

CLEAR LIQUIDS



- Chicken Broth ♥ (GF)
- Vegetable Broth ♥ (GF)
- Beef Broth ♥ (GF)
- Apple Juice ♥ (1) (GF)
- Crangrape Juice ♥ (1) (GF)
- Popsicle ♥ (1) (GF)
- Lemon Italian Ice ♥ (1) (GF)
- Cherry Italian Ice ♥ (1) (GF)
- Sugar Free Berry Gelatin ♥ (GF)
- Orange or Berry Gelatin ♥ (1) (GF)
- All Coffee, Teas & Iced Teas ♥ (GF)

FULL LIQUIDS

All clear liquid items, plus:

- Any Beverage (GF)
- Tomato Soup ♥ (1)
- Cream of Wheat ♥ (1)
- Grits ♥ (1)
- Strained Cream of Chicken Soup (1)
- Chocolate or Vanilla Pudding (1) (GF)
- Sugar-Free Chocolate or Vanilla Pudding ♥ (1) (GF)
- Chocolate or Vanilla Ice Cream (1) (GF)
- Orange Sherbert ♥ (2) (GF)
- Vanilla Yogurt (1) (GF)



BEVERAGES



- 2% Milk (1) (GF)
- Skim Milk (1) (GF)
- Soy Milk (1) (GF)
- Lactaid (1) (GF)
- Low-Fat Chocolate Milk (1) (GF)
- Almond Milk (1) (GF)
- Orange Juice (1) (GF)
- Apple Juice (1) (GF)
- Grape Juice (1) (GF)
- Prune Juice (1) (GF)
- V8® (0.5) (GF)
- Coffee (GF)
- Decaf Coffee (GF)
- Sweet Tea (2) (GF)
- Hot Tea (GF)
- Herb Tea (GF)
- Iced Tea (GF)
- Coke® (2) (GF)
- Diet Coke® (GF)
- Coke Zero® (GF)
- Ginger Ale (1) (GF)
- Sprite® (2) (GF)
- Sprite Zero® (GF)
- Lemonade (2) (GF)
- Crystal Light® Lemonade (GF)
- Hot Chocolate (1) (GF)
- Sugar-Free Hot Chocolate (1) (GF)

ASK ABOUT THE DAILY CHEF SPECIAL



DINING AFTER HOURS:

If you would like something to eat after regular meal service times, please ask your nurse about the options available to you. The nurse stations are stocked with drinks, snacks and boxed meals.



TO ORDER
DIAL 6753
from your room phone

Guest trays are available for \$10.*
*Payment due upon delivery of guest meal.
We accept credit and debit cards for payment of guest meals.

WELCOME TO IN-ROOM DINING!

Meals will be delivered within 45 minutes from ordering.
Guest trays are available for \$10 each.
*Payment is due upon delivery of guest meal.

TO PLACE AN ORDER:

1. Make your selection from this menu.
2. Dial **5545** from your room phone between 7 a.m. and 6:30 p.m.
3. Please notify your nurse after placing an order.*
4. Your food will be delivered by our Nutritional Services staff.

* Monitoring blood sugar and administering medications must be timed with food intake to be most effective. For this reason, it is important that you notify your nurse after ordering each meal or snack. Thank you for your cooperation.

SPECIAL DIET CONSIDERATIONS:

If your physician has placed you on a special diet, or if you have been scheduled for certain tests, you may not be permitted to order from this menu, or your selection may be restricted as outlined below:

- **Salt or sodium-restricted diet:** You will not be served a salt packet on your tray, or certain items such as bacon, processed cheese or luncheon meats, due to their high levels of sodium.
- **Low cholesterol sodium-restricted diet:** You will be served lean meats, low-fat dairy, fat-free salad dressings, low-fat sauces and gravies and low-sodium soups and broth. High-fat foods such as margarine or certain desserts will be limited.
- **Clear liquid diet:** You may have thin juices such as grape or apple juice, or coffee and tea as well as clear broth, gelatin, fruit ices and popsicles. You will not be able to order milk or cream with your coffee.

