

Breakfast Specials (7:00am–9:00am)	
MON.	Cream of Wheat (½C)(12g) Egg & Sausage Bake (½C)(16g) 🍴
TUES.	Cheese Omelet (1)(3g) 🍴 Wheat Toast (1 slice)(13g)
WEDS.	Malt-O-Meal (¾C)(14g) French Toast (1 slice) (13g) Scrambled Egg (¼C)(1g) Bacon Strips (2 slice)🍴
THURS.	Cream of Wheat (½C)(12g) Scrambled Egg & Cheese (¼C)(1g) 🍴 Wheat Toast (1slice)(13g)
FRI.	Oatmeal (¾C)(14g) Sausage Gravy (¼C)(2g) 🍴 Biscuit (1)(21g) 🍴
SAT.	Malt-O-Meal (¾C)(14g) Scrambled Egg (¼C)(1g) Bacon Strips 🍴 Pancakes (1)(13g)
SUN.	Cream of Wheat (¾C)(12g) Vanilla Yogurt (¾C)(25g) Scrambled Egg (¼C)(1g) Danish (1)(37g)
Alternate breakfast choices: Pancakes (1)(13g) • French Toast (1)(13g) • Mini-Strawberry Pancakes (4)(37g) Boiled Egg (hot or cold)(1) • Scrambled Egg (¼C)(1g) • Cheese Omelet (1)(3g) 🍴 Sausage Link (1) 🍴 • Sausage Patty(1) 🍴 • Bacon Strips (2) 🍴 • Ham Slice (3oz) 🍴	

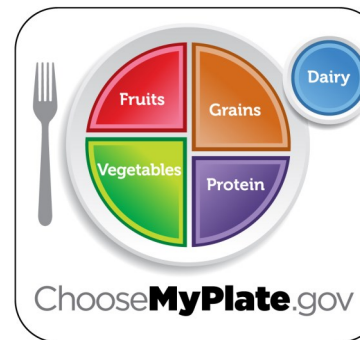
Lunch Specials (11:00am–1:00pm)	
MON.	Liver & Onions (3oz)(17g) or Cilantro Chicken (3oz)(2g) Fluffy Rice (½C)(24g) Mashed Potatoes (½C)(14g) Wheat Bread (1 slice)(13g) Harvard Beets (½C)(22g) Seasoned Broccoli (½C)(5g) Fresh Fruit (15g) Chilled Pineapple (½C)(11g)
TUES.	Breaded Pork Chop (3oz)(23g) or Lemon Veal (3oz)(4g) Mashed Potato (½C)(14g); Br. Gravy (6g) Cauliflower & Red Pepper (½C)(5g) Corn O’Brien (½C)(23g) Chicken Noodle Soup (1C)(14g) 🍴 Frosted White Cake (1pc)(46g) Fresh Fruit (15g)
WEDS.	Smothered Chicken (3oz)(5g) 🍴 or Lemon Pepper Cod (3oz)(4g) Roasted Red Potatoes (½C)(23g) Mashed Potatoes (½C)(14g) 🍴 Spinach Strawberry Salad (1C)(23g) Seasoned Green Peas (½C)(12g) Vanilla Pudding (½C)(26g) Fresh Fruit (15g)
THURS.	Beef Pot Roast (3oz)(4g); Br. Gravy (6g) or Macaroni & Cheese (1C)(50g) 🍴 Parslied Potatoes (½C)(21g) Country Trio-Veg (½C)(11g) Savory Carrots (½C)(7g) Fresh Fruit (15g) Dinner Roll (1)(15g) Peaches & Cream (½C)(17g)
FRI.	Garlic Herb Tilapia (3oz)(19g) or Glazed Ham (3oz)(6g) 🍴 Lemon Rice Pilaf (½C)(26g) 🍴 Mashed Potatoes (½C)(14g) Squash Medley (½C)(4g) Brown Gravy(6g) Fruit Cocktail w/whip topping (½C)(15g) Capri Blend Vegetables (½C)(5g) Fresh Fruit (15g)
SAT.	Pork Stew (1C)(17g) or Swedish Meatball (2ea.)(22g) 🍴 Seasoned Potatoes (½C)(21g) Mashed Potatoes (½C)(14g) Sauteéd Cabbage (½C)(8g) Mexican Corn (½C)(22g) Strawberries (½C)(10g) Fresh fruit (15g)
SUN.	Roast Turkey (3oz); Chicken Gravy (8g) or Salisbury Steak (3oz)(6g) Bread Dressing (½C)(22g) 🍴 Mashed Potatoes (½C)(14g); Green Beans Oregano(½C)(6g) Gravy (6g) Cherry Dessert (1)(32g) Tossed Salad (1C)(6g) Fresh Fruit (15g)

