

## ORDERING YOUR MEAL

You will receive one of our featured entrees served with sides, dessert and a beverage. If you prefer a specific selection please call us at 4-3663 or 7-3663.

*Please call before these times to allow us to prepare and deliver your meal:*

**Breakfast – the evening prior**

**Lunch – before 11am**

**Dinner – before 4pm**

## HAVE GUESTS?

Guests can purchase meal vouchers in advance at Café 601 or online.

Call 4-3663 or 7-3663 when you are ready to order. Our staff will deliver the guest tray to the unit.



## NUTRITION SERVICES

If you have questions about your therapeutic diet and what you can order, the PMA can assist you or contact a Registered Dietitian to explain further.

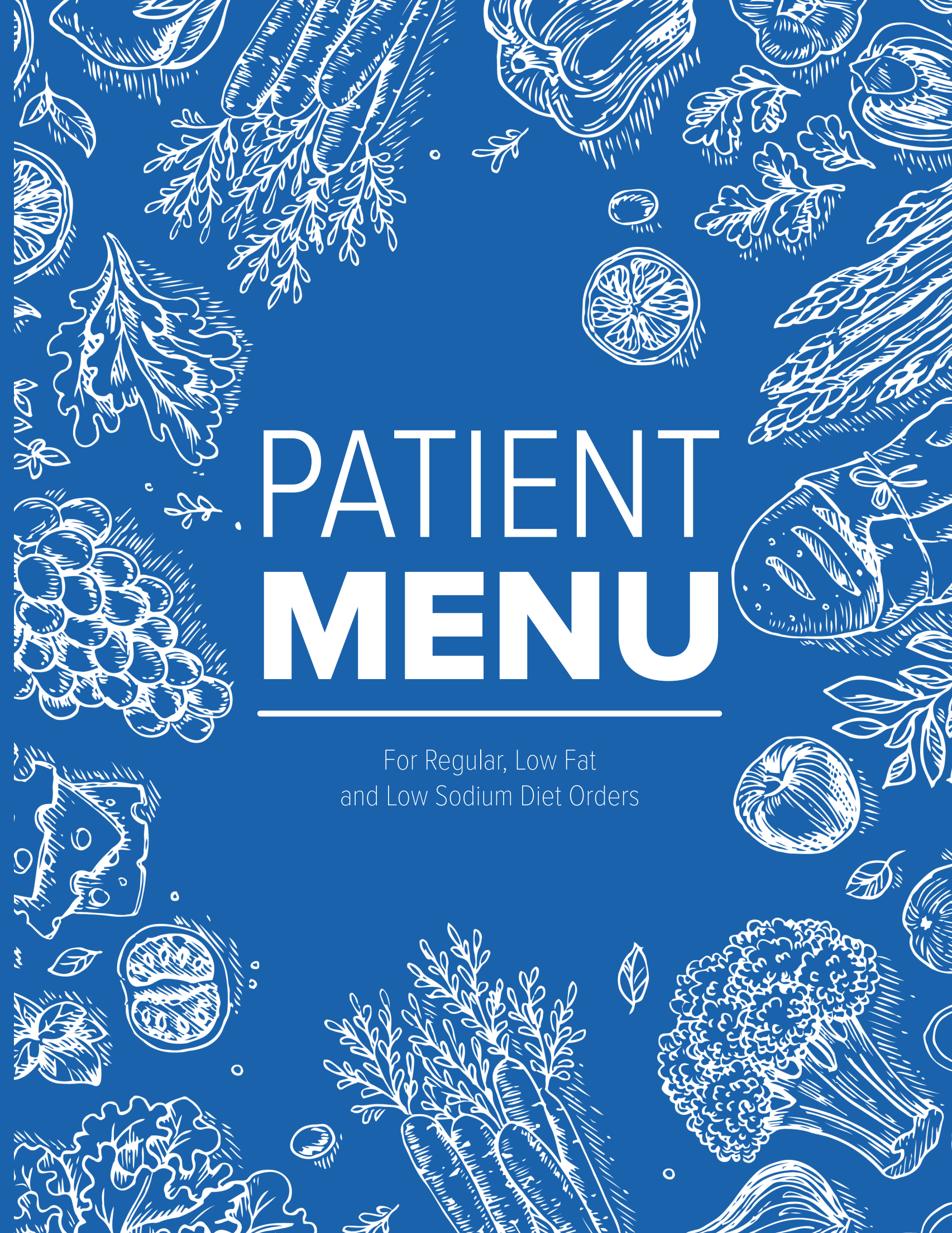
## WE WOULD LOVE YOUR FEEDBACK!

