

BREAKFAST (SERVED ALL DAY)

ENTREES

Scrambled Eggs (1/2 cup).....	2
Hard-Boiled Egg (1).....	1
Gluten-Free Waffle (1).....	13

CEREAL

Cheerios®.....	21
+ Skim Milk.....	12
+ 1% Milk.....	12
+ Whole Milk.....	12

COTTAGE CHEESE AND FRUIT PLATE

Begin with cottage cheese and add two fruits.

Cottage Cheese, 2% fat (1/2 cup)....	6
Apple Slices.....	8
Applesauce.....	13
Banana.....	27
Diced Pears.....	17
Peach Slices.....	14
Mandarin Oranges.....	22
Red Seedless Grapes.....	15
Seasonal Fruit..... (ask operator)	

BREAKFAST BREADS

Gluten-Free White Toast (1 slice)▲	23
Gluten-Free Blueberry Muffin▲	41

YOGURT

Strawberry (Greek).....	20
Vanilla (Greek 100 Calorie).....	10
Vanilla.....	27

BREAKFAST SIDES

Bacon (1 strip).....	0
Turkey Sausage Link (1 link).....	1
Ham Slice.....	1
Hash Brown Patty*▲	10

OMELET SPECIALS

SUNDAY

Denver —ham and green peppers 3

MONDAY

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

TUESDAY

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

WEDNESDAY

Midwestern —ham, tomatoes, green peppers, and cheddar cheese 2

THURSDAY

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

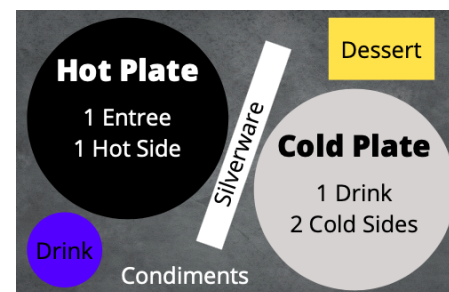
FRIDAY

Ham & Cheese 2

SATURDAY

Sausage, mushrooms, and cheddar cheese ▲ 3

Ordering Guidelines



99 numbers after each item show carbohydrates per serving

▲ indicates items higher in sodium that exceed heart healthy guidelines.

LUNCH AND DINNER

*Item only available after 3 p.m.

COMFORT FOODS

Hard Shell Beef Taco (1).....	13
Pot Roast.....	0
Marinated Chicken.....	1
Chicken Tenders (2 Tenders).....	8
Baked Tilapia.....	2
Amy's™ Non-Dairy Beans and Rice Burrito.....	38
Enchilada Casserole.....	22

SANDWICHES

Build your own sandwich. Choose a type of bread and add toppings.

Gluten-free Bread (1 slice)▲	23
Gluten-free Hamburger Bun▲	44
+ Roast Beef.....	0
+ Turkey.....	1
+ Ham▲.....	1
+ Chicken Salad.....	3
+ Plain Tuna Salad▲.....	2
+ Cheddar Cheese.....	0
+ American Cheese.....	0
Peanut Butter/Jelly Sandwich▲	60

SOUPS

Chili▲	28
Amy's™ Black Bean Soup▲	19
Beef Broth▲	1
Chicken Broth▲	1
Vegetable Broth▲	5

SALADS

Mixed Greens Salad (with tomatoes and cucumbers).....	5
+ Cheddar Cheese.....	0
+ Chicken.....	1
+ Bacon.....	0

SIDES

Baked Potato*.....	37
Rice.....	24
Mashed Potatoes.....	25
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

7" PIZZA SPECIALS

(Available 10-8)

Cheese and Pepperoni also available.

SUNDAY

Hawaiian▲ —ham and pineapple 59

MONDAY

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

TUESDAY

Veggie▲ —Onion, green pepper, mushrooms, and cheddar cheese 60

WEDNESDAY

Sausage and mushroom▲ 56

THURSDAY

Meat Lovers▲ —ham, bacon, sausage, and cheddar cheese 61

FRIDAY

Sausage▲ 61

SATURDAY

Mediterranean▲ —black olives, olive oil,

GRILL

Served on gluten-free bread and buns.