Dinner Specials (4:00pm–6:00pm)	
MON.	Egg & Bacon Sandwich (1)(24g) 🍴 or Fish Sticks (4)(25g) 🍴 Green Beans Oregano (½C)(6g) Oven Baked Fries (½C)(14g) Glazed Bananas (½C)(29g) Parsley Carrots (½C)(7g) Fresh Fruit (15g)
TUES.	Deli Sandwich (1)(28g) 🍴 or Turkey & Dressing Casserole (½C)(70g) 🍴 Minestrone Soup (¾C)(10g) 🍴 Marinated Cucumbers (½C)(14g) Lettuce & Tomato Slice (3g) Sugar Cookie (1)(39g) Fresh Fruit Salad (½C)(23g)
WEDS.	Beef Stroganoff (¾C)(6g) 🍴 or Ham Salad on Whole Wheat (1)(28g) 🍴 Egg Noodle (½C)(19g) Deviled Egg (2 halves)(2g) Stewed Tomatoes (½C)(8g) 🍴 Tossed Salad (1C)(6g) Cinnamon Applesauce (½C)(15g) Corn Chowder (¾C)(24g) 🍴 Fresh Fruit (½C)(15g)
THURS.	Egg Salad Sandwich (1)(32g) or Pork Pot Pie (1C)(27g) 🍴 Coleslaw (½C)(12g) 🍴 California Blend Vegetables (½C)(5g) Citrus Cup (½C)(12g) Potato Chowder (6oz)(14g) 🍴 Fresh Fruit (15g)
FRI.	Cheese Pizza (1slice)(33g) 🍴 or Chicken Romano&Herb Rotini(1C)(31g) 🍴 Tossed Salad (1C)(6g) Seasoned Beets (½C)(7g) Garlic Breadstick (1)(22g) Wheat Bread (1 slice)(13g) Poached Pears (½C)(28g) Fresh Fruit (15g)
SAT.	Sloppy Joe on a Bun (1)(29g) 🍴 or Country Omelet (1)(3g) Tater Tots (½C)(23g) Tossed Salad (1C)(6g) Parsley Cauliflower (1C)(4g) Seasoned Carrots (½C)(7g) Oranges/Whipped Topping (½C)(13g) Fresh Fruit (15g)
SUN.	BBQ Chicken (3oz)(13g) 🍴 or Grilled Cheese (1)(28g) 🍴 Baked Potato (½ potato) (24g) Cream of Tomato Soup (¾C)(17g) 🍴 Oriental Vegetables (½C)(6g) Tossed Salad (1C)(6g) Chilled Apricots (½C)(16g) Fresh Fruit (15g)

Beverages
Juice (4oz) Orange (14g) • Apple (15g) • Cranberry (17g) Grape (16g) • White Grape (15g) Tomato (5g) • Pineapple (16g) Plum Plus (24g) • Fruit Punch (14g) Milk (8oz) 2% (12g) • Skim (12g) • Whole (11g) Chocolate (20g) Hot Chocolate (packet) Regular (24g) • Diet (9g) Coffee Regular • Decaf Tea Regular • Decaf • Herbal Soda (regular & diet) Ginger Ale (20g) • Lemon-Lime (17g)

Cereals
Oatmeal (¾C)(14g) • Malt-O-Meal (¾C)(14g) Cream of Wheat (½C)(12g) Cream of Rice (½C)(19g) Corn Flakes (¾C)(15g) • Bran Flakes (¾C)(24g) Raisin Bran (1box)(34g) • Cheerios (¾C)(21g) Shredded Wheat (1 box)(28g)
Breads
Whole Wheat (1 slice)(13g) White (1 slice)(14g) English Muffin (1)(22g) • Bagel (1)(41g) Danish (1)(37g) Mini Muffin (1)(11g) • Dinner Roll (1)(15g)

Fruit
Apple Sauce (½C)(13g) • Fruit Cup (1)(19g) Prunes (6)(32g) Fresh Fruit Apple (1)(21g) • Orange (1)(12g) Banana (½)(13g) • Strawberries (½C)(10g) Fresh Pineapple (¾C)(16g) Watermelon (1¼C)(15g) • Grapes (½C)(15g)
Crackers
Saltines (3packages)(15g) Waverly Crackers (3packages)(12g) Graham (1package)(16g) Animal Crackers (1package)(21g)

Yogurt
Greek Yogurt (1container)(11g) (ask about flavors) Lite & Fit Yogurt (1container)(9g) Activia Yogurt (1container)(19g)


Soups
Chicken Noodle (¾C)(12g) 🍴 Vegetable (¾C)(28g) 🍴 • Tomato (¾C)(30g) 🍴 Cream of Mushroom (¾C)(12g) 🍴 <i>Ask about the Daily Special</i> Low Sodium Soups Chicken Noodle (½C)(6g) Vegetable (¾C)(14g) • Tomato (¾C)(23g)
Broths
Chicken Broth 🍴 • Beef Broth 🍴 Ham Broth 🍴 • Vegetable 🍴

Please Note:
Not all items may be appropriate for your diet order. We will happily assist you in making selections and answering questions.
You may contact the Dietary Office by dialing x 328 to order your meals.

(#) Indicates portion

(#) Indicates Carbohydrate Measure:
15 grams carbohydrate = 1 carb choice
No number indicated = 0
Per Meal Goal: 64 –79 carbohydrates

🍴 Indicates items higher in sodium
1,000mg = 1gm sodium
Please keep in mind, you will need to make your food choices based on the sodium allowance indicated by your healthcare provider.

