

BREAKFAST

Beverages

Milk: Whole(7g) - Skim(7g) - Lactaid(13g)
Vanilla Soy(18g)
Soda: Diet Ginger-Ale - Seltzer
Juice: V8(6g)
Fresh Brewed Iced Tea (Unsweetened)

Fruit

Whole Fruit: Banana (27g) – Orange (12g) - Apple (25g)
Seasonal Melon (10g)
Chilled Fruit: Peaches (14g) – Pears (18g) – Fruit Salad (18g)
Applesauce (12g) - Mandarin Oranges (13g)

Yogurt

Lite: Strawberry (14g) – Peach (14g) - Vanilla (13g)

Cereal

Hot: Oatmeal (18g) – Cinnamon Oatmeal (18g)
Cream of Wheat (21g)
Cold: Corn Flakes (18g) – Rice Krispies (16g) – Cheerios (14g)
Rice Chex (16g) - Raisin Bran (28g)

Breakfast Bakery

Muffins: Blueberry (29g) – Corn (29g) – Bran Muffin (30g)
Bagels: Plain (47g) – Sesame (47g) - Whole Wheat (47g)
Everything (47g)
Rolls: Kaiser Roll (47g)

Sides

Sides: Sausage Patty - Turkey Sausage - Home Fries (9g)

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels

MAIN COURSE *(Please Choose 1)*

Breakfast Entrees

Eggs: Scrambled - Egg Whites - Hard Boiled Egg
Omelet: Egg - Egg White
Choice of 4 Toppings: Red Onions – Broccoli
Baby Spinach - Peppers – Mushroom - Diced Ham or Turkey
American Cheese or Swiss Cheese
Pancake: Buttermilk (26g) –Blueberry (29g) -Banana (34g)
Silver Dollar Pancakes: Buttermilk (26g)
Blueberry (29g) - Banana (34g)
French Toast: Plain (23g) – Blueberry (26g) – Banana (30g)
French Toast Sticks: Plain (46g) - Blueberry (49g)
Banana (54g)
Egg Sandwich
Bread: Kaiser Roll (47g)
Choice of Cheese: American or Swiss
Choice of Meat: Ham - Sausage Patty - Sliced Turkey

Healthy Sandwich Option:

Scrambled Egg Whites, Sliced Turkey
& Lacy Swiss on Whole Wheat Kaiser Roll (48g)

Condiments

Mayonnaise - Mustard - Lite Mayo - Ketchup(2g)
Sour Cream (1g) - Pickles - BBQ Sauce (8g)
Parmesan Cheese - Salsa (2g) - Butter - Smart Balance



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LUNCH & DINNER

Hot Entrees

Chicken Francaise: Sautéed in a Lemon, White Wine Sauce (4g)

Grilled Chicken Parmesan (4g)

Oven Baked Chicken Tenders (27g)

Oven Roasted Turkey with Gravy

Broiled Cod: Dressed with Breadcrumbs, Garlic, Lemon & Herbs (8g)

Baked Salmon (8g)

Home Made Meatloaf with Gravy (7g)

Sliced Roast Beef with Mushroom Gravy

Cheese Quesadilla: Chicken (24g), Black Bean (49g), or Plain Cheese (24g)

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes (13g)

Hot Roast Beef on Ciabatta Roll with Caramelized Onions (55g)

Panini: Fresh Mozzarella, Tomato & Basil (52g)

Fajitas: Sautéed Chicken (24g), Shrimp (24g), or Tofu (27g)

From The Grill

Hamburger - Grilled Marinated Chicken

Turkey Burger (*Antibiotic-Free!*) - **Black Bean Burger** (22g)

Grilled Cheese Sandwich

Choice of Bread (*per slice):

*Rye (16g) - *Whole Wheat (13g) - *White (13g)

Regular Burger Bun (30g) - Whole Wheat Burger Bun (28g)

Choice of Toppings:

Lettuce - Tomato - Sautéed Mushrooms - Sautéed Onions
Swiss Cheese or American Cheese

Pizza (106g) - ½ Pizza (53g):

Individual Personal Cheese Pizza

Choice of Toppings: Peppers - Mushrooms - Pepperoni
Red Onion - Black Olives - Broccoli

Shake It Up Salad Station

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Romaine - Baby Spinach

Seasonal Baby Field Greens

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

Tofu (2g) - Chilled Salmon - Chicken Salad - Tuna Salad

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

Green Peppers - Croutons (5g) - Walnut Pcs (2g) - Black Olives

Cucumbers - Chickpeas (5g) - Mushrooms - Sunflower Seeds (3g)

Dressings: Lite Italian (1g) - Olive Oil and Vinegar

Lite Ranch (4g) - Lite Caesar (3g)

Cold Plates / Entrée Salads

Cottage Cheese Plate: Cottage Cheese and Fresh Seasonal Fruit (37g)