Hamburger or Cheeseburger▲	39
Vegetarian Burger▲	45
Grilled Chicken Sandwich▲	40
Grilled Cheese▲	39
Grilled Ham and Cheese▲	41
Hot Dog without Bun	2

Vegetables	
Mixed Vegetables.....	6
Green Beans.....	4
Raw Carrot Sticks.....	5
Raw Celery.....	2
SkinnyPop® Popcorn.....	8
String Cheese▲	0
Mild Cheddar Snacking Cheese.....	0
Hummus.....	10

DESSERTS

Hard Candy.....	18
Chocolate Chip Cookie.....	30
Gelatin Dessert	
Orange.....	18
Sugar-Free Lemon Lime.....	0
Sugar-Free Strawberry.....	0
Italian Ice	
Lemon.....	20
Orange.....	22
Ice Cream	
Chocolate, Vanilla,.....	26-28
Pudding	
Chocolate.....	20
Vanilla.....	20

SNACKS

Hummus.....	10
SkinnyPop® Popcorn.....	8
String Cheese▲.....	0
Mild Cheddar Snacking Cheese.....	0

Condiments

Salt▲.....	0	Syrup.....	28
Pepper.....	0	Sugar-Free Syrup.....	4
Salt-Free Seasoning.....	0	Pico de Gallo.....	2
Sugar.....	3	Hummus.....	10
Splenda®.....	1	Sour Cream.....	1
Brown Sugar.....	13	Barbeque Sauce▲.....	19
Cream.....	0	Parmesan Cheese.....	0
Creamer (Non-Dairy).....	1	Tartar Sauce.....	2
Butter.....	0	Lemon Slice.....	1
Margarine.....	0	Taco Sauce.....	1
Mayo.....	0	Ranch Dressing▲.....	2
Low-fat Mayo.....	1	French Dressing.....	2
Ketchup.....	2	Balsamic Vinaigrette▲.....	3
Mustard.....	0	Toppings	
Ranch Dressing▲.....	2	+ Lettuce.....	0
Peanut Butter.....	4	+ Tomato.....	2
Jelly.....	10	+ Red Onion.....	1
Sugar-Free Jelly.....	3	+ Pickles.....	0

BEVERAGES

Milk		Tea	
Skim.....	12	Black, Green, Decaf, or Iced.....	0-1
1%.....	12	Juice	
Whole.....	12	Cranberry.....	16
Chocolate▲.....	24	Apple.....	15
Vanilla Soy.....	16	Orange.....	14
Fairlife 2% Lactose Free.....	10	Prune.....	20
Hot Chocolate.....	16	V-8▲.....	7
Lemon Crystal Light®.....	0	Low-Sodium V-8.....	8
Coffee		Gatorade G2® Glacier Frost.....	7
Regular or Decaf.....	0		

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	
Apple	52
Mixed Berry	52
Gatorade G2® Glacier Freeze	7

FULL LIQUID DIET

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
Applesauce	13
Blended Fruit	
Peaches	22
Pineapple	23
Mixed Berries	27
Banana	28
Yogurt	
Vanilla	27

Pudding	
Vanilla	20
Chocolate	20
Ensure® High Protein Plus	
Chocolate, Strawberry, or Vanilla	44
Ensure® Compact (4 oz)	
Chocolate or Vanilla	32
Ensure® High Protein	
Chocolate or Vanilla	19
Ensure Clear® Therapeutic Nutrition	
Apple	52
Mixed Berry	52
Hot Chocolate	16
Ice Cream	
Chocolate or Vanilla	26-28
Thrive® Ice Cream	
Chocolate	33
Vanilla	35
Strawberry	34
Gatorade G2® Glacier Freeze	7

GLUTEN FREE



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 Drink	Silverware Condiments	Dessert
		Cold Plate 1 Drink 2 Cold Sides