À La Carte

Vegetables & Sides	Salads & Dressings
Corn (½C)(15g) • Peas (½C)(15g) Mixed Vegetables (½C)(10g) Green Beans (½C)(5g) • Beets (½C)(5g) Mashed Potatoes (½C)(14g) Gravy (2oz): Chicken (8g) • Beef (6g) • Rice (½C)(15g) • Noodles (½C)(15g) Potato Chips (1 pkg)(15g) • French Fries (½C)(15g) Dinner Roll (1)(15g) • Garlic Toast (1sl)(20g)	Fresh Fruit Salad (½C)(23g) Cole Slaw (½C)(19g) • Grilled Chicken Salad (1 each)(4g) Chef Salad (1 each)(5g) • Tossed Salad (1C)(6g) Cottage Cheese (½C)(5g) • with Fruit: peaches or pears (½C)(15g) pineapple (½C)(15g) Ranch (1pk)(12g) • Diet Ranch (1pk)(11g) Thousand Island (1pk)(6g) French(1pk)(3g) • Diet French(1pk)(4g) Diet Italian (1pk)(1g)

Sandwiches & Deli Items

Grilled Sandwiches: Cheese (1)(26g) • Ham & Cheese (1)(26g) • Chicken with Bun (1)(28g) Salad Sandwiches (filling only): Egg (1)(6g) • Chicken (1)(0g) Tuna (1)(5g) Meat & Cheese Sandwiches: Ham • Turkey • Roast Beef Cheddar • American • Swiss Provolone Other: Peanut Butter & Jelly (1)(49g) Diet Peanut Butter&Jelly (1)(36g)	Hamburger (1)(26g) Cheeseburger (1)(26g) • Hotdog (1)(19g) • Chicken Tenders (3pc)(13g) Tilapia (3oz)(22g) • Shrimp (6)(20g) • Fish Sticks (4pc)(22g) • Pizza (1slice)(46g) Bread Choices: Hoagie Roll (1)(57g) • Sub Bun (1)(30g) Kaiser Roll (1)(42g) Whole Wheat Bread (1slice)(13g) White Bread (1slice)(12g) • Bagel (1)(41g)
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Desserts	Condiments
Cookies: Chocolate Chip (1)(24g) • Sugar (1)(23g) Peanut Butter (1)(17g) Frozen Treats: Chocolate Ice Cream (½C)(18g) Vanilla Ice Cream (½C)(18g) Sherbet (½C)(23g) • Popsicle (1)(14g) Other Goodies: Angel Food Cake (1)(15g) Pudding: Regular (½C)(27g) • Diet (½C)(10g) Tapioca (1)(26g) Jello (½C)(15g) • Diet Jello (½C)(2g)	Jelly (1pkg) Grape (9g) • Mixed Fruit (9g) Strawberry (9g) • Diet Apple (3g) Diet Grape (3g) • Diet Mixed Fruit (3g) Other Margarine • Ketchup • Mustard Relish • Onion • Tomato • Lettuce Tartar Sauce • Lemon • Taco Sauce BBQ Sauce (1pkt)(11g) • Sweet & Sour Sauce (1pkt)(11g) Sugar (1Tbsp)(3g) • Sugar Substitute Brown Sugar (1Tbsp)(13g) Syrup (1pkt): Regular (31g) • Diet (3g) Peanut Butter • Cream Cheese Salt • Pepper • Mrs. Dash

Nutrition & Food Services Mission

We continuously strive to provide our patients with high quality food that is not only nutritious and satisfying, but presented in an attractive manner. We work diligently to maintain the highest level of cleanliness from kitchen to patient room.

Keeping your nutritional needs in mind, healthy and healing diets are written and maintained by our Registered Dietitian/Dietetic Technician, based on the prescription provided by your attending physician.

Every effort is made to cater to each patient's personal preferences and food is prepared to meet individual needs.

How to Place Your Order

We wish you a pleasant dining experience while you are with us.

Meals may be ordered from this menu at times of the day that best fits your schedule.

Please note:

The "Specials for the Day" are only available during the times listed on the menu.

À la carte items are available anytime between 6:30am and 6:00pm.

Night snacks can also be ordered from this menu by 6:00pm and will be delivered to you by about 8:00pm.

When you are ready for your meal, dial x328 to place your order. If you need assistance, our Hospitality Ambassador, your nurse, or a family member can order for you. All our meals are prepared fresh to order and we strive to deliver your meal within 30 minutes.

Your satisfaction is important to us. Please be assured we will make every effort to fulfill your request in a timely manner.

For Your Guests

Guest trays can be purchased by guests at a cost of only \$3.00 per tray. These trays must be paid for in the Hospital Cafeteria prior to the meal being delivered.

Free guest trays will be provided if you are a family member staying with a pediatric patient or you are a family member staying with a critical patient.

Our Hospital Cafeteria is also available to visitors at regular prices during regular hours of operation.



To place an order, dial **EAT (x 328)**