BREAKFAST

MAIN COURSE

BEVERAGES:

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile - Iced Tea

Hot Chocolate: Regular- Sugar-Free **Milk**: Whole - Skim - Lactaid - Vanilla Soy

Chocolate Milk

Soft Drink: Ginger Ale - Diet Ginger Ale - Seltzer **Juice**: Orange - Apple - Tomato - Cranberry - Prune

THICKENED BEVERAGES:

Juice: Orange - Apple - Cranberry

Coffee: Decaffeinated **Tea:** Decaffeinated

Milk

Water

Ice Tea (Sweetened)

Peach Mango Drink (calorie-free)

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

Omelet: Egg - Egg White

Choice of 4 Toppings: Peppers - Mushroom

American Cheese or Swiss Cheese **Pancakes:** Buttermilk - Banana **French Toast:** Plain - Banana

Side: Home Fries

FRUIT:

Chilled Fruits: Peaches - Applesauce - Pears

Mandarin Oranges

CEREAL

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes - Crispy Rice

YOGURT

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

BREAKFAST BAKERY:

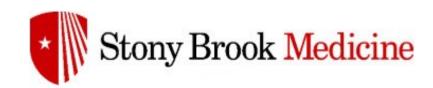
Muffins: Blueberry - Corn - Bran Muffin

Choice of: Smart Balance - Jelly - Diet Jelly - Butter Cream Cheese - Lite Cream Cheese - Peanut Butter

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



LUNCH & DINNER

HOT ENTRÉE

Ground Chicken Francaise:

Sautéed in a Lemon & White Wine Sauce

Ground Oven Roasted Turkey:

Served with Gravy

Flaked Broiled Cod:

Dressed with Breadcrumbs, Garlic & Lemon

Flaked Baked Salmon:

Dressed with Breadcrumbs, Garlic and Lemon

Home Made Meatloaf:

Served with Gravy

Macaroni & Cheese:

Macaroni in Creamy Cheese Sauce

PASTA BAR:

Choice of Pasta:

Penne - Linguini - Whole Wheat Penne

Choice of Sauce:

Vodka Sauce - Meat Sauce - Marinara Sauce Butter Sauce - Garlic, Extra Virgin Olive Oil & White Wine

Choice of Toppings:

Chopped Mixed Vegetables

COLD PLATES

Cottage Cheese Plate:

Cottage Cheese and Peaches & Pears



SOUPS & SIDES

DESSERTS

SOUP:

Soups: Tomato - Lentil - Pasta Fagioli **Broths**: Beef - Chicken - Vegetable (Not available on diets with thickened liquids)

SIDES:

(Some diets may not allow bread Products)

Dinner Roll - Mac & Cheese - Mashed Potatoes Mashed Sweet Potatoes - Brown Rice Steamed White Rice - Stuffing Baby Carrots - Broccoli - Green Beans Cuban Style Black Beans (Vegetarian) BAKERY: (Some diets may not allow bread products)

Lemon Pound
Angel Food Cake
Chocolate Angel Food Cake
Brownie
Low-Fat Chocolate Mousse
Peach Pear Cobbler
Cheese Cake

Chilled Fruit: Peaches - Pears - Applesauce

Mandarin Oranges

Cookies: Graham Crackers

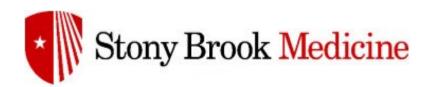
Gelatin: (Regular or Sugar-Free)

Strawberry - Orange

Ice Cream: Vanilla - Chocolate - Sugar-Free Vanilla

Italian Ices: Cherry - Lemon - Orange **Pudding:** Vanilla - Chocolate - Rice

Sugar - Free Vanilla - Sugar-Free Chocolate



TEXTURE MODIFIED DIETS:

Your physician has ordered a mechanical soft or dysphagia diet for you. Meats are ground and other foods are soft and easy to chew and swallow on these diets.

Mechanical soft and dysphagia diets are designed for problems with chewing and/or swallowing. Additionally your physician may have ordered thickened liquids to a nectar or honey consistency.

Room Number:	Date:
Name:	
Diet:	

How to Place an Order

- 1. Dial8|DINE(extension8|3463)betweenthehours 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.

7/21