Your room service ambassador will be able to assist you in making the appropriate choices. To also assist you in meeting your dietary goals, we have listed the number of carbohydrate servings for each menu item in parentheses, and placed a ♥ alongside certain menu items to denote a heart healthy item. (GF) indicates gluten free items.

FOR OUR PATIENTS WITH DIABETES:

Our menu includes the number of carbohydrate servings to help you manage your blood sugar. One serving of carbohydrate equals 15 grams. The average diabetic diet includes three to five carbohydrates per meal. If you have questions about your diet, please ask when you place your order.



PUREED & RENAL DIETS

Please call **6753** for assistance in ordering choices.

BREAKFAST

Served 7 a.m. – 6:30 p.m.



HOT ENTREES

- Two Eggs, any style {1 egg available on request} (GF)
- Scrambled Egg Whites ♥ (GF)
- The Omelette Station (GF) {choose from the following}
- Your Choice of Eggs
- Cheese
- Ham & Cheese
- Veggie* ♥
- Western*

*Veggie & Western omelettes contain onion, red pepper & mushroom. Sorry, no substitutions.

- Two Buttermilk Pancakes (2)
- Cinnamon French Toast (3)
- Biscuit & Gravy (2)
- Cream of Wheat® ♥ (1)
- Oatmeal ♥ (1)
- Grits ♥ (1)

BAKERY

- Blueberry Muffin ♥ (2)
- English Muffin ♥ (1)
- Bagel ♥ (2)
- Toast {white or multi-grain} (1)
- Biscuit (2)

CEREAL

- Honey Nut Cheerios® ♥ (1) (GF)
- Rice Chex® ♥ (1) (GF)
- Corn Flakes® ♥ (1)
- Total Raisin Bran® ♥ (2)
- Frosted Flakes® ♥ (2)

ON THE SIDE

- Two Bacon Strips (GF)
- Sausage Patty (GF)
- Country-style Potatoes (1) (GF)



FRUITS & YOGURT

- Fresh Cut Fruit Cup ♥ (1) (GF)
- Banana ♥ (1) (GF)
- Chilled Peaches ♥ (1) (GF)
- Applesauce ♥ (1) (GF)
- Chilled Pears ♥ (1) (GF)
- Apple ♥ (1) (GF)
- Orange ♥ (1) (GF)
- Vanilla Greek Yogurt ♥ (1) (GF)
- Grapes ♥ (1) (GF)
- Lite Peach Yogurt ♥ (1) (GF)
- Lite Strawberry Yogurt ♥ (1) (GF)
- Cottage Cheese ♥ (GF)

LUNCH & DINNER

Served 11 a.m. – 6:30 p.m.



SOUPS

- Chicken Noodle Soup ♥ (5) (GF)
- Tomato Soup ♥ (1)
- Creamy Potato Soup (1)
- Broths (see Clear Liquids)



ENTRÉE SALAD PLATES

- Chef Salad (1) (GF)
- Chicken Caesar Salad
- Grilled Chicken Salad ♥ (1) (GF)
- Crispy Chicken Salad (1)
- Chicken Salad & Fresh Fruit Plate ♥ (2) (GF)
- Tuna Salad & Fresh Fruit Plate ♥ (2) (GF)
- Cottage Cheese & Fresh Fruit Plate ♥ (2) (GF)
- Tuna Salad Plate ♥ (1) (GF)
- Chicken Salad Plate ♥ (1) (GF)

LOW-FAT SALAD DRESSINGS

- Fat Free Ranch (1) (GF)
- Lite Italian (GF)
- Lite French (1) (GF)
- Lite Raspberry Vinaigrette (1) (GF)
- Fat Free Honey Mustard (0.5) (GF)



