

PACU Menu

Breakfast meals are served with 4 oz. of low-fat milk and coffee or tea.

Lunch and Dinner will be served with Diet Ginger Ale

NO SUBSTITUTIONS PLEASE. Let your Nurse know about any food allergies you may have.

Meals are formulated to a Cardiac-Low Sodium, 60 gm Carbohydrate Controlled Diet (LFLC2gm, Carb60).

Patients with fluid restrictions, food allergies or dysphagia diets will be sent a House Tray that complies with their diet order.

BREAKFAST

Cheerios & Low-fat Milk

Whole Banana
Dannon® Light Peach Yogurt

Dannon® Light Vanilla Yogurt

Kaiser Roll
Smart Balance Margarine

Scrambled Eggs

Oatmeal
Wheat Bread with Jelly
Smart Balance Margarine
Fruit Salad

Buttermilk Pancakes

Scrambled Eggs (1/2 ptn)
Oatmeal
Smart Balance Margarine
Applesauce
Pancake Syrup

Lacy Swiss Omelet

Cream of Wheat
Fruit Salad
Wheat Bread with Jelly
Smart Balance Margarine

LUNCH

Chicken Paillard

Marinated Grilled Chicken Breast
Mashed Potatoes
Sautéed Spinach
Wheat Roll and Smart Balance Margarine
Diced Pears
No Sugar Added Chocolate Pudding

Classic Hamburger

Beef Burger on a Bun with
Lettuce & Tomato, & Ketchup
Cut Corn
Fresh Garden Salad, FF Italian Dressing
Diced Peaches
No Sugar Added Strawberry Gelatin

Grilled Swiss Cheese Sandwich (v)

Served on Wheat Bread with
LS Tomato Soup (contains milk), LS
Crackers
Fresh Garden Salad, FF Italian Dressing
Diced Peaches
No Sugar Added Orange Gelatin

Fresh Fruit & Yogurt Plate

Seasonal Fruit with Light
Dannon®Vanilla Yogurt
LS Chicken & Rice Soup, LS Saltine Crackers
Spanish Slaw
No Sugar Added Orange Jello

DINNER

Roast Beef with Mushroom Gravy

Slow-Cooked Roast Beef
Mashed Potatoes
Steamed Broccoli
Wheat Dinner Roll & Smart Balance Margarine
Diced Pears
No Sugar Added Vanilla Pudding

Chicken Francaise

Chicken Breast, Lemon & White Wine Sauce
Steamed White Rice,
Steamed Carrots,
LS Tomato Soup, LS Crackers
Fresh Garden Salad, FF Italian Dressing
No Sugar Added Chocolate Pudding

Penne Pasta with Marinara Sauce (v)

Served with Green Beans
Vegetable Broth
Wheat Dinner Roll, Smart Balance Margarine
Fresh Garden Salad, FF Italian Dressing
Diced Peaches

Homestyle Meatloaf

Served with Gravy
Mashed Sweet Potatoes & Steamed Broccoli
Chicken & Rice Soup, LS Saltine Crackers
Applesauce
No Sugar Added Strawberry Jello
Smart Balance Margarine