as a member of the Vegetable group. Fill half your plate with fruits and vegetables.	Focus on Fruits Whole Fruit is preferable to juice, but any fruit counts: fresh, frozen, canned, 100% juice, or dried. Fill your plate with fruits and vegetables.	Make at least half your grains whole. Read labels to find more whole grain foods. Whole wheat, oatmeal, and brown rice are all good.	Go lean with protein. Keep portion to 1/4 of the plate. Nuts, beans, peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.	Get your calcium-rich foods. Remember to buy skim milk or 1% milk. Go easy on cheese. Skim yogurt is a good choice too.

to place your food request
dial 3663 (FOOD)



BREAKFAST SPECIALS

- MONDAY**
Scrambled Eggs • Home Fried Potatoes • Bacon • Wheat Toast
Banana • Apple Juice • 1% Milk
Coffee
- TUESDAY**
Buttermilk Pancakes
Sausage Patty • Applesauce
Raisin Bran • Cranberry Juice
1% Milk • Coffee
- WEDNESDAY**
12” Inch Tortilla Breakfast
Burrito (Egg, Cheese, Bacon,
Green Pepper) • Quartered
Oranges • Vanilla Yogurt
Grape Juice • 1% Milk • Coffee
- THURSDAY**
French Toast • Sausage Patty
Cherrios • Peach Slices • Orange
Juice • 1% Milk • Coffee
- FRIDAY**
Hard Boiled Egg • Ham Steak
English Muffin • Oatmeal • Pear
Slices • Apple Juice • 1% Milk
Coffee
- SATURDAY**
Waffles • Bacon • Strawberries
Rice Chex • Grape Juice • 1% Milk
Coffee
- SUNDAY**
Buttermilk Biscuit & Cream
Gravy • Sausage Patty • Grapes
Corn Flakes • Orange Juice
1% Milk • Coffee

LIQUID DIETS

- CLEAR LIQUID DIETS**
JUICE: Apple • Cranberry • Grape
- BROTH:** Beef • Chicken • Vegetable
- GELATIN:** Lime or Raspberry (Reg)
Orange (Reg or SF)
- FROZEN TREATS:**
Orange Popsicle (SF) • Banana
Popsicle (Reg) • Orange Pineapple
Cherry Swirl Fruit Cup (NSA) • Mixed
Berry Lemon Swirl Fruit Cup (NSA)
- DRINKS:**
Coffee (Reg or Decaf) • Hot/Iced Tea
(Reg or Decaf) • Coke (Reg or Diet)
Sprite (Reg or Diet) • Dr. Pepper (Reg
or Diet) • Lemonade (Reg) • Powerade
- FULL LIQUID DIET**
*Includes all items listed above plus
any of the following:*

Cream of Wheat • Potato Soup
Tomato Soup • Vanilla Greek Yogurt
- PUDDING: (Reg or NSA)**
Vanilla • Chocolate
- ICE CREAM:**
Vanilla • Chocolate • Strawberry
Orange Sherbet
- MILK:**
Fat Free Skim • Low Fat 1% • Whole
Buttermilk • Chocolate • Soy
- JUICE:**
Orange • Apple • Grape • Cranberry
Prune • V-8

LUNCH SPECIALS

- MONDAY**
Chicken Fajitas • Fajita Vegetables • Two - 6” Flour
Tortillas, Sour Cream, Shredded Lettuce, Shredded
Cheese • Strawberries • Vanilla Ice Cream • Iced Tea • 1%
Milk
- TUESDAY**
Lasagna • California Mixed Vegetables • Texas Toast
Apple Pie • Iced Tea • 1% Milk
- WEDNESDAY**
Steak Stir Fry • Stir Fry Vegetables • Teriyaki Sauce
Brown Rice • Grapes • Sugar Cookie • Iced Tea • 1% Milk
- THURSDAY**
Grilled Chicken Breast • Broccoli • Brown Rice • Wheat
Dinner Roll • Garden Salad with Cherry Tomatoes
Balsamic Vinaigrette Dressing • Pineapple • Cherry Crisp
Iced Tea • 1% Milk

- FRIDAY**
Crispy Baked Tilapia • Lemon Juice • Coleslaw • Green
Beans • Cornbread Muffin • Cantaloupe • Lemon
Meringue Pie • Iced Tea • 1% Milk

- SATURDAY**
Chicken Pot Pie with Peas and Carrots • Mixed Green
Salad • Ranch Dressing • Mixed Fruit Cup • Cherry Italian
Ice • Iced Tea • 1% Milk

- SUNDAY**
Grilled Cheese on Wheat Bread • Tomato Soup • Orange
Wedges • Club Crackers • Chocolate Chip Cookie
Iced Tea • 1% Milk

Condiments available upon request
*If your doctor has prescribed a modified diet, some items may not be
available.*

DINNER SPECIALS

- MONDAY**
Ham Steak • Pinto Beans • Potato Salad • Wheat Dinner
Roll • Peaches • Sugar Cookie • Iced Tea • 1% Milk
- TUESDAY**
6” Turkey & Swiss Wrap with Shredded Lettuce • Chicken
Noodle Soup • Club Crackers • Mixed Fruit Cup • Orange
Sherbet • Iced Tea • 1% Milk

- WEDNESDAY**
Chicken Salad on Croissant Sandwich with Lettuce and
Tomato • Baked Potato Chips • Cantaloupe • Chocolate
Pudding • Iced Tea • 1% Milk

- THURSDAY**
Hamburger with Lettuce, Tomato, Red Onion and
Pickle Spear • Cheddar Cheese on Side • Potato Wedges
Grapes • Oatmeal Cookie • Iced Tea • 1% Milk

- FRIDAY**
Flatbread Cheese Pizza • Caesar Salad with Caesar
Dressing • Pineapple Tidbits • Angel Food Cake • Iced Tea
1% Milk

- SATURDAY**
BLT Sandwich with Lettuce and Tomato • Baked Potato
Chips • Peaches • Fudge Brownie • Iced Tea • 1% Milk

- SUNDAY**
Chicken Baked Steak • Cream Gravy • Mashed Potatoes
Carrots • Wheat Dinner Roll • Apple • Banana Pudding
Iced Tea • 1% Milk

Condiments available upon request
*If your doctor has prescribed a modified diet, some items may not be
available.*