Please scan the QR code to complete a survey on your meal service here.



# PATIENT MENU

For Regular, Low Fat  
and Low Sodium Diet Orders



# BREAKFAST

## ENTREES

- ♥✓① Scrambled Eggs
- ♥ ③ Buttermilk Pancakes
- ♥✓③ Cinnamon French Toast
  - ① Cheese Omelet
  - ② Breakfast Sandwiches  
*Sausage, Egg & Cheese*  
*Croissant or Egg and Cheese*  
*English Muffin*

## BREADS

- ♥✓② Blueberry Muffin
- ② Croissant
- ② Danish

## CEREALS

- ♥✓① Grits
- ♥✓② Oatmeal
- ♥✓① Corn Flakes
- ♥✓① Cheerios
- ♥✓② Frosted Flakes
- ♥✓① Rice Krispies
- ♥✓① Raisin Bran
- ♥✓① Rice Chex

## SIDES

- ① Bacon
- ① Pork Sausage
- ♥ ① Chicken Sausage Links
- ② Home Fries
- ♥✓① Greek Yogurt (Plain or Blueberry)
- ♥✓① Cherry Vanilla Yogurt

## BEVERAGES

- ♥✓① Coffee
- ♥✓① Decaf Coffee
- ♥✓① Hot Chocolate
- ♥✓① Tea
- ♥✓② 2% Milk
- ♥✓② Skim Milk
- ♥✓② Whole Milk
- ♥✓① Lactaid
- ② Chocolate Milk
- ♥✓① Apple Juice
- ♥✓① Orange Juice
- ♥✓① Cranberry Juice
- ♥✓① Prune Juice
- ♥ ① V8 Juice
- ♥✓② Fountain Pepsi Products
- ♥✓① Unsweetened Tea

# LUNCH & DINNER SPECIALS

## SUNDAY

- LUNCH
- ♥✓③ Beef Fajitas with Spanish Rice
- DINNER
- ♥✓② Stuffed Shells
  - ♥✓① Green Beans
- SOUP
- ♥✓① Beef Noodle
- DESSERT
- ② Chocolate Cake

## MONDAY

- LUNCH
- ♥✓③ BBQ Chicken Sandwich
  - ♥✓① Corn
  - ♥✓② Mashed Sweet Potatoes
- DINNER
- ② Pot Roast
  - ♥✓① Roasted Carrots
  - ♥✓① Mashed Potatoes
- SOUP
- ② Italian Wedding Soup
- DESSERT
- ① Cheesecake Parfait

## TUESDAY

- LUNCH
- ♥✓① Roast Turkey
  - ♥ ② Stuffing
  - ♥✓① Mashed Potato
  - ♥✓① Roasted Zucchini
- DINNER
- ♥✓① Beef Stew
  - ② Biscuit
- SOUP
- ♥✓① Chicken and Rice
- DESSERT
- ♥✓④ Angel Food Cake with Strawberry Topping

## WEDNESDAY

- LUNCH
- ③ Tex Mex Sloppy Joe
  - ♥✓① Roasted Brussel Sprouts
- DINNER
- ♥✓① Chicken Marsala
  - ♥✓① Roasted Potatoes
  - ♥✓① California Vegetable Blend
- SOUP
- ① Cream of Broccoli
- DESSERT
- ♥✓① Apple Crumble