Yogurt Platter: Lite Vanilla Yogurt with Seasonal Fruit (40g)

Crudités & Hummus Salad: Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip (4g)

Deli Specials

Grilled Chicken Caesar Wrap (58g): Marinated Grilled Chicken, Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing

Classic Tuna Sandwich

Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef Sandwich

Choice of Bread (*per slice):

*White (13g) - *Whole Wheat (13g) - *Seedless Rye (16g)

Kaiser Roll (47g) - Tortilla Wrap (58g)

Choice of Toppings: Lettuce - Tomato - American Cheese

Swiss Cheese



SOUPS, SIDES & DESSERTS

Soup

Campbell's Tomato Soup (20g) - Chicken & Rice Soup (26g)
Lentil Soup (18g) - Pasta Fagioli (41g)
Broth: Beef (2g) - Chicken (2g) - Vegetable (2g)

Sides:

Baked Potato (21g) - Dinner Roll (20g)
Baked Steak Fries (22g) - Mac & Cheese (12g)
Mashed Potatoes (15g) - Mashed Sweet Potatoes (17g)
Brown Rice (12g) - Steamed White Rice (14g) - Stuffing (10g)
Baby Carrots - Broccoli - Corn (11g) - Green Beans
Cuban Style Black Beans (vegetarian) (15g)
Crackers & Peanut Butter (19g)
Side Salads: Garden - Cottage Cheese (6g) - Spanish Slaw
Vegetable Sticks - Macaroni Salad (21g) - Potato Salad (23g)
Cucumber Slices - Hummus & Carrots (3g)

Desserts

Angel Food Cake (28g)
Chocolate Angel Food Cake (29g)

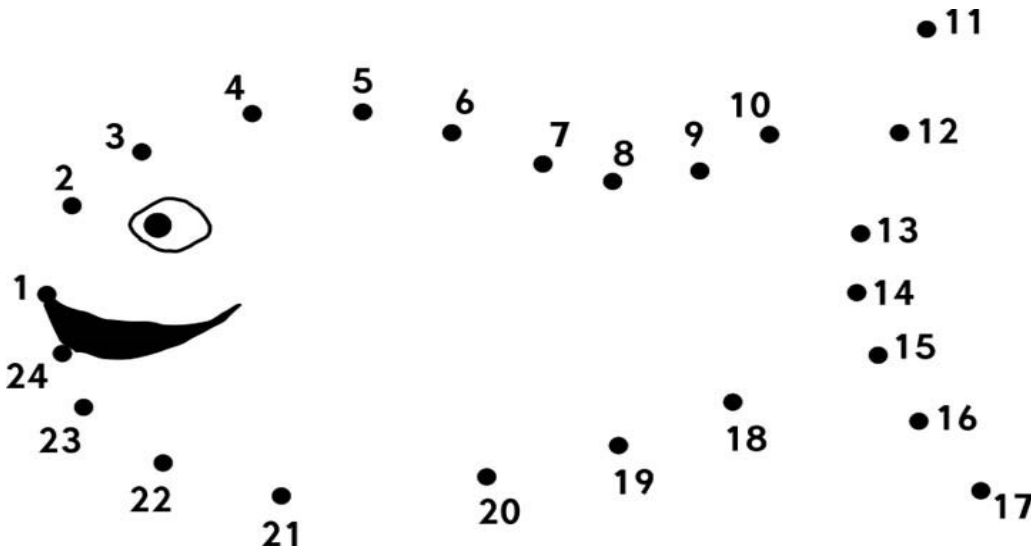
Ice Cream: Sugar-Free Vanilla (20g)

Chilled Fruit: Peaches (14g) - Pears (18g) - Applesauce (12g)
Mandarin Oranges (13g) - Fruit Salad (18g)

Cookies: Graham Crackers (11g)

Pudding: Sugar-Free Vanilla (13g) - Sugar-Free Chocolate (13g)

Lemon Italian Ice (17 g)



Distinguished Dining has been developed to help provide you with the finest patient care.

Our commitment in the Food and Nutrition Department is to provide our patients with sound nutritional guidance, the

freshest and finest restaurant quality foods and healthy meal choices prepared by culinary trained professionals. Our "Room Service" style of food service enables you, the patient, to choose from a restaurant style menu, tailored to your diet, which offers a wide variety of choices at any given time during the operations hours. If at any time your diet is changed during your stay, your Room Service Ambassador will provide you with a new menu that reflects your new diet

Room Number: _____ Date: _____

Name: _____

Diet: _____

How to Place an Order

1. Dial 8-DINE (extension 8-3463) 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 90 minutes of your request.

DIET:

Pediatric, Carbohydrate-Controlled

A diet for pediatric patients with carbohydrate restrictions for each meal. Food items containing carbohydrates are labeled on your menu with the grams of carbohydrates they contain. Our Call Center Operators will be happy to suggest items to help meet your carbohydrate goal for each meal.

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



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