## **BREAKFAST**

## **Beverages**

Coffee: Regular - Decaffeinated

**Tea:** Regular - Decaffeinated - Chamomile

Fresh Brewed Ice Tea

Hot Chocolate: Regular - Sugar Free

Milk: 1% - Skim - Lactaid - Soy

Low Fat Chocolate Ginger-Ale - Seltzer

#### Juice & Fruits

Juice: Orange - Apple - V8

Fruits: Banana - Orange - Apple - Seasonal Melon

**Chilled Fruit:** Peaches - Pears - Applesauce

Mandarin Oranges - Fruit Salad

### **Yogurt**

Regular: Plain - Vanilla - Strawberry

Lite: Strawberry - Peach

#### Cereal

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes - Cheerios - Crispy Rice

Raisin Bran - Rice Chex

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

### **Breakfast Entrees**

Eggs: Scrambled - Egg Whites

**Omelet:** Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Spinach

Peppers - Mushroom - Turkey

Pancakes: Buttermilk - Blueberry Pancake - Banana

**Pancake** 

French Toast: Blueberry - Banana

## Egg Sandwich

**Eggs:** Egg Whites

Bread - Kaiser Roll - Whole Wheat Kaiser Roll

**Cheese:** Swiss

**Meat:** Fresh Sliced Turkey

### **Breakfast Bakery**

Muffins: Blueberry - Corn - Bran Muffin

Bagels: Plain - Sesame - Everything - Whole Wheat -

Kaiser Roll

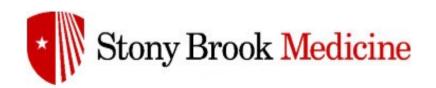
Choice of: Smart Balance - Jelly - Diet Jelly - Lite Cream

Cheese-Peanut Butter

### **Healthy Sandwich Option:**

Scrambled Egg Whites

Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll



## **LUNCH & DINNER**

#### **Hot Entree's**

**Chicken Française:** 

Sautéed in a Lemon White Wine Sauce

**Grilled Chicken Parmesan** 

Oven Roasted Turkey: Served with Gravy

**Broiled Flounder:** Dressed with Garlic Lemon Herb

**Baked Salmon** 

**Home Made Meatloaf:** Served with Gravy

**Sliced Roast Beef** 

Grilled Chicken Paillard: Served over Sautéed Spinach

& Mashed Potatoes

#### Pasta Bar

Choice of Pasta: Penne - Linguini - Whole Wheat Penne

Choice of Sauce: Meat Sauce - Marinara Sauce

Garlic & EVOO & a Touch of White Wine

**Choice of Toppings:** Mixed Vegetables - Mushrooms

Diced Marinated Chicken

#### From The Grill

Hamburger - Grilled Marinated Chicken

Black Bean Burger - Grilled Swiss Cheese Sandwich

Choice of Bread: Rye Bread - Sliced Whole Wheat Bread

Sliced White Bread - Regular Burger Bun

Whole Wheat Burger Bun

**Choice of Toppings:** Lettuce - Tomato

Sautéed Mushrooms-Swiss Cheese - Sautéed Onions

#### **Shake It Up Salad Station**

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Chopped Romaine Lettuce

Seasonal Baby Field Greens - Baby Hand Picked Spinach

**Choice of (1) Protein:** Baked Shrimp -

Marinated Grilled Chicken - Sliced Flank Steak - Tofu

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

Cherry Tomatoes - Green Peppers - Croutons - Walnut Pcs

Sliced Cucumbers - Dried Cranberries - Chickpeas

Sliced Mushrooms-Sunflower Seeds

**Dressings:** Lite Italian - Olive Oil and Vinegar - Lite Ranch

#### <u>Cold Plates / Entrée Salads</u>

Cottage Cheese Plate: Cottage Cheese and Fresh Seasonal

Fruit

Fresh Fruit Plate with Plain Yogurt

Crudités & Hummus Salad: Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots)

Served with Creamy Hummus Dip

#### **Deli Specials**

Classic Tuna / Chicken Salad Sandwich

**Oven Roasted Turkey Sandwich** 

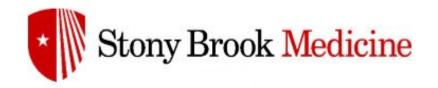
**Slow Cooked Roasted Beef** 

Choice of Bread: Sliced White - Sliced Whole Wheat

Kaiser Roll-Sliced Seedless Rye - Wrap - Plain Bagel

Choice of Toppings: Lettuce - Tomato - Swiss Cheese

**Condiments:** Mustard - Lite Mayo - Ketchup



# SOUPS, SIDES & DESSERTS

## **Soups**

Soups: Campbell's Tomato - Chicken Rice - Lentil

Soup - Pasta Fagioli

**Broths:** Beef - Chicken - Vegetable

**Sides** 

Choice of: Baked Potato - Dinner Roll - Baked

Steak Fries - Mashed Potatoes -

Mashed Sweet Potatoes - Brown Rice - White Rice

Stuffing - Baby Carrots Broccoli - Corn - Green Beans

Cuban Style Black Beans (veg.)

<u>Sides Salads</u>" Garden - Cottage Cheese

Spanish Slaw - Vegetable Sticks

Cucumber Side Salad - Crackers & Peanut Butter

Hummus & Veggie Stick -Side Salad

#### **Desserts**

**Choice of:** Angel Food Cake

Chocolate Angel Food Cake

Peach Pear Cobbler - Fresh Marinated Fruit Salad

Chilled Fruit: Peaches - Pears - Applesauce

Mandarin Oranges

**Cookies:** Fig Newton - Graham Crackers

**Gelatin:** (Regular or Sugar Free) Strawberry or

Orange

**Ice Cream:** Sugar Free Vanilla

**Pudding:** Sugar Free Vanilla - Sugar Free Chocolate



## **CARDIAC DIET:**

Your physician has ordered a cardiac diet for you. It is designed to be heart healthy and follows the American Heart Association guidelines.

- This diet includes lean meats and meat substitutes, fruits, vegetables and low fat or fat-free dairy products
- Foods high in saturated fat and cholesterol will be limited such as whole milk and cheese, butter, eggs, fatty and fried meats
- Foods high in salt will be limited such as cured meats, (bacon, hot dogs, sausage...) and canned soups
- All menu items reflect heart healthy guidelines being reduced in sodium and fat

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 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.

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

