BREAKFAST

<u>Beverages</u>

Coffee: Regular - Decaffeinated Tea: Regular - Decaffeinated - Chamomile Fresh Brewed Ice Tea Hot Chocolate: Sugar-Free Milk: 1% - Skim - Lactaid - Low Fat Chocolate Vanilla Soy Milk Soda: Diet Ginger-Ale - Seltzer Juice: Orange - Apple - Tomato - Cranberry - Prune

<u>Condiments</u>

Pepper - Herb Seasoning - Sugar - Splenda - Equal Sweet & Low - Honey - Lemon Juice - Peanut Butter Strawberry Jam - Grape Jelly - Diet Jelly - Mustard - Syrup Diet Syrup - Coffee Creamer - Ketchup - Smart Balance

<u>Fruit</u>

Whole Fruit: Banana - Orange - Apple - Seasonal Melon Grapes Chilled Fruit: Peaches - Pears - Applesauce Mandarin Oranges - Fruit Salad

<u>Yogurt</u>

Regular: Plain - Vanilla - Strawberry Lite: Strawberry - Peach - Vanilla

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

<u>Main Course (Please Choose 1)</u>

Eggs: Scrambled - Egg Whites - Hard-Boiled Eggs (2) Omelet: Whole Egg - Egg White Choice of 4 Toppings: Red Onions - Broccoli - Spinach Peppers - Mushroom - Turkey - Swiss Pancakes: Buttermilk - Blueberry - Banana French Toast: Plain - Blueberry - Banana

Egg Sandwich

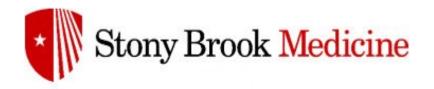
Kaiser Roll with: Whole Eggs - Egg Whites Turkey - Swiss

Breakfast Bakery

Mini-Bagels (half): Plain - Sesame - Whole Wheat Kaiser Roll

<u>Cereal</u>

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat Cold: Cheerios - Rice Krispies - Raisin Bran



LUNCH & DINNER

Hot Entree's

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Grilled Chicken Parmesan: Layered with Marinara and Mozzarella

Oven Roasted Turkey Served with Gravy

Broiled Cod: Dressed with Breadcrumbs, Garlic & Lemon

Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon

Home Made Meatloaf Served with Gravy Sliced Roast Beef with Mushroom Gravy Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes Grilled Marinated Flank Steak

<u>From The Grill</u>

Hamburger - Grilled Marinated Chicken Turkey Burger Grilled Swiss Cheese Sandwich Choice of Bread: Rye - Whole Wheat - White Bread Choice of Toppings: Lettuce - Tomato - Swiss Cheese Sautéed Mushrooms - Sautéed Onions

<u>Pasta Bar</u>

Choice of Pasta: Penne - Linguini - Whole Wheat Penne **Choice of Sauce:** Meat - Marinara Garlic, Extra Virgin Olive Oil & White Wine **Choice of Toppings:** Mixed Vegetables - Mushrooms Marinated Chicken

Shake It Up Salad Station

(Create your own Main Course Gourmet Salad) Choice of Lettuce: Romaine - Baby Field Greens Baby Spinach Choice of (1) Protein: Marinated Grilled Chicken Sliced Flank Steak - Tofu Choice of (up to 4) Toppings: Red Onions Cherry Tomatoes - Bell Peppers - Croutons - Walnut Cucumbers - Dried Cranberries - Chickpeas Sliced Mushrooms -Sunflower Seeds

Dressings: Olive Oil - Red Wine Vinegar - Lite Italian

Cold Plates

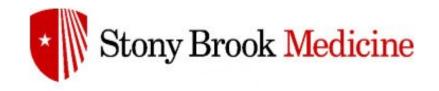
Fresh Fruit & Yogurt Plate: Served with Vanilla or light Vanilla Yogurt

Deli Specials

Chicken Salad Sandwich Oven Roasted Turkey Sandwich Slow Cooked Roasted Beef Sandwich

Choice of Bread: White - Whole Wheat - Seedless Rye

Choice of Toppings: Lettuce - Tomato - Swiss Cheese



SOUPS, SIDES & DESSERTS

Soups

Campbell's Tomato Soup - Chicken & Rice Soup Lentil Soup **Broths:** Beef - Chicken - Vegetable

<u>Sides</u>

Baked Potato - Dinner Roll - Baked Steak Fries Mashed Potatoes - Mashed Sweet Potatoes Brown Rice - Steamed White Rice - Stuffing Baby Carrots - Broccoli - Corn - Green Beans Cuban Style Black Beans (veg.) - Penne Penne with Marinara Sause - Crackers and Peanut Butter Side Salads: Garden - Spanish Slaw Vegetable Sticks - Cucumber Slices Hummus and Veggie Stick

Desserts

Fruit: Peaches - Pears - Applesauce Fresh Marinated Fruit Salad - Mandarin Oranges Grapes - Apple - Banana - Oranges

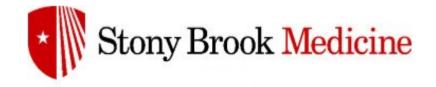
Cookies: Graham Crackers

Gelatin: (Regular or Sugar Free) Strawberry - Orange

Ice Cream: Sugar-Free Vanilla

Pudding: Sugar-Free Vanilla - Sugar-Free Chocolate

Italian Ice: Cherry - Lemon - Orange



CARDIAC LOW SODIUM, SODIUM RESTRICTED DIET:

Your physician has ordered a low sodium diet for you. Tips to limit your sodium intake include:

• Remove the salt shaker from your table and from cooking.

- Avoid canned soups, T V dinners and other convenience foods.
 - Limit the amount of sauces, gravies and marinades.
 - Try new herb seasoning shakers to spice up your food.
 - Buy fresh foods instead of processed ones.
 - Avoid cured and processed meats such as ham,

bacon, bologna.

How to Place an Order

- 1. Dial8-DINE (extension8-3463) 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 menuitems 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.

Room Number:_____ Date:_____

Name:

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



