

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile

Fresh Brewed Ice Tea

Hot Chocolate: Sugar Free

Milk: 1% - Skim - Lactaid - Low Fat Chocolate

Diet Ginger-Ale - Seltzer

Juice & Fruits

Juice: Orange - Apple - Tomato - Cranberry - Prune

Fruits: Banana - Orange - Apple - Seasonal Melon

Chilled Fruit: Peaches - Pears - Applesauce

Mandarin Oranges - Fruit Salad

Yogurt

Regular: Plain - Vanilla - Strawberry

Lite: Strawberry - Peach

Cereal

Hot: Oatmeal - Cinnamon Oatmeal

Cream of Wheat

Cold: Cheerios - Crispy Rice - Raisin Bran

Breakfast Entrees

Eggs: Scrambled - Egg Whites

Omelet: Egg White

Choice of 4 Toppings: Red Onions - Broccoli

Spinach- Peppers - Mushroom - Turkey

Pancakes: Buttermilk - Blueberry - Banana

French Toast: Plain - Blueberry - Banana

Egg Sandwich

Choice of Bread: Kaiser Roll

Cheese: Swiss

Meat: Fresh Sliced Turkey

Breakfast Bakery

Bagels: Plain - Sesame - Whole Wheat - Kaiser Roll

Choice of: Smart Balance - Jelly - Diet Jelly - Peanut Butter

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



LUNCH & DINNER

Hot Entree's

Chicken Francaise:

Sautéed in a Lemon White Wine Sauce

Grilled Chicken Parmesan

Oven Roasted Turkey: Served with Gravy

Broiled Flounder: Dressed with Garlic Lemon Herb

Baked Salmon

Home Made Meatloaf: Served with Gravy

Sliced Roast Beef

Grilled Chicken Paillard:

Served over Sautéed Spinach & Mashed Potatoes

From The Grill

Hamburger - Grilled Marinated Chicken -

Grilled Swiss Cheese Sandwich

Choice of Bread: Rye Bread - Whole Wheat Bread

White Bread

Choice of Toppings: Lettuce - Tomato - Swiss Cheese

Pasta Bar

Choice of Pasta: Penne - Linguini - Whole Wheat Penne

Choice of Sauce: Meat Sauce - Marinara Sauce -

Garlic & Extra Virgin Olive Oil & White Wine

Choice of Toppings: Mixed Vegetables - Mushrooms

Diced Marinated Chicken

Shake It Up Salad Station

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Chopped Romaine Lettuce

Seasonal Baby Field Greens - Baby Spinach

Choice of (1) Protein: Marinated Grilled Chicken

Sliced Flank Steak - Tofu

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

Cherry Tomatoes - Green Peppers - Croutons - Walnut Pcs

Sliced Cucumbers - Dried Cranberries - Chickpeas

Sliced Mushrooms-Sunflower Seeds

Dressings: Olive Oil and Vinegar

Cold Plates / Entrée Salads

Fresh Fruit Plate with Plain Yogurt

Crudités & Hummus Salad: Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots)

Served with Creamy Hummus Dip

Deli Specials

Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef Sandwich

Choice of Bread: White - Whole Wheat - Kaiser Roll-

Seedless Rye - Plain Bagel

Choice of Toppings: Lettuce - Tomato - Swiss Cheese

Condiments: Lite Mayo

SOUPS, SIDES & DESSERTS

Soups

Soups: Campbell's Tomato - Chicken Rice - Lentil Soup

Broths: Beef - Chicken - Vegetable

Sides

Choice of: Baked Potato - Dinner Roll - Baked Steak Fries - Mashed Potatoes-Mashed Sweet Potatoes - Brown Rice - Steamed White Rice - Stuffing- Baby Carrots - Broccoli - Corn - Green Beans Cuban Style Black Beans (veg.)

Side Salads: Garden - Spanish Slaw - Vegetable Sticks-Crackers and Peanut Butter Cucumber Slices, Hummus and Veggie Stick

Desserts

Fresh Marinated Fruit Salad

Chilled Fruit: Peaches - Pears - Applesauce Mandarin Oranges

Cookies: Graham Crackers

Gelatin: (Regular or Sugar Free) Strawberry ,Orange

Ice Cream: Sugar Free Vanilla

Pudding: Sugar Free Vanilla - Sugar Free Chocolate

CARDIAC LOW SODIUM, SODIUM RESTRICTED DIET:

Your physician has ordered a low sodium diet for you.

Tips to limit your sodium intake include:

- Remove the salt shaker from your table and from cooking.
- Avoid canned soups, T V dinners and other convenience foods.
 - Limit the amount of sauces, gravies and marinades.
- Try new herb seasoning shakers to spice up your food.
 - Buy fresh foods instead of processed ones.
- Avoid cured and processed meats such as ham, bacon, bologna.

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 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.

Room Number: _____ Date: _____

Name: _____

Diet: _____

