

## BREAKFAST (SERVED ALL DAY\*)

\* Item only available from 6 to 10 a.m.

### ENTREES

Pancake * (1).....	24
Chocolate Chip Pancake * (1).....	28
French Toast * (1 slice).....	29
Scrambled Eggs (1/2 cup).....	2
Hard-Boiled Egg (1).....	1
Biscuits and Gravy*▲.....	41
Egg and Cheese Biscuit Sandwich*▲.....	32
+ Ham▲.....	1
+ Bacon▲.....	0
Egg and Cheese English	
Muffin Sandwich*▲.....	39
+ Ham▲.....	1
+ Bacon▲.....	0
Oatmeal*.....	12
Cream of Wheat*®.....	11
Cheerios®.....	21
Froot Loops®.....	19
Raisin Bran®.....	28

### SIDES

#### YOGURT

Strawberry (Greek).....	15
Vanilla (Greek 100 Calorie).....	10
Key Lime Pie (light).....	16
Vanilla.....	27
Yogurt Parfait with Berries.....	51

#### Breakfast Sides

Wheat Toast (1 Slice).....	14
White Toast (1 slice).....	14
Biscuit *▲.....	31
Blueberry Lemon Bread▲.....	43
Banana Bread▲.....	53
Cinnamon Coffee Cake.....	54
English Muffin (White)*▲.....	38
Bacon (1 strip).....	0
Turkey Sausage Link (1 link).....	0
Hash Brown Patty*▲.....	15
Sausage Gravy*▲.....	9

### FRUIT

Apple Slices.....	8
Applesauce.....	13
Banana.....	27
Peach Slices.....	14
Diced Pears.....	17
Mandarin Oranges.....	18
Red Grapes.....	15
Seasonal Fruit.....(ask operator)	

### Cottage Cheese Plate

*Begin with cottage cheese and add two fruits.*

Cottage Cheese, 2% fat (1/2 cup)▲.....	6
+Apple Slices.....	8
+Applesauce.....	13
+Banana.....	27
+Peach Slices.....	14
+Diced Pears.....	17
+Mandarin Oranges.....	18
+Red Seedless Grapes.....	15
+Seasonal Fruit.....(ask operator)	

### OMELET SPECIALS

#### CHEDDAR AND AMERICAN ALSO

AVAILABLE (2)

#### SUNDAY

Denver —ham and green peppers 3	
Everything —green pepper, mushroom, ham, bacon, and cheddar cheese 4	

#### TUESDAY

Veggie —Onion, green pepper, mushrooms, and cheddar cheese 7	
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#### WEDNESDAY

Midwestern —ham, tomatoes, green peppers, and cheddar cheese 4	
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#### THURSDAY

Meat Lovers▲ —ham, bacon, sausage, and cheddar cheese 2	
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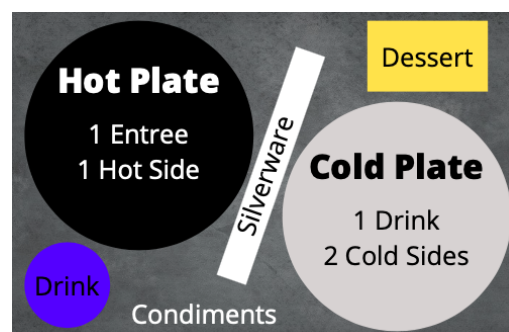
#### FRIDAY

Ham & Cheese 2	
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#### SATURDAY

Sausage, mushrooms, and cheddar cheese ▲ 3	
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## Ordering Guidelines



## LUNCH AND DINNER (Available 10 am– 8 pm)

\*Item only available after 3 p.m.

### Comfort Foods

Enchilada Casserole▲.....	25
Baked Tilapia.....	0
Marinated Chicken.....	1
Meatloaf.....	10
Meat Lasagna▲.....	42
Pot Roast.....	0
Chicken Strips (1 strip).....	8
SpaghettiOs®▲.....	30
Open-Face Sandwich (with mashed potatoes and gravy)	
Turkey▲.....	47
Roast Beef.....	45
Meatloaf▲.....	53
Hard Shell Beef Taco (1).....	13
Soft Shell Beef Taco (1)▲.....	20
Amy's™ Gluten-Free Non-Dairy Beans and Rice Burrito.....	38
Amy's™ Gluten-Free Vegetable Lasagna.....	41

### FROM THE GRILL

Hamburger or Cheeseburger.....	27
Grilled Chicken Sandwich.....	29
Beyond™ Burger▲.....	33
Grilled Cheese▲.....	24-30
Grilled Ham and Cheese▲.....	25-31
Hot Dog▲.....	29

