BREAKFAST

Beverages

Coffee: Regular - Decaffeinated
Tea: Regular - Decaffeinated - Chamomile
Fresh Brewed Iced Tea (Decaf)
Hot Chocolate: Regular - Sugar-Free
Milk: Whole - Skim - Lactaid - Vanilla Soy

Low-Fat Chocolate

Soda: Ginger-Ale - Diet Ginger Ale - Seltzer **Juice:** Orange - Apple - Tomato - Cranberry - Prune - V8

Condiments

Butter - Smart Balance - Grape Jelly - Strawberry Jam Diet Jelly - Cream Cheese - Lite Cream Cheese Peanut Butter - Ketchup - Salt - Pepper - Coffee Creamer Sugar - Splenda - Equal - Sweet & Low - Syrup Diet Syrup - Honey - Lemon Juice - Herb Seasoning - Salsa Sour Cream - Mustard - Mayonnaise - Lite Mayonnaise BBQ Sauce - Honey Mustard

Breakfast Entrees

Eggs: Scrambled - Scrambled Egg Whites - Hard Boiled Egg (2)

Omelet: Egg - Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Spinach - Peppers Mushroom - Diced Ham or Turkey - American Cheese or Swiss Cheese

Pancakes: Buttermilk - Blueberry - Banana **French Toast:** Plain - Blueberry - Banana

Egg Sandwich

Bread: Kaiser Roll - Whole Wheat Kaiser Roll

Choice of Cheese: American or Swiss

Choice of Meat: Ham - Sausage Patty - Sliced Turkey

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

Side Items (Please Chose 4)

Fruit

Whole Fruit: Banana - Orange - Apple

Chilled Fruit: Diced Peaches - Diced Pears - Applesauce Mandarin Oranges - Fruit Salad - Seasonal Melon - Grapes

Cereal

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes - Cheerios - Rice Krispies

Raisin Bran - Rice Chex

Yogurt

Regular: Vanilla - Strawberry - Plain **Lite:** Strawberry - Peach - Vanilla

Breakfast Bakery (please choose 1 item only)

Muffins: Blueberry - Corn - Bran

Mini-Bagels: Plain - Sesame - Everything - Whole Wheat

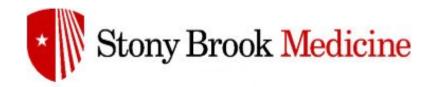
Rolls: Kaiser Roll - Whole Wheat Kaiser Roll

Additional Sides

Pork Sausage Patty - Turkey Sausage - Home Fries Hard-Boiled Egg - 1/2 Portion Scrambles Eggs

Chef's Healthy Sandwich Option:

Egg Whites, with Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll



LUNCH & DINNER

Hot Entree's

Special of the Day - Available until 2pm (ask you Ambassador)

Chicken Française: Sautéed in a Lemon & White Wine Sauce **Grilled Chicken Parmesan:** Layered with Marinara Sauce &

Mozzarella Cheese

Oven Roasted Turkey with Gravy

Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon

Home Made Meatloaf with Gravy

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed

Potatoes

Fajitas: Choice of Chicken, Shrimp, or Tofu

Quesadillas: Chicken, Black Bean, or Plain Cheese

Hot Roast Beef on Ciabatta Roll with Caramelized Onions

Macaroni & Cheese: Served in a Creamy Cheese Sauce

Panini: Fresh Mozzarella, Basil, & Tomato **Sliced Roast Beef with Mushroom Gravy**

Pasta Bar

Choice of Pasta: Penne - Linguini - Gluten Free Red Lentil Rotini Choice of Sauce: Vodka Sauce - Meat Sauce - Butter Sauce Marinara Sauce - Garlic, Extra Virgin Olive Oil & White Wine Choice of Toppings: Mixed Vegetables - Mushrooms - Chicken

From The Grill

Hamburger - Grilled Marinated Chicken - Turkey Burger Black Bean Burger - Grilled Cheese Sandwich

