BREAKFAST

*Beverages*
Coffee: Regular – Decaffeinated
Tea: Regular – Decaffeinated – Chamomile
Fresh Brewed Iced Tea
Milk: Whole – 1% - Skim – Lactaid – Soy
Low Fat Chocolate Milk
Soft Drink: Ginger-Ale – Diet Ginger-Ale - Seltzer

*Juice & Fruits*
Juice: Orange – Apple – Tomato – Cranberry -Prune
Fresh Fruit: Banana – Orange Apple
Seasonal Melon
Chilled Fruits: Peaches – Applesauce - Pears
Mandarin Oranges – Marinated Fruit Salad

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

*Breakfast Entrees*
Eggs: Scrambled - Egg Whites - Hard Boiled Egg

Omelet: Egg - Egg White
Choice of 4 Toppings: Diced Red Onions
Baby Spinach—Diced Peppers – Ham – Broccoli
Sliced Turkey – Sliced Mushroom
Choice of Cheese: American – Swiss

*Sides*
Choice of:
Sausage Patty
Turkey Sausage Links
Home Fries

*Cereal*
Rice Chex

*Breakfast Ends Daily at 10:00AM*
Limited Items are available all day long.
Scrambled Eggs, Omelets, Cereal and Bagels
LUNCH & DINNER

**Hot Entrée**
Grilled Chicken Parmesan:

Oven Roasted Turkey:
Broiled Flounder: Dressed with Garlic Lemon Herb

Sliced Roast Beef:

*From The Grill (Plain NO Buns/Bread)*
Sliced Flank Steak:
Served with Mushrooms and Onions

Hamburger:
Cheese Burger: American or Swiss Cheese
Toppings: Lettuce – Tomato

**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: Baked Shrimp Marinated Grilled Chicken – Sliced Flank Steak
Choice of (up to 4) Toppings: Sliced Red Onions Cherry Tomatoes – Green Peppers – Walnut Pcs Sliced Black Olives - Sliced Cucumbers Dried Cranberries - Chickpeas –Sliced Mushrooms Sunflower Seeds
Dressings: Lemon Juice - Olive Oil and Vinegar

**Cold Plates / Entrée Salads**
Fresh Fruit Plate with Vanilla Yogurt
Hummus Plate: Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip
SOUPS, SIDES & DESSERTS

Soups
Soups: Lentil
Broths: Vegetable

Sides
Choice of: Baked Potato - Potato Chips - Steamed White Rice – Baby Carrots – Broccoli – Baby Spinach Baked Steak Fries – Brown Rice Cuban Style Black Beans (vegetarian)

Sides Salad
Hummus & Carrot Plate Cucumber Slices

Desserts
Fresh Marinated Fruit Salad
Chilled Fruit: Peaches – Pears – Applesauce Mandarin Oranges
Gelatin: (Regular or Sugar Free) Strawberry or Orange
Fresh Fruit:
Banana – Apple – Orange – Seasonal Melon
Ice Cream: Vanilla – Chocolate
Pudding: Vanilla – Chocolate – Rice
Italian Ice: Cherry – Lemon – Orange
**GLUTEN RESTRICTED DIET**

Your physician has ordered a gluten restricted diet for you. This diet does not allow wheat, rye, barley or oats in any form. Gluten is a protein found in these grains. Gluten can also be hidden in many food additives and other ingredients including modified food starch, hydrolyzed vegetable or plant protein and malt.

The following is a good resource for additional information on gluten restricted diets.

Celiac Disease Foundation

[www.celiac.org](http://www.celiac.org)

Phone# 818-990-2354

Email [cdf@celiac.org](mailto:cdf@celiac.org)

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**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.

**GLUTEN RESTRICTED DIET**

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

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**Room Number:________________________  Date:__________**

**Name: ________________________________________________**

**Diet: __________________________________________________**