### SOUPS & SALAD

Chili▲.....	28
Chicken Noodle (Homemade)▲.....	11
Chicken Noodle (Low-sodium)▲.....	5
Tomato (Low-sodium).....	22
Amy's™ Gluten-Free Black Bean.....	18
Mixed Greens Salad (with tomatoes and cucumbers).....	5
+ Cheddar Cheese.....	1
+ Chicken.....	1
+ Bacon.....	0
+ Diced Egg.....	1
+ Croutons.....	5

### COLD DELI SANDWICHES

*Build your own cold sandwich.*

Wheat or White Bread (1 slice).....	14
+ Roast Beef.....	0
+ Turkey.....	1
+ Ham▲.....	1
+ Chicken Salad.....	3
+ Tuna Salad▲.....	5
+ Cheddar Cheese.....	0
+ American Cheese.....	0
Grape Uncrustable™.....	32

### 7” PIZZA SPECIALS

Cheese and Pepperoni also available (▲55).

#### SUNDAY

Hawaiian▲ —ham and pineapple 59	
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#### MONDAY

Supreme▲ —green pepper, mushroom, onion, pepperoni, and sausage 61	
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#### TUESDAY

Veggie▲ —Onion, green pepper, mushrooms 60	
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#### WEDNESDAY

Sausage and mushroom▲ 57	
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#### THURSDAY

Meat Lovers▲ —ham, bacon, sausage 57	
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#### FRIDAY

Sausage▲ 61	
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#### SATURDAY

Mediterranean▲ —black olives, olive oil, red onion, green pepper, tomato, feta and mozzarella cheese 54	
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### Sides

Pasta Salad (balsamic dressing, vegetables, and black beans).....	15
Coleslaw.....	28
Baked French Fries ▲.....	20
Baked Potato*.....	37
Steamed Rice.....	24
Mashed Potatoes.....	23
+ Beef Gravy.....	6
+ Chicken Gravy.....	8
Macaroni and Cheese▲.....	26
Buttered Egg Noodles.....	23
+ Marinara Sauce▲.....	16
Chips	
Regular Potato Chips▲.....	23
Baked Potato Chips.....	24
Cottage Cheese, 4% fat (3/4 cup)▲.....	5
Cottage Cheese, 2% fat (1/4 cup)▲.....	3
Dinner Roll.....	16
Mixed Vegetables.....	6
Green Beans.....	4
Corn.....	16
Carrot Coins.....	9
Raw Carrots.....	5
Raw Celery.....	2
Sandwich Toppings	
+ Lettuce.....	0
+ Tomato.....	2
+ Red Onion.....	1
+ Pickles.....	0

### DESSERTS

Cookies	
Chocolate Chip.....	36
Chocolate Crinkle.....	20
Sugar.....	36
Italian Ice	
Lemon.....	20
Orange.....	22
New York Cheesecake▲.....	41
Rice Krispie® Bar.....	29
Ice Cream	
Chocolate or Vanilla.....	17-20
Triple Chocolate Brownie.....	41
Pudding	
Chocolate.....	20
Vanilla.....	20
Gelatin Dessert	
Orange.....	18
Strawberry (Sugar-free).....	0
Lemon Lime (Sugar-Free).....	0
Berry Mousse Dream.....	40

### SNACKS

Animal Crackers.....	48
Graham Crackers.....	16
Goldfish Crackers (Cheddar)▲.....	14
Cheez-Its® Original▲.....	32
Hummus.....	10
SkinnyPop® Popcorn.....	8
String Cheese▲.....	0
Mild Cheddar Snacking Cheese.....	0
Lunchables®▲.....	21
Special K® Protein Bar	
Strawberry.....	21
Chocolate Peanut Butter.....	19

### Condiments

Salt▲.....	0	Peanut Butter.....	48
Pepper.....	0	Peanut Butter, Low Sodium.....	3
Ketchup.....	2	Butter.....	0
Mustard.....	0	Margarine.....	0
Barbeque Sauce▲.....	19	Parmesan Cheese.....	0
Mayo.....	0	Sour Cream.....	1
Low-Fat Mayo.....	1	Taco Sauce.....	1
Salt-Free Seasoning.....	0	Tartar Sauce.....	2
Sugar.....	3	Pico de Gallo.....	2
Brown Sugar.....	13	Lemon Slice.....	1
Splenda®.....	1	Saltine Crackers.....	4
Cream.....	0	Avocado Spread.....	2
Creamer (Non-Dairy).....	1	Salad Dressings	
Syrup.....	28	Ranch ▲.....	2
Sugar-Free Syrup.....	4	Fat-Free Ranch.....	3
Jelly (Grape, Strawberry).....	10	Balsamic Vinaigrette.....	3
Sugar-Free Jelly.....	3	French.....	2
		Caesar.....	1

99 numbers after each item show carbohydrates per serving

▲ indicates items higher in sodium that exceed heart healthy guidelines

## DAILY SPECIALS

One tasty recipe each meal is our daily special. These patient favorites are available during limited hours each week.

