

# BREAKFAST

## **BEVERAGES:**

**Coffee:** Regular – Decaffeinated

**Tea:** Regular – Decaffeinated – Chamomile

Fresh Brewed Iced Tea (Decaf)

**Hot Chocolate:** Sugar-Free

**Milk:** Skim – Lactaid

**Juice:** Tomato –Low Sodium V8

## **FRUIT:**

**Fruits:** Peaches – Applesauce - Pears

Mandarin Oranges

## **YOGURT:**

Lite Strawberry – Lite Peach

## **BREAKFAST ENTRÉE'S:**

**Eggs:** Scrambled - Egg Whites - Hard-Boiled Egg

## **CEREAL:**

Oatmeal – Cinnamon Oatmeal - Cream of Wheat

## **SIDES:**

Graham Crackers – Saltines - Cottage Cheese

## **CONDIMENTS:**

Smart Balance – Diet Jelly -Butter – Salt– Pepper

Lite Cream Cheese -Peanut Butter

\*Breakfast Ends Daily at 10:00AM\*

# LUNCH & DINNER

## HOT ENTREES:

(Chicken & Turkey Will Be Ground)

- **Chicken Francaise:**  
Sautéed in lemon & white Wine Sauce
- **Oven Roasted Turkey:** Served with gravy
  - **Broiled Cod:**  
Dressed with Garlic & Lemon
  - **Baked Salmon:**  
Dressed with Garlic & Lemon
- **Home Made Meatloaf:** Served with Gravy
  - **Scrambled Eggs**
  - **Grilled Hamburger**

## COLD PLATES / ENTRÉE SALAD:

- **Cottage Cheese Plate:**  
Cottage Cheese and soft Fruit
- **Tuna Salad:**  
**Choice of Cracker**  
Saltines – Whole Wheat Crackers

## CONDIMENTS:

Smart Balance– Diet Jelly– Butter– Salt– Pepper  
Lite Cream Cheese– Peanut Butter– Light Mayo

# SOUPS, SIDES & DESSERTS

## SOUPS:

- **Soup:** Campbell's Tomato – Lentil
- **Broth:** Beef – Chicken – Vegetable

## SIDES:

Mashed Potatoes – Mashed Sweet Potatoes  
Baby Carrots – Green Beans

## DESSERTS:

- **Fruit:** Peaches – Pears – Applesauce  
Mandarin Oranges – Bananas
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- **Cookies:** Graham Crackers
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- **Gelatin:** Sugar-Free Strawberry or Orange
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- **Ice Cream:** Sugar-Free Vanilla
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- **Pudding:** Sugar-Free Vanilla  
Sugar-Free Chocolate

# BARIATRIC SOFT DIET:

Your physician has ordered a Bariatric Soft Diet for you. Foods that contain carbohydrates and fats should be limited. Your diet should be focused on foods high in protein.

## *How to Place an Order*

1. Dial 8-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 60 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.*

Room Number: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Diet: \_\_\_\_\_

7/21

