

# PACU Menu

Revised 7/23

Breakfast meals are served with 4 oz. of skim milk and coffee or tea.

Lunch and Dinner will be served with Ginger Ale; \*patients on carb controlled diets receive products without added sugar

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

Meals are compliant to a **Cardiac-Low Sodium diet, (LF2gm, 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

### Lite 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

### Plain or Sesame Bagel

Cream Cheese \*  
Hard cooked egg (2)  
Apple Juice

## LUNCH OR DINNER - THE FOLLOWING COMBINATIONS ARE AVAILABLE FROM 11 AM – 7 PM

### Chicken Paillard

Marinated Grilled Chicken Breast  
Mashed Potatoes, Sautéed Spinach  
Wheat Roll and Smart Balance Margarine  
Diced Pears & Chocolate Pudding\*

### Classic Hamburger

Beef Burger on a Bun, Lettuce & Tomato, Catsup  
Cut Corn  
Fresh Garden Salad, FF Italian Dressing  
Diced Peaches & Strawberry Gelatin\*

### Turkey Sandwich

Served on Wheat Bread with  
LS Tomato Soup (contains milk), LS Crackers  
Fresh Garden Salad, FF Italian Dressing  
Diced Peaches & Orange Gelatin\*

### Fresh Fruit & Yogurt Plate

Seasonal Fruit with Light Dannon®Vanilla Yogurt  
LS Chicken & Rice Soup, LS Saltine Crackers  
Spanish Slaw  
Orange 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

### Roast Beef with Mushroom Gravy

Slow-Cooked Roast Beef  
Mashed Potatoes, Steamed Broccoli  
Wheat Dinner Roll & Smart Balance Margarine  
Diced Pears & 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  
Chocolate Pudding\*

### Grilled Salmon (v)

Served with Green Beans  
Mashed Potatoes, 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 & Strawberry Gelatin\*  
Smart Balance Margarine

### 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