# **BREAKFAST**

**Beverages** 

Coffee: Regular - Decaffeinated

**Tea:** Regular - Decaffeinated - Chamomile

Fresh Brewed Iced Tea

Hot Chocolate: Regular - Sugar Free

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

**Soda:** 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

**Cereal** 

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes - Cheerios - Crispy Rice

Raisin Bran-Rice Chex

**Yogurt** 

Regular: Plain - Vanilla - Strawberry

**Lite:** Strawberry - Peach

**Condiments** 

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

**Breakfast Entrees** 

Eggs: Scrambled - Egg Whites - Hard Boiled Egg

Omelet: Egg - Egg White

Choice of 4 Toppings: Red Onions - Broccoli

Spinach-Peppers - Mushroom - Diced Ham - Turkey

Choice of Cheese: American - Swiss

**Pancakes:** Buttermilk-Blueberry -Banana **French Toast:** Plain -Blueberry -Banana

**Egg Sandwich** 

Bread - Kaiser Roll - Whole Wheat Kaiser Roll

**Choice of Cheese:** American - Swiss

**Choice of Meat:** Ham - Sausage Patty - Sliced Turkey

**Breakfast Bakery** 

Muffins: Blueberry - Corn - Bran Muffin

**Bagels:** Plain - Sesame - Everything - Whole Wheat

Kaiser Roll

**Sides** 

**Sides:** Pork Sausage Patty - Turkey Sausage- Home Fries

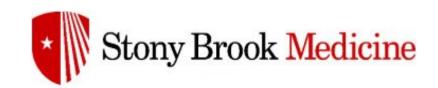
Chef's Healthy Sandwich Option:

Egg Whites with Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



# **LUNCH & DINNER**

### Hot Entree's

Special of the Day - Available at Lunch Only

Chicken Française: Sautéed in a Lemon White Wine Sauce

**Grilled Chicken Parmesan** 

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

**Baked Salmon:** 

Home Made Meatloaf: Served with Gravy

Grilled Chicken Paillard:

Served over Sautéed Spinach & Mashed Potatoes

Fajitas: Choice of Sautéed Chicken, Shrimp, or Tofu

Cheese Quesadillas: Chicken or Black Bean

Sliced Flank Steak & Onion Sandwich

Macaroni & Cheese: Macaroni in a Creamy Cheese Sauce

Panini: Fresh Mozzarella, Basil, & Tomato

Pasta Bar

Choice of Pasta: Penne - Linguini - Whole Wheat Penne Choice of Sauce: Vodka Sauce - Meat Sauce - Butter Sauce Marinara Sauce - Garlic & Extra Virgin Olive Oil & Wine Choice of Toppings: Mixed Vegetables - Mushrooms

Diced Marinated Chicken

From The Grill

Hamburger - Grilled Marinated Chicken - Turkey Burger

Black Bean Burger

**Grilled Cheese Sandwich** 

**Choice of Bread:** 

Rye Bread - Sliced Whole Wheat Bread - Sliced White Bread

Regular Burger Bun - Whole Wheat Burger Bun

Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms -

Sautéed Onions

Choice of Cheese: American - Swiss

Pizza

**Individual Personal Cheese Pizza:** 

**Choice of Toppings:** 

Peppers - Mushrooms - Pepperoni - Red Onion Black Olives - Broccoli

### **Shake It Up Salad Station**

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Chopped Romaine Lettuce - Seasonal Baby

Field Greens

Baby Hand Picked Spinach

Choice of (1) Protein: Baked Shrimp - Marinated Grilled Chicken

Sliced Flank Steak - Tofu

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

Cherry Tomatoes - Green Peppers - Croutons - Walnut Pcs

Sliced Black Olives - Sliced Cucumbers-Dried Cranberries

Chickpeas-Sliced Mushrooms - Sunflower Seeds

Dressings: Lite Italian - Olive Oil and Vinegar - Lite Ranch

Lite Caesar

### Cold Plates / Entrée Salads

Cottage Cheese Plate: Cottage Cheese and Fresh Seasonal Fruit

Fresh Fruit Plate with Plain Yogurt:

Crudités & Hummus Salad: Fresh Garden Vegetables

(Cucumbers, Tomatoes, Celery & Carrots)

Served with Creamy Hummus Dip

## **Deli Specials**

### **Grilled Chicken Caesar Wrap:**

Grilled Chicken, Romaine Lettuce, Creamy Caesar Dressing

Classic Tuna / Chicken Salad Sandwich

**Oven Roasted Turkey Sandwich** 

**Slow Cooked Roasted Beef** 

**Choice of Bread:** 

Sliced White - Sliced Whole Wheat - Kaiser Roll

Sliced Seedless Rye - Wrap - Plain Bagel

**Choice of Toppings:** 

Lettuce - Tomato - Pickles - American Cheese-Swiss Cheese

**Condiments:** Mayonnaise - Mustard - Lite Mayo - Ketchup - Sour

Cream



# SOUPS, SIDES & DESSERTS

## **Soups**

**Soup Du Jour**: Served with crackers

Soups: Campbell's Tomato - Chicken Rice

Lentil-Pasta Fagioli

**Broths:** Beef - Chicken - Vegetable

**Sides** 

Choice of: Baked Potato - Dinner Roll

Baked Steak Fries - Mac & Cheese

Mashed Potatoes - Mashed Sweet Potatoes

Brown Rice - Steamed White Rice-Stuffing

Baby Carrots - Broccoli - Corn-Green Beans

Penne with Marinara Sauce

Cuban Style Black Beans (veg.)

**Side Salads:** Garden - Cottage Cheese - Spanish

Slaw - Vegetable Sticks-Cucumber Side Salad

Macaroni Salad - Potato Salad

Peanut Butter & Crackers -Hummus & Veggie Stick

## **Desserts**

Lemon Pound Cake

**Angel Food Cake** 

**Brownie Cheese Cake** 

**Chocolate Angel Food Cake Peach Pear Cobbler** 

Fresh Fruit Salad

**Low Fat Chocolate Mousse** 

**Chilled Fruit:** Peaches - Pears

Applesauce-Mandarin Oranges

Cookies: Chocolate Chip - Oatmeal Raisin

Lorna Doone -Fig Newton-Graham Crackers

**Gelatin:** (Regular or Sugar Free)

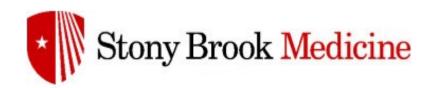
Strawberry or Orange

**Ice Cream:** Vanilla - Chocolate - Sugar Free Vanilla

Fruit Ice: Cherry - Orange - Lemon

**Pudding:** Vanilla - Chocolate - Rice

Sugar Free Vanilla-Sugar Free Chocolate



## **REGULAR DIET:**

A diet with no restrictions that provides adequate nutrients to meet your nutritional requirements.

Suggested Food Choices: All food on the Room Service Dining menu.

Suggested Foods to Limit: None.

Room Number:	Date:
Name:	
Diet:	

# How to Place an Order

- 1. Dial8-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.

