## Breakfast (Served All Day*)

* Items only available from 6 to 11 a.m.

### Entrees
- Oatmeal……………………………………...15
- Chocolate Chip Pancake *(1)*

### Entrees
- Pineapple Tidbits………………………...15
- Banana
- Applesauce
- Hash Brown Patty*
- Banana Bread
- White Toast *(1 slice)*
- + Ham*
- + Bacon*
- + Seasonal Fruit *(ask operator)*

### Fruit
- Vanilla (Greek 100 Calorie)……………...10
- Mint Julep®
- + Seasonal Fruit *(ask operator)*

### Breakfast (Served All Day*)
- Free Breakfast Grain
- (ask operator)

### Ordering Guidelines
- Meat Lovers
- Veggie
- peppers, and cheddar cheese
- onion, green pepper, mushroom,
- American Cheese
- Peanut butter and Grape Jelly

### Sandwiches
- Build your own sandwich.
- Wheat or White Bread *(1 slice)*
- Roast Beef
- Turkey
- Ham
- Chicken Salad
- Tuna Salad
- Cheddar Cheese
- American Cheese
- Peanut butter and Grape Jelly

### Desserts
- Apple Pie *(1)*…...44
- Cookies
- Chocolate Chip…………….36
- Chocolate Crinkle…………..20
- Italian Ice
- Lemon…………………….20
- Orange……………………22
- New York Cheesecake……………….35
- Rice Krispie® Bar………………...48
- Vanilla Bean Cupcake……………….47
- Ice Cream
- Chocolate or Vanilla……………….26-28
- Triple Chocolate Brownie……….36
- Pudding
- Chocolate……………….24
- Vanilla……………….22
- Berry Cream Mousse……………….50
- Gelatin Dessert
- Strawberry or Orange…………….18
- Strawberry (Sugar-Free)…………….0
- Tropical………………..21

### Beverages
- Coffee
- Regular or Decaf………………..0
- Tea
- Black, Green, Decaf, or Iced…………..0-1
- Milk
- Skim…………………….12
- Whole…………………….12
- Chocolate……………….20
- Vanilla Soy……………….16
- Lactose-Free……………….12
- Juice
- Cranberry……………….16
- Apple……………….15
- Orange……………………14
- Pine……………………20
- V-8……………………37
- Low-Sodium V-8……………………8
- Hot Chocolate……………….16
- Lemon Crystal Light®……………….8
- Gatorade® G2® Glacier Freeze…………….8

### Snacks
- Animal Crackers……………….48
- Graham Crackers……………….16
- Goldfish Crackers (Cheddar)…………….14
- Hummus……………………..10
- SkinnyPop® Popcorn……………….8
- String Cheese……………….0
- Lunchables®………………...38

### Condiments
- Salt………………...0
- Sugar………………...0
- Pepper………………...0
- Ketchup………………...0
- Mustard………………...0
- Barbeque Sauce……………….19
- Jalapeno (Grape, Strawberry)……………….10
- Mayo………………...0
- Sugar-Free Mayo……………….0
- Low-Fat Mayo……………….0
- Salt-Free Seasoning……………….30
- Old Bay………………...3
- Sugar………………...3
- Brown Sugar……………….13
- Tartar Sauce………………...2
- Splenda®………………...1
- Pico de Gallo………………...2
- Cream………………...0
- Ranch Dressing……………….2
- Creamer (Non-Dairy)……………….1
- Fat-Free Ranch Dressing……………….3
- Syrup………………...26
- Lemon Slice………………...1
- Sugar-Free Syrup……………….4
- Saltine Crackers……………….4

### Notes
- 99 numbers after each item show carbohydrates per serving
- * indicates items higher in sodium that exceed heart healthy guidelines
One tasty recipe each meal is our daily special. These patient favorites are:

**DINNER:** Barbeque Beef Sandwich

**BREAKFAST:** Cinnamon Berry French Toast (1 slice) $4.00

**BREAKFAST:** Banana Walnut Pancake (1) $3.33

**LUNCH:** Pulled Pork Sandwich and Coleslaw

**DINNER:** Sweet and Sour Chicken with Rice

**DINNER:** Chicken Bacon Swiss Sandwich

**BREAKFAST:** Potato Breakfast Frittata $5.33

**DINNER:** Battered Cod (3 pieces) $3.69

**LUNCH:** Chicken Pot Pie

**DINNER:** Chicken Alfredo

**LUNCH:** Soup: Chicken Wild Rice

**DINNER:** Battered Chicken Noodle (homemade) $11.00

**DINNER:** Loose Meat Sandwich

**DINNER:** Beef Stroganoff

**FRIDAY**

**BREAKFAST:** Biscuits & Gravy $4.11

**LUNCH:** Pulled Pork Sandwich and Coleslaw $4.80

**DINNER:** Battered Cod (3 pieces) $2.60

**SUNDAY**

**BREAKFAST:** Cinnamon Berry French Toast (1 slice) $4.00

**BREAKFAST:** Biscuits & Gravy $4.11

**DINNER:** Barbeque Beef Sandwich and Coleslaw $6.33

**Soup:** Baked Potato $2.60

**MONDAY**

**BREAKFAST:** Breakfast Pizza $5.53

**LUNCH:** Chicken Pot Pie $6.11

**DINNER:** Barbeque Beef Sandwich and Coleslaw $6.33

**Soup:** Baked Potato $2.60

**TUESDAY**

**BREAKFAST:** Maple Sweet Potato Skillet $3.35

**LUNCH:** Italian Chicken Parmesan $1.14

**DINNER:** Spaghetti and Meatball $5.59

**Soup:** Broccoli Cheese $1.16

**WEDNESDAY**

**BREAKFAST:** Banana Walnut Pancake (1) $3.33

**LUNCH:** Tater Tot Casserole $2.22

**DINNER:** Chicken Bacon Swiss Sandwich $4.00

**Soup:** White Chicken Chili $2.26

**THURSDAY**

**BREAKFAST:** Egg Bake 3

**LUNCH:** Beef Stroganoff $3.30

**DINNER:** Sweet and Sour Chicken with Rice $5.50

**Soup:** Beef Stew $2.26

**FRIDAY**

**BREAKFAST:** Biscuits & Gravy $4.11

**LUNCH:** Pulled Pork Sandwich and Coleslaw $4.80

**DINNER:** Battered Cod (3 pieces) $2.60

**Soup:** Chicken Wild Rice $2.20

**SATURDAY**

**BREAKFAST:** Potato Breakfast Frittata $7.00

**LUNCH:** Tuna Noodle Casserole $3.22

**DINNER:** Mushroom Swiss Burger $3.30

**Soup:** Broccoli Cheese $1.16

**LIQUID DIETS**

### CLEAR LIQUID DIET

- **Coffee:** Regular or Decaf $0.00
- **Tea:** Black, Green, Decaf, or Iced $0.01
- **Juice:** Cranberry or Apple $15.00
- **Lemon Crystal Light** $0.00
- **Broth** $0.00
- **Vegetable, Beef, or Chicken** $1.50
- **Candy** $18.00
- **Lemon Drops** $13.00

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

- **Juice:**
  - Orange $14.00
  - Prune $12.00
  - V-8 $7.00
  - Low Sodium V-8 $8.00
- **Milk:**
  - Skim $12.00
  - Whole $12.00
  - Chocolate $20.00
  - Vanilla Soy $16.00
  - Lactose-free $12.00
- **Instant Breakfast:**
  - Chocolate or Vanilla $3.39
  - Cream of Wheat $1.11
  - Apple Sauce $13.00
- **Blended Fruit:**
  - Peaches $2.22
  - Pineapple $2.23
  - Mixed Berries $2.27
  - Banana $2.28
  - Blended Cottage Cheese $0.80
  - Blended Mashed Potatoes and Gravy $3.30
  - Blended Macaroni and Cheese $19.00

- **Gelatin Dessert:**
  - Strawberry $18.00
  - Orange $18.00
  - Tropical $21.00
  - Sugar-free Strawberry $0.00
  - Italian Ice $20.00
  - Orange $22.00
  - Ensure® Clear Therapeutic Nutrition Drink:
    - Apple $52.00
    - Mixed Berry $52.00
  - Gatorade G2 Glacier Freeze $8.00

- **Yogurt:**
  - Vanilla $0.27
  - Key Lime Pie $0.16
  - Pudding:
    - Vanilla $0.22
    - Chocolate $0.24
  - Soup:
    - Blended Chicken Noodle (homemade) $11.00
    - Blended Chicken Noodle (low-sodium) $9.00
    - Tomato Soup $12.00
  - Ensure® Enlive®:
    - Chocolate, Strawberry, or Vanilla $4.44
    - Ensure® Compact (4 oz)
  - Chocolate or Vanilla $3.22
  - Ensure® High Protein
    - Chocolate or Vanilla $19.00
    - Hot Chocolate $16.00
  - Soft Serve Ice Cream
    - Chocolate, Vanilla, or Twist $26.28
    - Thrive® Ice Cream
      - Chocolate $3.33
      - Vanilla $3.35
      - Strawberry $3.34

- **Ice Cream**
  - Gatorade G2 Glacier Freeze $8.00

### PATIENT ROOM SERVICE MENU

Dial 123 to order from 6 a.m. to 8 p.m. Food will be delivered within 60 minutes.

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

**ORDERING GUIDELINES**
- All items are low in sodium and low in fat.
- Most items are low in sodium and low in fat.
- For those on a low-sodium diet, there are many options available. Our dietitians are happy to help.

**DAILY SPECIALS**

**Ordering Guidelines**

<table>
<thead>
<tr>
<th>Entree</th>
<th>Hot Plate</th>
<th>Cold Plate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Drink</td>
<td>2 Cold Sides</td>
<td>1 Drink</td>
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