## THURSDAY

- LUNCH
- ♥✓① Chicken Stew
  - ② Biscuit
- DINNER
- ♥✓① Salmon Florentine
  - ♥✓① Rice Pilaf
  - ♥✓① Green Beans
- SOUP
- ♥ ① Beef Barley
- DESSERT
- ② Brownie

## FRIDAY

- LUNCH
- ♥✓② Turkey Chili
  - ② Cornbread
- DINNER
- ② Fish Dinner
  - ♥✓② Baked Potato
  - ♥✓① Roasted Carrots
  - ① Coleslaw
- SOUP
- ♥✓① Tuscan Bean Soup
- DESSERT
- ♥✓② Berry Cobbler

## SATURDAY

- LUNCH
- ♥✓① Honey BBQ Chicken
  - ♥✓① Rice Pilaf
  - ♥✓① Broccoli
- DINNER
- ① Meatloaf
  - ♥✓① Corn
- SOUP
- ♥✓① Vegetarian Minestrone
- DESSERT
- ③ Carrot Cake

- ♥ Symbol next to a menu item means that it can be ordered on a **Low Fat Diet.**
- ✓ Symbol next to a menu item means that it can be ordered on a **Low Sodium Diet.**
- 🍷 Symbol next to an entrée means that it is **Vegetarian.**
- ① Carbohydrate Serving/Exchange is equal to 15 grams of carbohydrate.
- ② The Constant Carbohydrate Diet allows items noted by a green circle; choose a total of 5 servings (75 grams of carbs) per meal.

# EVERYDAY LUNCH & DINNER

## STEP 1: CHOOSE 1 ENTRÉE

### HOT ENTRÉE

- ③ Chicken Fingers
- ② Cheese Pizza
- ② Pepperoni Pizza
- ✓② Hamburger
- ③ Hot Dog
- ♥✓① Lemon Baked Fish
- ⑤ Penne Pasta & Meatballs
- ③ Macaroni & Cheese
- ♥✓① Grilled Chicken

### SALADS & SANDWICHES

- ♥✓① Southwest Taco Salad
- ② Crispy Chicken Salad
- ♥ ② Turkey & Provolone on Wheat
- ♥ ② Ham & Swiss on White
- ♥✓② Egg Salad on White
- ✓② Cranberry Chicken Salad Croissant
- ♥✓② Chicken Sandwich
- ② Grilled Cheese Sandwich
- ③ Dijon Ham & Cheese Melt
- ② Turkey Club on Ciabatta

### PLANT BASED OPTIONS

- ♥ ③ Black Bean Burger
- ② Beyond Burger
- ♥✓① Gardein Chick'n Tenders
- ♥ ⑤ Vegan Bolognese
- ♥✓② Vegetable & Bean Chili

## STEP 2: CHOOSE 2 SIDES

- ♥✓① Garden Salad
- ♥ ① Caesar Salad
- ♥✓① Mashed Potatoes
- ② Macaroni and Cheese
- ♥✓① White Rice
- ♥✓① Chicken Noodle Soup
- ① Cream of Tomato Soup
- ♥✓① Chicken Broth
- ♥✓① Vegetable Broth

## STEP 3: CHOOSE 1 DESSERT

- ③ Chocolate Chip Cookies (2)
- ♥✓① Apple Crumble
- ① Vanilla Ice Cream
- ③ Chocolate Ice Cream
- ♥✓① Gelatin (orange or lime)

*For all daily soup, vegetable, lunch, dinner & dessert specials, see the next page.*

- ♥✓① Banana
- ♥✓① Apple Sauce
- ♥✓① Peaches
- ♥✓① Pears
- ♥✓① Fruit Cup
- ♥ ① Pretzels
- ♥✓① Baked Lays
- ① String Cheese
- ♥✓① Baby Carrots
- ♥✓① Hummus

- ♥✓① Diet Gelatin
- ♥✓① Vanilla Pudding
- ♥✓① Diet Chocolate Pudding
- ♥✓① Orange or Lemon Ice

*We are also pleased to offer food choices for Halal and Kosher diet requests. Ask your menu assistant for more information or call x73663.*