BREAKFAST



BEVERAGES

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Chamomile | Fresh-Brewed Iced Tea (Decaf)

Hot Chocolate: Regular | Sugar-Free

Milk: Whole | 1% | Skim | Lactaid | WVanilla Soy | Low-Fat Chocolate Milk

 $\textbf{\textit{Juice:}} \ \mathsf{Orange} \ | \ \mathsf{Apple} \ | \ \mathsf{Tomato} \ | \ \mathsf{Cranberry} \ | \ \mathsf{Prune} \ | \ \mathsf{V8}$

Soda: Ginger Ale | Diet Ginger Ale | Seltzer

SIDE ITEMS

(Please choose 4)

FRUIT:

Whole Fruit: Banana | Orange | Apple

VChilled Fruit: Diced Peaches | Diced Pears | Applesauce | Mandarin Oranges

Fruit Salad | Seasonal Melon | Grapes

YOGURT:

Regular: Vanilla | Strawberry | Plain

Lite: Strawberry | Peach | Vanilla

CEREAL:

WHot: Oatmeal | Cinnamon Oatmeal | Cream of Wheat

VCold: Rice Krispies | Corn Flakes | Raisin Bran | Rice Chex | Cheerios

BREAKFAST BAKERY (please choose 1 item only):

Muffins: Blueberry | Corn | Bran

Mini-Bagels: Plain | Sesame | Everything | Whole Wheat

Rolls: Kaiser Roll | Whole Wheat Kaiser Roll

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

MAIN COURSE

(Please choose 1)

Eggs: Scrambled | Scrambled Egg Whites | Hard-Boiled Eggs (2)

Omelet: Egg | Egg White

Choice of 4 Toppings: Red Onions | Broccoli | Spinach | Peppers

Mushrooms | American Cheese or Swiss Cheese

Pancakes: Buttermilk | Blueberry | Banana

French Toast: Plain | Blueberry | Banana

EGG SANDWICH:

Bread: Kaiser Roll | Whole Wheat Kaiser Roll

Choice of Cheese: American or Swiss

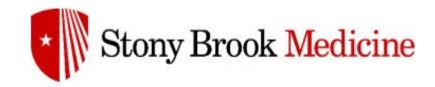
CONDIMENTS

Butter | VSmart Balance | Grape Jelly | Strawberry Jam | Diet Jelly

Cream Cheese | Lite Cream Cheese | VPeanut Butter | Ketchup | Salt

Pepper | Coffee Creamers | Sugar | Splenda | Equal | Sweet & Low | Syrup

Diet Syrup | Honey | Lemon Juice | Herb Seasoning | Salsa | Sour Cream | Mustard



LUNCH & DINNER



♥Tofu Fajitas

Black Bean & Cheese Quesadillas

Macaroni & Cheese: Served in a Creamy Cheese Sauce

Panini: Fresh Mozzarella, Basil & Tomato

PASTA BAR:

VChoice of Pasta: Penne | Linguini | Whole Wheat Penne

Choice of Sauce: Vodka Sauce | Butter Sauce | WMarinara Sauce

VGarlic, Extra Virgin Olive Oil & White Wine

Choice of Toppings: WMixed Vegetables | WMushrooms

FROM THE GRILL:

Black Bean Burger (*contains egg & milk products)

Grilled Cheese Sandwich

Choice of Bread: Seedless Rye | Whole Wheat | White

Hamburger Bun | Whole Wheat Burger Bun

Choice of Toppings: Lettuce | Tomato | Sautéed Mushrooms

Sautéed Onions | American Cheese or Swiss Cheese

PIZZA:

Individual Personal Cheese Pizza with:

Choice of Toppings: Plain | Peppers | Mushrooms

Red Onions | Black Olives | Broccoli

W'SHAKE IT UP' SALAD:

Choice of (1) Lettuce: Romaine | Baby Field Greens | Spinach

Protein: Tofu

Choice of (4) Toppings: Red Onions | Cherry Tomatoes

Bell Peppers | Croutons | Walnuts | Black Olives | Cucumbers

Dried Cranberries | Chickpeas | Mushrooms | Sunflower Seeds

Dressings: ①Lite Italian | ①Olive Oil | ①Red Wine Vinegar | Lite Ranch
Fat Free Italian

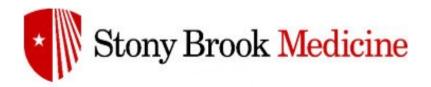
COLD PLATES:

Cottage Cheese Plate: Cottage Cheese & Fresh Seasonal Fruit

Yogurt Plate: Seasonal Fruit & Vanilla Yogurt (Lite or Regular)

VCrudités & Hummus Salad: Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots) & Creamy Hummus Dip



SOUPS, SIDES & DESSERTS



(Please choose 5 items total)

SOUP:

Campbell's Cream of Tomato Soup | Lentil Soup

Pasta Fagioli | Low- Sodium Tomato Soup

Broth:

Vegetable

SIDES:

BAKERY (please choose 1):

Lemon Pound Cake | Angel Food Cake | Brownie | Cheese Cake
Chocolate Angel Food Cake | Peach Pear Cobbler
Low-Fat Chocolate Mousse

VFruit: Apple | Orange | Banana | Diced Peaches | Diced PearsApplesauce | Mandarin Oranges | Fruit Salad | Grapes | Seasonal Melon

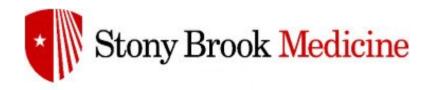
Cookies: Chocolate Chip | Oatmeal Raisin | Lorna Doones | Fig Newtons

Graham Crackers

Gelatin: (Regular or Sugar-Free) Strawberry | Orange

Ice Cream: Vanilla | Chocolate | Sugar-Free Vanilla

VFruit Ice: Cherry | Orange | Lemon



How to Place an Order

- 1. Dial8-DINE (extension 8-3463) between the hours of 7 am and 7 pm.
- 2. Identify yourself to the Room Service Associate, who will verify your name, room number, and the diet ordered by your physician.
- 3. Place your order. Your specially prepared meal will be served to you within 90 minutes of your request.

The Department of Food and Nutrition is here to provide you with excellent service. Feel free to let your Room Service Associate know how we can help meet your food service needs.

SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for all diets. If you are on a special or restricted diet, our Room Service Associate will assist you with your meal selections.

For your safety, we will accept your menu selections only after your physician has entered your diet order.

DIET:

Vegetarian (Lacto-Ovo)

Room Number:

A diet that eliminates meat, poultry, and fish but includes dairy and eggs. Vegan items are indicated with the *V* symbol.

Date:

Name:			
- variev			
Diet: _	 	 	

