## BREAKFAST

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

## <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.

Scrambled Eggs, Omelets, Hard-boiled eggs, Cereal and Bagels

#### <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

### <u>Breakfast Bakery</u>

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

#### **Condiments**

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



# 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 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

## From The Grill

Hamburger - Grilled Marinated Chicken 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 - Gluten-Free Lentil Rotini **Choice of Sauce:** Meat - Marinara Garlic, Extra Virgin Olive Oil & White Wine **Choice of Toppings:** Mixed Vegetables - Mushrooms Marinated Chicken

## <u>Shake It Up Salad Station</u>

Choice of Lettuce: Romaine - Baby Field Greens Baby Spinach Choice of (1) Protein: Marinated Grilled Chicken Tofu - Chilled Salmon - Chicken salad 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

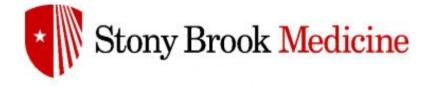
Fresh Fruit & Yogurt Plate: Served with Vanilla or light Vanilla Yogurt

### <u>Deli Specials</u>

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

#### <u>Soups</u>

LS Tomato Basil - Chicken Rice - Lentil

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 - GF Red Lentil Pasta

> 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

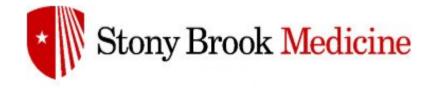
**Cookies:** Graham Crackers

**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 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**

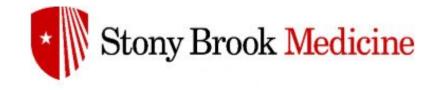
Please note that not all menuitems are appropriate for all diets. If you are on a special or restricted diet, our Room Service Associate will assist you with your meal selections.

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

Name:

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

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