## BREAKFAST

#### **Beverages**

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

#### Side Items

(Please Choose 4)

#### <u>Fruit</u>

Banana - Peaches - Pears - Applesauce

#### **Yogurt**

Regular: Vanilla

Lite: Peach - Vanilla

#### **Cereal**

Hot: Cream of Wheat Cold: Corn Flakes - Rice Krispies - Rice Chex

#### **Breakfast Bakery**

Muffins: Corn Bread: White - Plain Bagel - Kaiser Roll

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

### Main Course

(Please Choose 1)

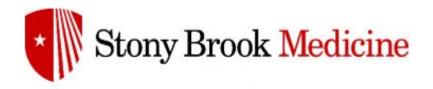
Eggs: Scrambled - Egg Whites - Hard Boiled Egg Omelet: Whole Egg - Egg White Toppings: Ham - American Cheese - Swiss Cheese - Turkey Pancakes: Buttermilk - Banana French Toast: Plain - Banana

#### **Egg Sandwich:**

Kaiser Roll with: Egg: Whole egg - Egg Whites Choice of Cheese: American Cheese - Swiss Cheese Meat: Turkey

#### **Condiments**

Mustard - Mayo - Lite Mayo - Ketchup - BBQ Sauce Honey Mustard - Sour Cream - Peanut Butter - Grape Jelly Parmesan Cheese - Smart Balance - Butter



# LUNCH & DINNER

### Hot Entree's

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce

Oven Roasted Turkey Served with Gravy Broiled Cod: Dressed with Garlic & Lemon Baked Salmon: Dressed with Garlic & Lemon Home Made Meatloaf Served with Gravy Sliced Roast Beef with Gravy Macaroni and Cheese: Served in Creamy Cheese Sauce Oven-Baked Chicken Tenders Grilled Marinated Flank Steak

#### <u>Pasta Bar</u>

**Penne or Linguini served with:** Butter Sauce - Garlic, Olive Oil and White Wine sauce **Add:** Diced Marinated Chicken - Mixed Vegetables

#### <u>Pizza</u>

Personal Cheese Pizza

#### From The Grill

Beef Burger - Turkey Burger - Grilled Cheese Sandwich Choice of Cheese: American Cheese - Swiss Cheese Choice of Bread: White - Hamburger Bun Add: Ham (\*Grilled Cheese Only)

### **Deli Specials**

Classic Tuna / Chicken Salad Sandwich Oven Roasted Turkey Sandwich Slow Cooked Roasted Beef Sandwich Choice of Bread: White - Kaiser Roll Choice of Cheese: American Cheese - Swiss Cheese

#### **Cold Plates**

**Cottage Cheese Platter:** Served with Peaches and Pears **Yogurt Platter:** Lite or Regular Vanilla Yogurt served with Peaches and Pears



## SOUPS, SIDES & DESSERTS

### Soups

Campbell's Tomato Soup - Chicken & Rice Soup Broth: Beef - Chicken - Vegetable

### <u>Sides</u>

Mac & Cheese - Penne Pasta Mashed Potatoes - Mashed Sweet Potatoes Brown Rice -Steamed White Rice Baby Carrots - Green Beans

#### **Desserts**

Angel Food Cake - Chocolate Angel Food Cake Cheese Cake - Low-Fat Chocolate Mousse

Chilled Fruit: Peaches - Pears - Applesauce

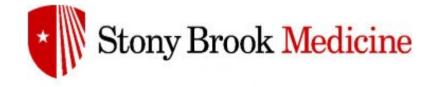
**Cookies:** Chocolate Chip - Lorna Doones Fig Newton - Graham Crackers

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

Ice Cream: Vanilla - Chocolate

Pudding: Vanilla - Chocolate - Rice

Italian Ice: Cherry - Lemon - Orange



### LOW RESIDUE DIET:

Your physician has ordered a low residue diet for you; it is lower in fiber than a regular diet and may have been ordered due to digestive difficulties or after abdominal surgery. Foods high in fiber are limited such as raw fruits and vegetables, whole grain breads and cereals.

## 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 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.

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

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

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

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

