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 ptm)
  - 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
  - Sautéd 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

- **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

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