

## 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
Egg and Cheese Biscuit Sandwich*▲.....	32
+ Ham▲.....	1
+ Bacon▲.....	1
Egg and Cheese English	
Muffin Sandwich*▲.....	39
+ Ham▲.....	1
+ Bacon▲.....	0
Loffredo™ Gluten-Free Breakfast Grain Bowl.....	32
Oatmeal*.....	15
Cream of Wheat*®.....	11
Cheerios®.....	21
Froot Loops®.....	19
Raisin Bran®.....	28

### SIDES

#### YOGURT

Blueberry (Greek).....	20
Strawberry (Greek).....	20
Vanilla (Greek 100 Calorie).....	10
Key Lime Pie (Light).....	16
Vanilla.....	27
Yogurt Parfait with Berries.....	48

#### Breakfast Sides

Wheat Toast (1 Slice).....	14
White Toast (1 slice).....	14
Biscuit *▲.....	31
Blueberry Crumb Muffin▲.....	48
Banana Bread▲.....	27
Cinnamon Roll▲.....	34
English Muffin (White)*▲.....	38
Bacon (1 strip).....	0
Pork Sausage Link (1 link).....	0
Hash Brown Patty*▲.....	10

### FRUIT

Apple Slices.....	8
Applesauce.....	13
Banana.....	27
Peach Slices.....	14
Mandarin Oranges.....	22
Pineapple Tidbits.....	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
+Mandarin Oranges.....	22
+Pineapple Tidbits.....	15
+Seasonal Fruit..... (ask operator)	

### 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

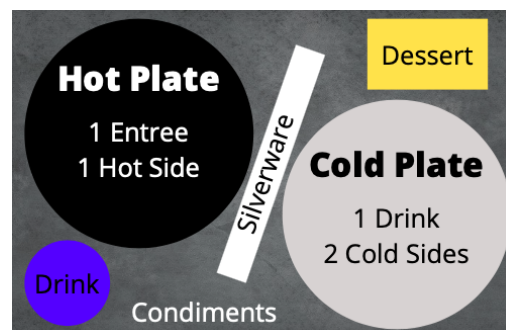
#### FRIDAY

Ham & Cheese 2

#### SATURDAY

Sausage, mushrooms, and cheddar cheese ▲ 3

## Ordering Guidelines



## LUNCH AND DINNER

### Comfort Foods

Enchilada Casserole.....	22
Citrus Peppercorn Tilapia.....	2
Marinated Chicken.....	1
Meatloaf.....	9
Meat Lasagna▲.....	37
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
Loffredo™ Vegetarian Teriyaki Grain Bowl▲.....	50
Loffredo™ Gluten-Free Vegetarian Mediterranean Grain Bowl▲.....	50
Loffredo™ Gluten-Free Buffalo Chicken Grain Bowl▲.....	30

### FROM THE GRILL

Hamburger or Cheeseburger.....	29
Grilled Chicken Sandwich.....	30
Vegetarian Burger▲.....	34
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)▲.....	6
Tomato (Low-sodium)▲.....	12
Mixed Greens Salad (with tomatoes and cucumbers).....	5
+ Cheddar Cheese.....	1
+ Chicken.....	1
+ Bacon.....	0
+ Hard-Boiled Egg.....	1
+ Croutons.....	5

### SANDWICHES

*Build your own 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
Peanut butter and Grape Jelly.....	27

### 7" PIZZA SPECIALS

(Available 10-8)

Cheese and Pepperoni also available (▲55).

#### 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, red onion, green pepper, tomato, feta and mozzarella cheese 53

### Sides

Pasta Salad (balsamic dressing, vegetables, and black beans).....	15
Baked French Fries.....	24
Steamed Rice.....	24
Mashed Potatoes.....	25
+ Beef Gravy.....	6
+ Chicken Gravy.....	8
Macaroni and Cheese▲.....	16
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.....	13
Mixed Vegetables.....	6
Green Beans.....	4
Corn.....	16
Raw Carrots.....	5
Raw Celery.....	2
Sandwich Toppings	
+ Lettuce.....	0
+ Tomato.....	2
+ Red Onion.....	1
+ Pickles.....	0

### DESSERTS

Apple Pie▲.....	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 Dream 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
1%.....	12
Whole.....	12
Chocolate▲.....	20
Vanilla Soy.....	16
Lactose-free.....	12
Juice	
Cranberry.....	16
Apple.....	15
Orange.....	14
Prune.....	20
V-8▲.....	7
Low-sodium V-8.....	8
Hot Chocolate.....	16
Lemon Crystal Light®.....	0
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	Peanut Butter.....	4
Pepper.....	0	Peanut Butter, Low Sodium.....	3
Ketchup.....	2	Butter.....	0
Mustard.....	0	Margarine.....	0
Barbeque Sauce▲.....	19	Jelly (Grape, Strawberry).....	10
Mayo.....	0	Sugar-Free Jelly.....	0
Low-Fat Mayo.....	1	Parmesan Cheese.....	0
Salt-Free Seasoning.....	0	Sour Cream.....	1
Sugar.....	3	Taco Sauce.....	1
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.....	28	Lemon Slice.....	1
Sugar-Free Syrup.....	4	Saltine Crackers.....	4

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 Beef Sandwich▲ and Coleslaw▲ 63