**Breakfast: 6 to 10 a.m., Lunch: 10 a.m. to 3 p.m.**

**Dinner: 3 p.m. to 8 p.m., Soup: 10 a.m. to 8 p.m.**

### SUNDAY

Breakfast: Breakfast Pizza▲ 53

Lunch: Chicken Pot Pie▲ 61

Dinner: Barbeque Pulled Pork topped Mac n' Cheese▲ 50

Soup: Baked Potato▲ 26

### MONDAY

Breakfast: Cinnamon Berry French Toast (1 slice) 40

Lunch: Walking Tacos▲ 36

Dinner: Chicken Alfredo▲ 33

Soup: Vegetable Soup▲ 29

### TUESDAY

Breakfast: Breakfast Taco (1 Taco) ▲ 17

Lunch: Tuna Noodle Casserole▲ 32

Dinner: Spaghetti and Meat Sauce▲ 55

Soup: Beef Stew▲ 25

### WEDNESDAY

Breakfast: Banana Walnut Pancake (1 pancake) 33

Lunch: Tater Tot Casserole▲ 22

Dinner: Grilled Chicken Bacon Swiss Sandwich▲ 28

Soup: White Chicken Chili ▲ 26

### THURSDAY

Breakfast: Egg Bake 3

Lunch: Pulled Pork Sandwich ▲ 29

Dinner: Sweet and Sour Chicken with Rice▲ 66

Soup: Chicken Tortilla▲ 12

### FRIDAY

Breakfast: Waffle Breakfast Sandwich▲ 62

Lunch: Potato Crusted Cod Sandwich ▲ 47

Dinner: Tuscan Chicken ▲ 19

Soup: Broccoli Cheese ▲ 16

### SATURDAY

Breakfast: Breakfast Taco (1 Taco) ▲ 17

Lunch: Chicken or Egg Salad on a Croissant▲ 27

Dinner: Tenderloin Sandwich▲ 44

Soup: Chicken Wild Rice▲ 20

## LIQUID DIETS

### CLEAR LIQUID DIET

Coffee	
Regular or Decaf.....	0
Tea	
Black, Green, Decaf, or Iced.....	0-1
Juice	
Cranberry or Apple.....	15-16
Lemon Crystal Light®.....	0
Broth▲	
Vegetable, Beef, or Chicken.....	1-5
Candy	
Hard Candy.....	18
Lemon Drops.....	13

Gelatin Dessert	
Orange.....	18
Sugar-Free Lemon-Lime.....	0
Sugar-free Strawberry.....	0
Italian Ice	
Lemon.....	20
Orange.....	22
Ensure® Clear Therapeutic Nutrition Drink	
Apple.....	52
Mixed Berry.....	52
Gatorade G2® Glacier Frost.....	7

### FULL LIQUID DIET (includes all clear liquid items above)

Juice	
Orange.....	14
Prune.....	20
V-8▲.....	7
Low Sodium V-8.....	8
Milk	
Skim.....	12
1%.....	12
Whole.....	12
Chocolate▲.....	24
Vanilla Soy.....	16
Fairlife 2% Lactose-free.....	12
Instant Breakfast▲	
Chocolate or Vanilla.....	38-39
Cream of Wheat®.....	11
Applesauce.....	13
Blended Fruit	
Peaches.....	22
Pineapple.....	23
Mixed Berries.....	27
Banana.....	28
Blended Cottage Cheese▲.....	8
Blended Mashed Potatoes	
and Gravy▲.....	30
Blended Macaroni and Cheese▲.....	19

Yogurt	
Vanilla.....	27
Key Lime Pie.....	16
Pudding	
Vanilla.....	20
Chocolate.....	20
Soup	
Blended Chicken Noodle (homemade)▲	11
Blended Chicken Noodle (low-sodium)▲	8
Tomato Soup (low-sodium).....	22
Ensure® Compact (4 oz)	
Chocolate or Vanilla.....	32
Ensure® High Protein Plus	
Chocolate, Strawberry or Chocolate.....	41
Ensure® High Protein	
Chocolate or Vanilla.....	19
Hot Chocolate.....	16
Ice Cream	
Chocolate or Vanilla.....	26-28
Thrive® Ice Cream	
Chocolate.....	33
Vanilla.....	35
Strawberry.....	34

## PATIENT ROOM SERVICE MENU

Dial **1 2 3** to order from 6 a.m. to 8 p.m. Food will be delivered within 60 minutes.

**This menu is heart healthy.**

There are no fried foods. Most items are low in sodium and low in fat.

**Questions?**

Our operator can help you with your choices. Our dietitians are also happy to help with any questions.

## Ordering Guidelines

**Hot Plate**  
1 Entree  
1 Hot Side

**Cold Plate**  
1 Drink  
2 Cold Sides

**Dessert**

**Drink**

**Silverware**

**Condiments**