Choice of Bread:

Seedless Rye - Whole Wheat - White - Hamburger Bun Whole Wheat Burger Bun

Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms Sautéed Onions - Ham (*Grilled Cheese only) - American Cheese Swiss Cheese

Shake It Up Salad Station

Choice of (1) Lettuce: Romaine - Baby Field Greens - Spinach Choice of (1) Protein: Baked Shrimp - Marinated Grilled Chicken Tofu - Chilled Salmon - Tuna Salad - Chicken Salad Choice of (up to 4) Toppings: Red Onions - Cherry Tomatoes Bell Peppers - Croutons - Walnut - Black Olives - Cucumbers Dried Cranberries - Chickpeas - Mushrooms - Sunflower Seeds

Dressings: Lite Italian - Olive Oil—Red Wine Vinegar Lite Ranch - Lite Caesar - Fat Free Italian

Cold Plates

Cottage Cheese Plate: Cottage Cheese and Fresh Seasonal Fruit Yogurt Plate: Seasonal Fruit & Vanilla Yogurt (Lite or Regular) Crudités & Hummus Salad: Fresh Garden Vegetables (Cucumbers, Tomatoes, Celery & Carrots) & Creamy Hummus Dip

Deli Specials

Grilled Chicken Caesar Wrap: Marinated Grilled Chicken, Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing

Classic Tuna or Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Roast Beef Sandwich

Choice of Bread:

White - Whole Wheat - Kaiser Roll - Seedless Rye - Tortilla Wrap

Choice of Toppings:

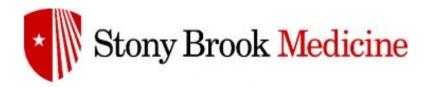
Lettuce - Tomato - American Cheese or Swiss Cheese

Pizza

Individual Personal Cheese Pizza:

Choice of Toppings: Peppers - Mushrooms - Pepperoni

Red Onion - Black Olives - Broccoli



SOUPS, SIDES & DESSERTS

Soups

Soup Du Jour, Served with crackers
Campbell's Cream of Tomato - Chicken & Rice Soup
Lentil Soup - Pasta Fagioli
Low-Sodium Tomato Soup
Broths: Beef - Chicken - Vegetable

<u>Sides</u>

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
Cuban Style Black Beans (veg.)
Penne with Marinara Sauce - Penne (Plain)
GF Red Lentil pasta - Garden Salad

Cottage Cheese - Spanish Slaw - Vegetable Sticks Cucumber Slices - Macaroni Salad

Potato Salad - Peanut Butter & Crackers Hummus & Veggie Stick

Desserts

Bakery (please choose 1)

Lemon Pound Cake

Angel Food Cake

Brownie

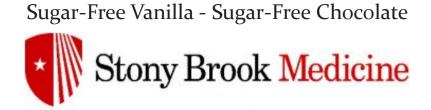
Cheese Cake

Chocolate Angel Food Cake

Peach Pear Cobbler

Low Fat Chocolate Mousse

Fruit: Apple - Orange - Banana - Diced Peaches
Diced Pears - Applesauce - Mandarin Oranges
Fruit Salad - Grapes - Seasonal Melon
Cookies: Chocolate Chip - Oatmeal Raisin
Lorna Doones - Fig Newtons - Graham Crackers
Gelatin: (Regular or Sugar-Free)
Strawberry or Orange
Ice Cream: Vanilla - Chocolate - Sugar-Free Vanilla



Fruit Ice: Cherry - Orange - Lemon

Pudding: Vanilla - Chocolate - Rice

Unrestricted DIET:

A diet with no restrictions that provides adequate nutrients to meet your nutritional requirements.

Suggested Food Choices: All food on the

Room Service Dining menu.

Suggested Foods to Limit: None.

Room Number:	Date:
Name:	
Diet:	

How to Place an Order

- 1. Dial8-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.

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.

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

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