Soup: Baked Potato▲ 26

### MONDAY

Breakfast: Cinnamon Berry French Toast (1 slice) 40

Lunch: Loose Meat Sandwich▲ 29

Dinner: Chicken Alfredo▲ 33

Soup: Chicken Tortilla▲ 14

### TUESDAY

Breakfast: Maple Sweet Potato Skillet▲ 35

Lunch: Italian Chicken Parmesan▲ 14

Dinner: Spaghetti and Meatballs▲ 59

Soup: Broccoli Cheese▲ 16

### WEDNESDAY

Breakfast: Banana Walnut Pancake (1) 33

Lunch: Tater Tot Casserole▲ 22

Dinner: Chicken Bacon Swiss Sandwich▲ 40

Soup: White Chicken Chili▲ 26

### THURSDAY

Breakfast: Egg Bake 3

Lunch: Beef Stroganoff▲ 30

Dinner: Sweet and Sour Chicken with Rice▲ 50

Soup: Beef Stew▲ 26

### FRIDAY

Breakfast: Biscuits & Gravy▲ 41

Lunch: Pulled Pork Sandwich and Coleslaw▲ 48

Dinner: Battered Cod (3 pieces)▲ 20

Soup: Chicken Wild Rice▲ 20

### SATURDAY

Breakfast: Potato Breakfast Frittata▲ 7

Lunch: Tuna Noodle Casserole▲ 32

Dinner: Mushroom Swiss Burger▲ 30

Soup: Broccoli Cheese▲ 16

## LIQUID DIETS

### CLEAR LIQUID DIET

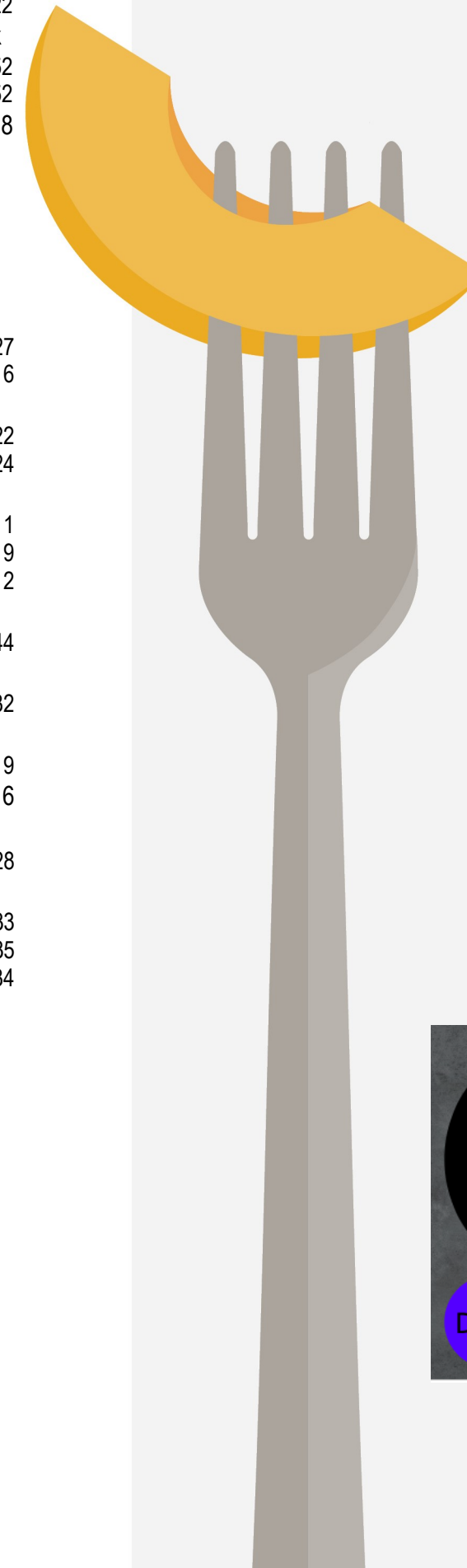
Coffee	
Regular or Decaf.....	0
Tea	
Black, Green, Decaf, or Iced.....	0-1
Juice	
Cranberry or Apple.....	15-16
Lemon Crystal Light®.....	0
Broth▲	
Vegetable, Beef, or Chicken.....	1-5
Candy	
Hard Candy.....	18
Lemon Drops.....	13

Gelatin Dessert	
Strawberry.....	18
Orange.....	18
Tropical.....	21
Sugar-free Strawberry.....	0
Italian Ice	
Lemon.....	20
Orange.....	22
Ensure® Clear Therapeutic Nutrition Drink	
Apple.....	52
Mixed Berry.....	52
Gatorade G2® Glacier Freeze.....	8

### 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▲.....	20
Vanilla Soy.....	16
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.....	22
Chocolate.....	24
Soup▲	
Blended Chicken Noodle (homemade) ...	11
Blended Chicken Noodle (low-sodium)....	9
Tomato Soup.....	12
Ensure® Enlive®▲	
Chocolate, Strawberry, or Vanilla.....	44
Ensure® Compact (4 oz)	
Chocolate or Vanilla.....	32
Ensure® High Protein	
Chocolate or Vanilla.....	19
Hot Chocolate.....	16
Soft Serve Ice Cream	
Chocolate, Vanilla, or Twist.....	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

<b>Hot Plate</b> 1 Entree 1 Hot Side	<b>Cold Plate</b> 1 Drink 2 Cold Sides
<b>Silverware</b>	
<b>Condiments</b>	
<b>Dessert</b>	

