

# BREAKFAST

## BEVERAGES

**Coffee:** Regular – Decaffeinated

**Tea:** Regular – Decaffeinated – Chamomile  
Fresh- Brewed Iced Tea

**Milk:** Whole – 1% – Skim – Lactaid

**Soda:** Ginger-Ale – Diet Ginger-Ale – Seltzer

**Juice:** Apple – Cranberry

## SIDE ITEMS (Please choose 4)

### FRUIT

**Whole Fruit:** Apple - Grapes

**Chilled Fruit:** Peaches – Pears – Applesauce  
Mandarin Oranges

### CEREAL:

**Hot:** Oatmeal – Cinnamon Oatmeal  
Cream of Wheat

**Cold:** Rice Krispies – Rice Chex – Corn Flakes

### **BREAKFAST BAKERY** (please choose 1 item)

**Bagels:** Plain - Sesame – Everything – Whole Wheat  
**Kaiser Roll**

**Bread:** White – Wheat – Rye

**\*Breakfast Ends Daily at 10:00AM\***

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

## MAIN COURSE

(Please Choose 1)

**Eggs:** Scrambled - Egg Whites

Hard Boiled Eggs(2 per order)

**Omelet:** Egg - Egg White

**Choice of 4 Toppings:** Red Onions – Broccoli  
Peppers - Mushrooms - Turkey or Ham – American  
or Swiss Cheese

**Pancakes:** Buttermilk - Blueberry

**French Toast:** Plain - Blueberry

### BREAKFAST SANDWICH:

Eggs or Egg Whites on a Kaiser Roll with:

**Choice of Cheese:** Swiss Cheese or American

**Choice of Meat:** Turkey or Ham

### CONDIMENTS

Smart Balance – Butter – Grape Jelly

Strawberry Jam – Honey – Lemon Juice

Cream Cheese – Lite Cream Cheese – Salt – Pepper

Herb Seasoning – Syrup – Diet Syrup – Sugar

Equal – Splenda – Sweet & Low



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# LUNCH & DINNER

(Please Choose 1 Main Course)

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce

**Oven Roasted Turkey Served with Gravy**

**Broiled Cod:** Dressed with Breadcrumbs, Garlic & Lemon

**Baked Salmon:** Dressed with Breadcrumbs, Garlic & Lemon

**Home Made Meatloaf Served with Gravy**

**Sliced Roast Beef with Mushroom Gravy**

**Marinated Chicken Breast**

**Sliced Marinated Flank Steak**

**Macaroni & Cheese:** Served in a Creamy Cheese Sauce

**Oven-Baked Chicken Tenders**

## FROM THE GRILL:

**Hamburger - Turkey Burger** ( Antibiotic - Free!)

**Swiss Cheese Burger - Grilled Swiss Cheese Sandwich**

**Choice of Toppings:**

Lettuce – Sautéed Onion – Sautéed Mushrooms

American Cheese - Swiss Cheese

**Choice of Bread:** Seedless Rye - Whole Wheat White - Hamburger Bun

## PASTA BAR

**Choice of Pasta:** Penne - Linguini

Whole Wheat Penne

**Add:** Diced Marinated Chicken - Mixed Vegetables

**Choice of Sauce:** Garlic & Extra Virgin Olive Oil Butter Sauce

## DELI SPECIALS:

**Choose of (1) Protein:** Roast Beef – Turkey

Chicken Salad - Tuna Salad

**Choice of Bread:** Seedless Rye - Kaiser Roll White Bread – Wheat Bread - Tortilla Wrap

**Choice of Toppings:** Lettuce - Swiss Cheese

**Cottage Cheese Platter:** Served with Peaches & Pears



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## SIDE ITEMS

Penne - Brown Rice - Steamed White Rice - Stuffing  
Baby Carrots - Broccoli - Corn - Green Beans  
Whole Wheat Dinner Roll - Whole Wheat Crackers  
Macaroni and Cheese

## SIDES SALADS:

Garden - Vegetable Sticks - Cucumber Slices  
Cottage Cheese - Macaroni Salad

**Dressings:** Olive Oil - Red Wine Vinegar - Lite  
Ranch - Lite Italian

## DESSERTS

### BAKERY (please choose 1)

Lemon Pound Cake  
Peach & Pear Cobble  
Angel Food Cake (Plain or Add Melba Sauce)

**Chilled Fruit:** Peaches - Pears - Applesauce  
Mandarin Oranges  
**Whole Fruit:** Apple - Grapes

**Cookies:** Lorna Doone - Fig Newtons - Graham  
Crackers - Oatmeal Raisin Cookies

**Gelatin:** (Regular or Sugar-Free)  
Strawberry - Orange

**Ice Cream:** Vanilla - Sugar Free Vanilla

**Italian Ice:** Cherry - Lemon - Orange

# RENAL DIET

Your physician has ordered a potassium restricted diet for you. A sodium, protein, phosphorus and/or fluid restriction may also have been ordered.

- Potassium is a mineral found in most foods especially fruits, vegetables and many dairy products and therefore these foods are limited on this diet.
- Sodium is also found in most foods and is especially concentrated in salt, processed and convenience foods such as cold cuts, hot dogs, sausage canned soups and TV dinners
- Protein is found mostly in meats, poultry, fish, dairy products and legumes. Vegetables and grains provide smaller amounts.
- Phosphorus is abundantly found in dairy products, nuts, legumes, meats, poultry, and fish.

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.

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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