

# BREAKFAST

## BEVERAGES:

**Coffee:** Regular – Decaffeinated

**Tea:** Regular – Decaffeinated – Chamomile  
Fresh Brewed Iced Tea (Decaf)

**Hot Chocolate:** No Added Sugar (10g)

**Milk:** 1% (7g)- Skim (7g) – Lactaid (13g)

**Juice:** Low Sodium V8 (7g)

## CONDIMENTS:

Smart Balance – Diet Jelly (3g) - Peanut Butter

Lite Cream Cheese(1g) - Butter– Salt – Pepper

Coffee Creamer– Splenda– Equal– Sweet & Low

Lemon Juice– Lite Mayo– Ketchup (3g)

## MAIN COURSE:

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

**Omelet:** Egg –Egg White

**Choice of 4 Toppings:** Red Onions– Broccoli– Spinach  
Peppers– Mushroom– Turkey– Swiss Cheese

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

## SIDE ITEMS

### FRUIT:

Banana (25g)- Orange (15g) -Apple (25g)-

Seasonal Melon (10g) - Peaches (12g)- Pears (14g)

Applesauce (12g)- Mandarin Oranges (14g)- Fruit Salad (18g)

### YOGURT:

**Lite:** Strawberry (13g)– Peach (13g)- Vanilla (13g)

### CEREAL:

**Hot:** Oatmeal (14g) – Cinnamon Oatmeal (14g)

Cream of Wheat (12g)- Cream of Wheat Package (20g)

*(After 10 am)*

**Cold:** Corn Flakes (18g) -Cheerios (14g)- Rice Krispies (16g)  
Rice Chex (16g)

Graham Crackers –Saltines

\*g = grams of carbohydrates



# LUNCH & DINNER

*Choose One Main Course*

## HOT ENTREES:

**Chicken Francaise:** Sautéed in a lemon & white Wine Sauce (4g)

**Grilled Chicken Parmesan:** Layered with Marinara Sauce & Mozzarella Cheese (4g)

**Oven Roasted Turkey:** Served with gravy

**Broiled Cod:** Dressed with Garlic & Lemon (8g)

**Baked Salmon:** Dressed with Garlic & Lemon (8g)

**Home Made Meatloaf:** Served with Gravy (8g)

## FROM THE GRILL: (No Bread)

**Grilled Hamburger**

**Grilled Marinated Chicken**

**Turkey Burger**

**Black Bean Burger (22g)**

**Choice of Toppings:** Lettuce –Tomato

Sautéed Mushrooms– Swiss Cheese– Sautéed Onions

\*g = grams of carbohydrates

## 'SHAKE IT UP' SALAD STATION:

**Create Your Own Main Course Gourmet Salad**

**Choice of Lettuce:** Romaine Lettuce

Seasonal Baby Field Greens– Hand Picked Spinach

**Choice of (1) Protein:** Tofu (3g)- Sliced Flank Steak  
Marinated Grilled Chicken

**Choice of (up to 4) Toppings:** Sliced Red Onions

Cherry Tomatoes –Green Peppers– Croutons (5g)

Walnuts (2g)- Cucumbers– Chickpeas (5g)

Sliced Mushroom

**Dressings:** Lite Italian (10g) -Fat Free Ranch

## COLD PLATES:

**Cottage Cheese Plate:** Cottage Cheese and Fresh Fruit (36g)

**Fresh Fruit Plate with Plain Yogurt (38g)**

**Crudités & Hummus Salad (6g):** Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip

## DELI SPECIALS: (NO BREAD)

**Classic Tuna/ Chicken Salad**

**Oven Roasted Turkey**

**Slow Cooked Roast Beef**

**Choice of Toppings:** Lettuce –Tomato– Swiss Cheese

**Choice of Crackers:** Saltines– Whole Wheat Crackers



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# SOUPS, SIDES & DESSERTS

## SOUP:

**Soup:** Chicken Rice (12g)– Lentil Soup (28g)

**Broth:** Beef (2g) – Chicken (2g) – Vegetable (2g)

## SIDES:

Baked Potato (32g)- Baked Steak Fries (40g)

Mashed Potatoes (13g) –Mashed Sweet Potatoes (12g)

Brown Rice (12g) - Baby Carrots –Broccoli

Corn (11g) - Green Beans

**Side Salad:** Garden- Cottage Cheese (6g)

Spanish Slaw – Vegetable Sticks – Cucumber Slices

Hummus and veggie Sticks Side (3g)

## DESSERTS:

**Chilled Fruit:** Peaches (12g) – Pears (14g)

Applesauce (12g) Mandarin Oranges (14g)

Fresh Marinated Fruit Salad (18g)

**Cookies:** Graham Crackers (11g)

**Gelatin:** (Sugar-Free) Strawberry (3g) or Orange (2g)

**Ice Cream:** Sugar– Free Vanilla (18g)

**Pudding:** Sugar– Free Vanilla (13g)

Sugar– Free Chocolate (13g)



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## BARIATRIC SOLID DIET:

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

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

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

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

## *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.*



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