# BREAKFAST

#### <u>Beverages</u>

Coffee: Regular – Decaffeinated Tea: Regular – Decaffeinated – Chamomile Fresh Brewed Iced Tea Milk: Whole – 1% - Skim – Lactaid – Vanilla Soy Low Fat Chocolate Milk Soft Drink: Ginger-Ale – Diet Ginger-Ale - Seltzer Juice: Orange – Apple – Tomato – Cranberry Prune

### **Condiments**

Butter - Smart Balance - Sugar - Cream Cheese Lite Cream Cheese - Strawberry Jam - Grape Jelly - Diet Jelly Peanut Butter - Honey - Lemon Juice - Salt - Pepper Ketchup - Coffee Creamer - Herb Seasoning Parmesan Cheese - Sour Cream - Salsa

#### <u>Fruits</u>

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

### <u>Yogurt</u>

**Regular:** Vanilla - Strawberry Lite: Strawberry – Peach - Vanilla

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

Limited Items are available all day long. Scrambled Eggs, Omelets, Cereal and Bagels

### Breakfast Entrees (Please Choose 1)

Eggs: Scrambled - Egg Whites - Hard Boiled Eggs (2) Omelet: Whole Egg - Egg White Choice of 4 Toppings: Red Onions - Baby Spinach Peppers – Ham – Broccoli - Mushroom - Turkey Choice of Cheese: American – Swiss

### <u>Gluten-free Breakfast Bakery</u>

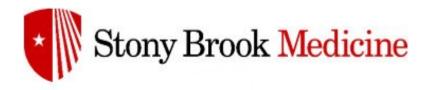
**Muffin:** Udi's Blueberry Muffin **Bread:** Plain Bagel Thin - Udi's Whole Grain Roll White Bread

#### <u>Cereal</u> Rice Chey - Cl

**Rice Chex - Cheerios** 

<u>Sides</u> Sausage Patty - Turkey Sausage Links - Home Fries

**Bruno's Specialty Foods Gluten-Free Breakfast Entrée:** Western Omelet with Home Fries



# LUNCH & DINNER (Choose 1 Main Course)

## <u>Hot Entrée</u>

Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Oven Roasted Turkey Broiled Cod: Dressed with Garlic & Lemon Sliced Flank Steak Baked Salmon: Dressed with Garlic & Lemon Grilled Marinated Chicken Breast

### Bruno's Specialty Foods Gluten-Free Entrees:

Cheese Lasagna served with Peas and Mushrooms Baked Ziti served with Peas and Carrots

## <u>From The Grill</u>

Hamburger - Cheeseburger - Grilled Chicken Breast Choice of Cheese: American - Swiss Choice of Gluten-Free Bread: White Bread Bagel Thin Toppings: Lettuce – Tomato - Sautéed Mushrooms Sautéed Onion

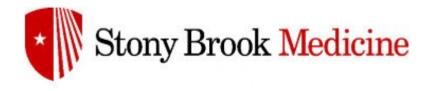
## Shake It Up Salad Station

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

> **Dressings:** Lemon Juice - Olive Oil Red Wine Vinegar

### <u>Cold Plates</u>

**Fresh Fruit Plate:** Served with Vanilla or Lite Vanilla Yogurt **Hummus Plate:** Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip



## SOUPS, SIDES & DESSERTS

### <u>Soups</u>

Soups: Lentil Soup Broths: Vegetable - Chicken - Beef

### <u>Sides</u>

Baked Potato - Steamed Rice - Sautéed Spinach Mashed Sweet Potatoes - Green Beans - Baby Carrots Broccoli – Baked Steak Fries – Brown Rice - Corn

Cuban Style Black Beans (vegetarian)

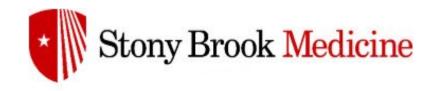
Sides Salad

Hummus & Carrots - Cucumber Slices

Garden Salad

### **Desserts**

Chilled Fruit: Peaches – Pears – Applesauce Seasonal Melon - Mandarin Oranges Fresh Marinated Fruit Salad Whole Fruit: Banana - Apple - Orange - Grapes Gelatin: (Regular or Sugar Free) Strawberry - Orange Ice Cream: Vanilla – Chocolate Pudding: Vanilla – Chocolate – Rice



### **GLUTEN RESTRICTED DIET**

Your physician has ordered a gluten restricted diet for you. This diet does not allow wheat, rye, barley or oats in any form. Gluten is a protein found in these grains. Gluten can also be hidden in many food additives and other ingredients including modified food starch, hydrolyzed vegetable or plant protein and malt .

The following is a good resource for additional information on gluten restricted diets.

Celiac Disease Foundation

www.celiac.org

Phone# 818-990-2354

Email cdf@celiac.org

# 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.



