## BREAKFAST

#### <u>Beverages</u>

**Coffee:** Regular - Decaffeinated Tea: Regular - Decaffeinated - Chamomile - Fresh Brewed Ice Tea Hot Chocolate: Sugar Free (10g) Milk: 1% (7g) - Skim (7g) - Lactaid (13g) - Soy (18g) **Diet Ginger-Ale - Seltzer** Juice & Fruits Juice: V8 Fruits: Banana (25g) - Orange (15g) - Apple (25g) Seasonal Melon (10g) **Chilled Fruit:** Peaches (12g) - Pears (14g) - Fruit Salad(18g) Applesauce (12g)-Mandarin Oranges (14g) **Yoqurt Regular**: Plain (12g) Lite: Strawberry (14g) - Peach (14g) Cereal Hot: Oatmeal (14g) - Cinnamon Oatmeal (14g) Cream of Wheat (12g) **Cold:** Cheerios (14g) - Crispy Rice (16g) Raisin Bran (25g)

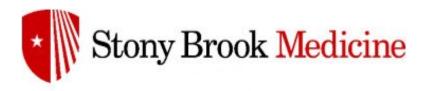
### <u>Breakfast Entrees</u>

**Eggs:** Egg Whites **Omelet:** Egg White Choice of 4 Toppings: Red Onions - Broccoli – Spinach-Peppers-Mushroom - Sliced Turkey **Pancakes:** Buttermilk (26g)-Blueberry(29g)-Banana (34g) French Toast: Plain (23g) - Blueberry (26g) - Banana (30g) <u>Egg Sandwich</u> **Egg Whites Choice of Bread** - Kaiser Roll (43g) **Cheese:** Swiss Meat: Fresh Sliced Turkey **Breakfast Bakery** Bagels (1/2): Plain (24g) - Sesame (24g) - Whole Wheat (24g)Kaiser Roll (43g) - Blueberry Muffin (29g) **Choice of:** Smart Balance - Diet Jelly (3g) - Peanut Butter (6g)

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



# LUNCH & DINNER

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

**Chicken Francaise:** Sautéed in a Lemon White Wine Sauce (4g) Grilled Chicken Parmesan (4g) **Oven Roasted Turkey:** Served with Gravy **Broiled Flounder:** Dressed with Garlic Lemon Herb (8g) **Baked Salmon (8g)** Home Made Meatloaf: Served with Gravy (5g) **Sliced Roast Beef: Grilled Chicken Paillard:** Served over Sautéed Spinach & Mashed Potatoes (13g) From The Grill Hamburger - Grilled Marinated Chicken **Grilled Swiss Cheese Sandwich Choice of Bread** (\*per slice): \*Rye Bread (19g) - \*Whole Wheat Bread (14g) \*Sliced White Bread (14g) - Regular Burger Bun (31g)Whole Wheat Hamburger Bun (28g) Choice of Toppings: Lettuce - Tomato - Swiss Cheese Pasta Bar **Choice of Pasta:** Penne (28g) - Linguini (20g) Whole Wheat Penne (28g) Choice of Sauce: Meat Sauce (7g) - Marinara Sauce (8g) Garlic & Extra Virgin Olive Oil & a Touch of White Wine **Choice of Toppings:** Mixed Vegetables - Mushrooms **Diced Marinated Chicken** 

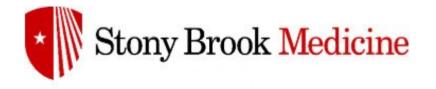
#### Shake It Up Salad Station

(Create your own Main Course Gourmet Salad) Choice of Lettuce: Chopped Romaine Lettuce Seasonal Baby Field Greens - Spinach Choice of (1) Protein: Marinated Grilled Chicken Sliced Flank Steak - Tofu(3g) Choice of (up to 4) Toppings: Sliced Red Onions Cherry Tomatoes - Green Peppers - Croutons (5g) - Walnut Pcs (2g) - Cucumbers - Mushrooms - Sunflower Seeds (3g) Dressings: Olive Oil and Vinegar <u>Cold Plates / Entrée Salads</u>

Fresh Fruit Plate with Plain Yogurt (38g) Crudités & Hummus Salad (6g): 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 (\*per slice): \*Sliced White (14g) \*Sliced Whole Wheat (14g) - \*Sliced Seedless Rye (19g) Choice of Toppings: Lettuce - Tomato - Swiss Cheese Condiments: Lite Mayo



# SOUPS, SIDES & DESSERTS

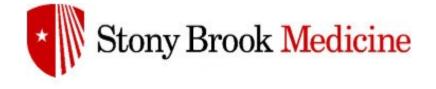
### <u>Soups</u>

Soups: Campbell's Tomato (21g) Chicken Rice (12g) - Lentil (28g) Broths: Beef (2g) - Chicken (2g) - Vegetable (2g) <u>Sides</u> Choice of: Baked Potato (32g) - Dinner Roll (14g) -Baked Steak Fries (40g) Mashed Potatoes (13g) -Mashed Sweet Potatoes (12g) - Brown Rice (12g) Steamed White Rice (14g) - Stuffing (10g) -Baby Carrots - Broccoli - Corn (11g) Green Beans - Cuban Style Black Beans (veg.) (19g) Side Salads: Garden - Spanish Slaw Cucumber Slices

Garden - Spanish Slaw Cucumber Slices, Hummus and Veggie Stick Side Salad (3g)

#### **Desserts**

Fresh Marinated Fruit Salad (18g) Chilled Fruit: Peaches (12g) - Pears (14g) - Applesauce (12g)-Mandarin Oranges (14g) Cookies: Graham Crackers (11g) Gelatin: Sugar Free Strawberry (3g) or Orange (2g) Ice Cream: Sugar Free Vanilla (18g) Pudding: Sugar Free Vanilla (13g) - Sugar Free Chocolate (13g)



## LOW SODIUM - CARDIAC 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.

Room Number:\_\_\_\_\_ Date:\_\_\_\_\_

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

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

Diet:

