## BREAKFAST

**Beverages:** Coffee: Regular - Decaffeinated Tea: Regular - Decaffeinated - Chamomile - Fresh Brewed Ice Tea Hot Chocolate: No Added Sugar (10g) Milk: Whole (7g) - 1% (7g) - Skim (7g) - Lactaid (13g) Vanilla Soy (18g) Soda: Diet Ginger-Ale - Seltzer Juice: V8 (7g) - Tomato Juice (7g)

#### **Condiments:**

Salt- Pepper- Herb Seasoning - Splenda - Equal - Sweet & Low Diet Syrup (4g) - Coffee Creamer-Ketchup (3g) - Peanut Butter (6g) Smart Balance - Butter - Diet Jelly (3g) - Pickles - Mayo - Lite Mayo Sour Cream (2g) - BBO Sauce (7g)

Side Items: (Please Choose 4)

#### **Fruits:**

Whole Fruit: Banana (25g) - Orange (15g) - Apple (25g) - Grapes (14g) Chilled Fruit: Peaches (12g) - Pears (14g) - Applesauce (12g) Mandarin Oranges (14g) - Fruit Salad (18g) - Seasonal Melon (10g) **Yogurt:** 

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

### Cereal:

Hot: Oatmeal (14g) - Cinnamon Oatmeal (14g) Cream of Wheat (12g) **Cold:** Corn Flakes (18g) - Cheerios (14g) Crispy Rice (16g) Raisin Bran (25g) - Rice Chex (16g)

## **Breakfast Bakery:**

Muffins: Blueberry (29g) - Corn (29g)

**Bagels:** Plain(47g)- Sesame(47g) -Whole Wheat (47g) -Everything (47g)

Kaiser Roll (43g) - Whole Wheat Kaiser Roll (45g)

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

Limited Items are available all day long.

## Breakfast Entrees: (Please Choose 1)

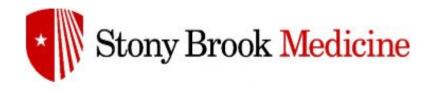
Eggs: Scrambled - Egg Whites - Hard Boiled Egg **Omelet:** Egg - Egg White Choice of 4 Toppings: Red Onions - Broccoli - Spinach Peppers - Mushroom - Ham - Turkey - Swiss Cheese American Cheese **Pancakes:** Buttermilk (26g) - Blueberry (29g) Banana (34g) French Toast 1 Pieces: Plain (23g) - Blueberry (26g) Banana (30g) **Egg Sandwich: Choice of Egg:** Egg - Egg whites **Choice of Bread -** Kaiser Roll (43g) Whole Wheat Kaiser Roll (45g) Choice of Cheese: American - Swiss **Choice of Meat:** Ham - Sausage Patty - Fresh Sliced Turkey Additional Sides:

Sausage Patty - Turkey Sausage Links - Home Fries (9g)

## **Healthy Sandwich Option:**

Scrambled Egg Whites Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll (45g)

\*g = grams of Carbohydrates



# LUNCH & DINNER

#### <u>Hot Entree's</u>

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce (4g) **Grilled Chicken Parmesan:** Layered with Marinara & Mozz (4g) **Oven Roasted Turkey:** Served with Gravy

**Broiled Cod** : Served with breadcrumbs, Garlic & Lemon (8g) **Baked Salmon:** Served with breadcrumbs, Garlic & Lemon (8g)

Home Made Meatloaf: Served with Gravy (5g)

**Sliced Flank Steak & Onion Sandwich**: Served on Ciabatta Roll (54g)

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

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

Macaroni & Cheese: Served in a Creamy Cheese Sauce (24g) Panini: Fresh Mozzarella, Basil, & Tomato (52g)

## Grilled Marinated Flank Steak

## <u>From The Grill</u>

Hamburger - Grilled Marinated Chicken - Turkey Burger Black Bean Burger (22g) - Grilled Cheese Sandwich Choice of Bread (\*per slice):

\*Rye Bread (19g) - \*Whole Wheat Bread (14g) \*Sliced White (14g) Regular Burger Bun (31g) - Whole Wheat Burger Bun (28g) **Choice of Toppings:** Lettuce - Tomato - Sautéed Mushrooms -Sautéed Onions - Swiss Cheese - American Cheese