ENTRÉES

- Beef Pot Roast & Pan Gravy ♥ (GF)
- Macaroni & Cheese (2)
- Herb Crusted Chicken Breast & Gravy ♥
- Oven Roasted Turkey Breast & Gravy ♥ (GF)
- Lemon Crusted Cod ♥
- Penné Pasta with Marinara (2) or Meat Sauce (1)
- Stir Fry ♥ (1) (vegetable or chicken) (GF)



ALL SANDWICHES ARE GLUTEN FREE IF GLUTEN FREE BREAD IS CHOSEN

DELI FAVORITES

- Tuna Salad Sandwich ♥ (2)
- Chicken Salad Sandwich ♥ (2)
- Turkey Sandwich ♥ (2)
- Ham Sandwich (2)
- Peanut Butter & Jelly Sandwich (2)

SANDWICH BREADS

- Gluten Free Bread (2)
- White ♥ (2)
- Multi Grain ♥ (2)
- Ciabatta Roll (2)



FROM THE GRILL*

- Hamburger ♥ on White (1), on Wheat (2)
- Cheeseburger ♥ on White (1), on Wheat (2)
- Garden Burger ♥ on White (3), on Wheat (4)
- Chicken Breast ♥ on White (1), on Wheat (2)
- Grilled Ham & Cheese (2)
- Grilled Cheese (2)

*Please specify if you would like lettuce, tomato, onion or pickle, along with your choice of American, cheddar, swiss or provolone cheeses.



PIZZA

- 7" Personal Pizza {with your choice of toppings}
- Cheese (4)
- Pepperoni (4)
- Veggie (4)

*Veggie Pizza contains onion, red pepper & mushroom. Sorry, no substitutions.



SIDE DISHES

- Broccoli ♥ (GF)
- Country Style Green Beans (GF)
- Pinto Beans ♥ (5)
- Mashed Potatoes with Gravy ♥ (1) (GF)
- Baked Potato ♥ (2) (GF)
- Macaroni & Cheese (1)
- Baby Carrots ♥ (GF)
- Dinner Roll ♥ (1)
- Hot Gravy ♥ (GF)
- Brown Rice (1) (GF)
- Baked Potato Chips (2)
- Side Mixed Green Salad ♥ (GF)
- Side Caesar Salad
- Cornbread Muffin (2)



DESSERTS

- Fresh Fruit Cup ♥ (1) (GF)
- Angel Food Cake ♥
- Chocolate Chip Cookie (2)
- Sugar Cookie (1)
- Gelatin ♥ (1) (GF)
- Vanilla Ice Cream (1) (GF)
- Chocolate Ice Cream (1) (GF)
- Lemon Italian Ice ♥ (1) (GF)
- Cherry Italian Ice ♥ (1) (GF)
- Brownie (1)
- Orange Sherbet ♥ (2) (GF)
- Cheesecake (2)
- Chocolate Pudding (1) (GF)
- Vanilla Pudding (1) (GF)

No Sugar Added:

- Vanilla Pudding (0.5) (GF)
- Chocolate Pudding (0.5) (GF)
- Gelatin (GF)
- Vanilla Ice Cream (1) (GF)



CONDIMENTS

- | | |
|---------------------|---------------------|
| Ketchup | Lemon Juice |
| Mustard | Sugar (1) |
| Honey Mustard (0.5) | Equal® |
| Ranch | Splenda® |
| Mayonnaise | Brown Sugar (1) |
| Butter | Creamer |
| Margarine | Honey (1) |
| Sour Cream | Syrup (2) |
| Cream Cheese | Diet Syrup |
| Parmesan Cheese | Peanut Butter |
| Tartar Sauce | Raisins (2) |
| Hot Sauce | Saltines® (1) |
| Salsa | Graham Crackers (1) |
| Jelly | |
| Sugar-Free | |
| Blackberry Jam | |
| Cranberry Sauce | |
| Barbecue Sauce | |
| Soy Sauce | |
| Sweet & Sour Sauce | |