BREAKFAST

BEVERAGES

Coffee: Regular - Decaffeinated Tea: Regular - Decaffeinated - Chamomile Fresh Brewed Iced 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 - Prune Bottled Water

SIDES (Please Choose 4)

FRUIT

Fruits: Banana - Orange - Apple Chilled Fruit: Peaches - Pears - Applesauce Mandarin Oranges YOGURT Regular: Vanilla - Strawberry

Lite: Strawberry - Peach - Vanilla CEREAL

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat Cold: Corn Flakes - Cheerios - Rice Krispies Raisin Bran - Rice Chex ADDITIONAL SIDE ITEMS

Pork Sausage Patty - Turkey Sausage Links - Home Fries

BREAKFAST BAKERY (Please choose 1 item only)

Muffins: Blueberry - Corn - Bran Bagels/Rolls: Plain - Sesame - Whole Wheat - 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)

BREAKFAST ENTRÉES

Eggs: Scrambled - Egg Whites - Hard Boiled Egg (2) Omelet: Whole Egg - Egg White Choice of 4 Toppings: Red Onions - Broccoli - Peppers Spinach - Mushroom Choice of meat: Diced Ham - Turkey Choice of Cheese: American - Swiss Buttermilk Pancakes: Plain - Banana French Toast EGG SANDWICH Bread: Kaiser Roll - Whole Wheat Kaiser Roll Cheese: American - Swiss

Choice of Meat: Ham - Sausage Patty - Sliced Turkey

Chef's Healthy Sandwich Option:

Scrambled Egg Whites, Sliced Turkey & Lacy Swiss on Whole

CONDIMENTS

Butter - Smart Balance - Grape Jelly - Strawberry Jam

Cream Cheese - Lite Cream Cheese - Syrup - Diet Syrup

Coffee Creamers - Milk pcs - Salt - Pepper - Ketchup - Honey Lemon Wedge - Lemon Juice - Sugar - Splenda - Equal

Sweet & Low - Peanut Butter - Sour Cream - Salsa - Pickles

BBQ Sauce



LUNCH & DINNER (Choose 1 Main Course)

HOT ENTRÉES

Special of the Day – Available at Lunch Only (Ask your Ambassador!) Chicken Francaise: Sautéed in a Lemon & White Wine Sauce Grilled Chicken Parmesan: Layered with Marinara & Mozzarella Cheese Oven Roasted Turkey with Gravy Broiled Cod: Dressed with Breadcrumbs, Garlic & Lemon Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon Home Made Meatloaf with Gravy Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes Fajitas: Sautéed Chicken, Shrimp, or Tofu Ouesadillag: Choige of Cheese, Chicken, or Black Bean

Quesadillas: Choice of Cheese, Chicken, or Black Bean Flank Steak & Onion Sandwich served on ciabatta roll Sliced Roast Beef with Mushroom Gravy

Macaroni & Cheese: Macaroni in a Creamy Cheese Sauce Panini: Fresh Mozzarella, Basil & Tomato

PASTA BAR

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

FROM THE GRILL

Hamburger - Grilled Marinated Chicken Black Bean Burger - Grilled Cheese Sandwich Turkey Burger (Antibiotic-Free!) Choice of Bread: Rye - Whole Wheat - White - Burger Bun Whole Wheat Burger Bun Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms Sautéed Onions - Sliced Ham (*Grilled Cheese Only) Choice of Cheese: Swiss Cheese - American Cheese

PIZZA

Individual Cheese Pizza Toppings: Peppers - Mushrooms - Pepperoni - Red Onion Black Olives - Broccoli

SHAKE IT UP' SALAD STATION:

Choice of Lettuce: Chopped Romaine

Choice of (1) Protein: Marinated Grilled Chicken - Baked Shrimp

Sliced Flank Steak - Tofu

Choice of (up to 4) Toppings: Red Onions - Cherry Tomatoes

Bell Peppers - Croutons - Walnuts - Black Olives - Cucumbers

Chickpeas - Dried Cranberries - Mushrooms - Sunflower Seeds

Dressings: Lite Italian - Fat Free Italian

Olive Oil & Vinegar - Lite Ranch

COLD PLATES

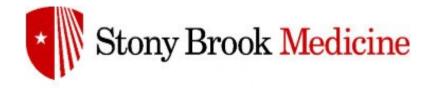
Cottage Cheese Plate: Served with Peaches & Pears **Fresh Fruit Plate with Yogurt:** Vanilla Yogurt (lite or regular) Served with Peaches and Pears

Crudités & Hummus Salad: Fresh Garden Vegetable (Cucumbers, Cherry Tomatoes, Celery & Carrots) & Hummus Dip

DELI SPECIALS

Grilled Chicken Caesar Wrap: Marinated Grilled Chicken,

Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing LS Classic Tuna / LS Chicken Salad Sandwich Oven Roasted Turkey Sandwich Smuckers Uncrustable Peanut Butter & Jelly Sandwich Choice of Bread: White - Whole Wheat - Kaiser Roll Seedless Rye - Tortilla Wrap Choice of Cheese: American - Swiss Cheese



SOUPS, SIDES & DESSERTS

SOUPS

Soup du Jour, served with crackers

Campbell's Tomato Soup - Chicken & Rice Soup Lentil Soup - Pasta Fagioli

Broth: Beef - Chicken - Vegetable

SIDES

Baked Potato - Dinner Roll - Baked Steak Fries Mac & Cheese - Mashed Potatoes - Mashed Sweet Potatoes Brown Rice - Steamed White Rice - Stuffing - Baby Carrots Broccoli - Corn - Green Beans - Garden Salad

Cottage Cheese – Vegetable Sticks - Cucumber Side Salad Hummus & Carrots - Peanut Butter & Crackers

Cuban Style Black Beans (veg.)

DESSERTS

Lemon Pound Cake - Angel Food Cake Chocolate Angel Food Cake - Peach Pear Cobbler Low-Fat Chocolate Mousse - Brownie Cheese Cake - Fresh Marinated Fruit Salad

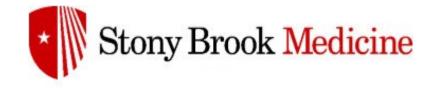
Cookies: Chocolate Chip - Oatmeal Raisin - Lorna Doone Fig Newton-Graham Crackers

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

Ice Cream: Vanilla - Chocolate - Sugar-Free Vanilla

Pudding: Vanilla - Chocolate - Rice Sugar-Free Vanilla - Sugar-Free Chocolate

Italian Ice: Cherry - Lemon - Orange



NEUTROPENIC DIET:

Your physician has ordered a Neutropenic Diet for you. It is provided to all patients with a weakened immune system. During this time, it will be more difficult for your body to protect itself from harmful bacteria found in some foods and beverages.

While in the hospital, you will be receiving bottled water.

After discharge, you can consume tap water and homemade ice made from city water service.

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.