## <u>Pasta Bar</u>

Choice of Pasta: Penne (28g) - Linguini (20g)

Whole Wheat Penne (28g)

**Choice of Sauce:** Vodka Sauce (5g) - Meat Sauce (7g) - Butter Sauce Marinara Sauce (8g) - Garlic & Extra Virgin Olive Oil & White Wine **Choice of Toppings:** Mixed Vegetables - Mushrooms Diced Marinated Chicken

<u>Pizza (80g) - 1/2 Pizza (40g):</u>

**Individual Personal Cheese Pizza Choice of Toppings:** Peppers - Mushrooms - Pepperoni Red Onion - Black Olives - Broccoli

## <u>"Shake It Up" Salad Station</u>

(Create your own Main Course Gourmet Salad) Choice of Lettuce: Chopped Romaine Lettuce Seasonal Baby Field Greens -Hand Picked Spinach Choice of (1) Protein: Baked Shrimp - Marinated Grilled Chicken -Sliced Flank Steak - Tofu (3g) Choice of (up to 4) Toppings: Sliced Red Onions Cherry Tomatoes - Bell Peppers - Croutons (5g) - Walnut (2g) Black Olives - Sliced Cucumbers - Chickpeas (5g) Mushrooms -Sunflower Seeds (3g)

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

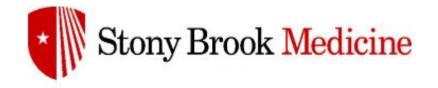
## <u>Cold Plates</u>

#### Cottage Cheese and Fresh Seasonal Fruit Plate (36g) Fresh Fruit Plate with Lite Vanilla Yogurt (38g) Crudités & Hummus Salad (6g): Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus

### <u>Deli Specials</u>

Grilled Chicken Caesar Wrap (58g): Marinated Grilled Chicken, Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing Classic Tuna / Chicken Salad Sandwich Oven Roasted Turkey Sandwich Slow Cooked Roasted Beef Sandwich Choice of Bread (\*per slice): \*White (14g) \*Whole Wheat (14g) Kaiser Roll (43g) \*Sliced Seedless Rye (19g) - Tortilla Wrap (52g) Choice of Toppings: Lettuce - Tomato - Pickles -American Cheese Swiss Cheese

\*g = grams of Carbohydrates



## SOUPS, SIDES & DESSERTS

### Soups:

Campbell's Tomato Soup (25g) - Chicken Rice Soup (12g) Lentil Soup (28g) - Pasta Fagioli (41g) **Broths:** Beef (2g) - Chicken (2g) - Vegetable (2g) <u>Sides:</u> Baked Potato (32g)-Dinner Roll(14g)-Baked Steak Fries(40g) Mac & Cheese (12g) - Mashed Potatoes (13g) - Mashed Sweet Potatoes (19g) Brown Rice (12g) - Steamed White Rice (14g) -Stuffing (10g) - Baby Carrots - Broccoli - Corn (11g) - Green Beans - Cuban Style Black Beans (veg.) (19g) Crackers &Peanut Butter (21g) <u>Sides Salads:</u>

Garden - Cottage Cheese (6g) - Spanish Slaw Vegetable Sticks - Macaroni Salad (21g) - Potato Salad (31g)

### <u>Desserts:</u>

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

Fruit: Peaches (12g) - Pears (14g) - Applesauce (12g) Mandarin Oranges (14g) - Grapes (14g) - Fruit Salad (18g) Apple (25g) - Banana (25g) - Orange (15g)

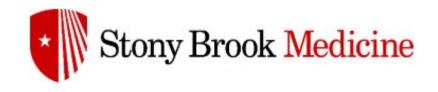
Cookies: Graham Crackers (11g)

Gelatin: (Sugar Free) Strawberry (3g) - Orange (2g)

Ice Cream: Sugar Free Vanilla (18g)

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

\*g = grams of carbohydrates



## **CARBOHYDRATE CONTROL DIET:**

Your physician has ordered a diabetic diet for you which is carbohydrate controlled. Foods which contain carbohydrates include fruits, breads and starchy foods, dairy products, (except cheese), and sweets.

## How to Place an Order

- 1. Dial8-DINE (extension8-3463) 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 60 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.

Name: \_\_\_\_\_

Diet:\_\_\_\_\_

Room Number: Date:

