

7E

DYSPHAGIA

Easy to Chew: EC7

PATIENT ROOM SERVICE MENU

Dial to order
from 6 a.m. to 8 p.m. Food will
be delivered within 45
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.



BREAKFAST (SERVED ALL DAY*)

* item only available from 6 to 10 a.m.

ENTREES

Pancake* (1).....	24	Egg and Cheese English Muffin Sandwich▲	39
Chocolate Chip Pancake* (1).....	28	+ Ham.....	1
French Toast* (1 slice).....	29	Pancake, eggs, and blueberries....	45
Scrambled Eggs (1/2 cup).....	2	French toast, eggs, & pears.....	32
Hard Boiled Egg (1).....	1		

OMELETS

Build Your Own Omelet (2 eggs).....	2
+ Diced Tomato.....	1
+ Ham.....	0
+ Pork Sausage▲	0
+ American Cheese.....	0
+ Cheddar Cheese.....	0

FRUIT

Applesauce.....	13
Banana.....	27
Diced Pears.....	17
Diced Peaches.....	14
Mandarin Oranges.....	22

YOGURT

Strawberry (Greek).....	20
Vanilla (Greek 100 Calorie).....	10
Key Lime Pie (Light).....	16
Vanilla.....	27

CEREALS

Oatmeal*.....	15
Cream of Wheat®.....	11
Cheerios®.....	21

SIDES

Blueberry Lemon Bread▲	43	Turkey Sausage Link (1 link).....	0
Banana Bread▲	53	Hash Brown Patty*▲	15

BUILD YOUR OWN COTTAGE CHEESE FRUIT PLATE

Begin with cottage cheese and add two fruits from above.

Cottage Cheese, 2% fat (1/2 cup) ▲	6
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LUNCH AND DINNER

COMFORT FOODS

Enchilada Casserole.....	22
Baked Tilapia.....	0
Meatloaf.....	9
Meat Lasagna▲	37
SpaghettiOs®▲	30
Open-Face Sandwich (served with mashed potatoes and gravy)	
Turkey▲	47
Ground Chicken.....	47
Meatloaf▲	53
Ground Chicken.....	1
Soft Shell Beef Taco (1)▲	20
Impossible™ Burger▲	34

SANDWICHES

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

Wheat Bread (1 slice).....	14
White Bread (1 slice).....	14
+ Turkey.....	1
+ Ham▲	1
+ Chicken Salad.....	3
+ Tuna Salad▲	5
+ Cheddar Cheese.....	0
+ American Cheese.....	0
+ Hummus.....	10
Peanut butter and grape jelly.....	31

SOUPS

Chili▲	28
Chicken Noodle (Homemade)▲ ..	11
Chicken Noodle (Low-sodium)▲ ..	6
Tomato (Low-sodium).....	12

SIDES

Steamed Rice.....	24
Mashed Potatoes.....	25
+ Beef Gravy.....	6
+ Chicken Gravy.....	8
Macaroni and Cheese▲	16
Buttered Egg Noodles.....	23
+ Marinara Sauce▲	16
Cottage Cheese, 4% fat (3/4 cup)▲ ..	5
Cottage Cheese, 2% fat (1/4 cup)▲ ..	3
Dinner Roll.....	16
String Cheese▲	0
Mild Cheddar Snacking Cheese.....	0
Pasta Salad.....	15

DESSERTS

Cookies	
Chocolate Chip.....	36
Chocolate Crinkle.....	20
Sugar.....	36
Italian Ice	
Lemon.....	20
Orange.....	22
Thrive® Ice Cream	
Chocolate.....	33
Vanilla.....	35
Strawberry.....	34
New York Cheesecake▲	41
Triple Chocolate Brownie	36
Pudding	
Chocolate.....	20
Vanilla.....	20
Berry Dream Mousse.....	40

EXTRAS

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.....	3
Low-Fat Mayo.....	1	Parmesan Cheese.....	0
Salt-Free Seasoning.....	0	Sour Cream.....	1
Sugar.....	3	Taco Sauce.....	1
Brown Sugar.....	13	Hot Sauce.....	0
Splenda®.....	1	Tartar Sauce.....	2
Cream.....	0	Pico de Gallo.....	2
Creamer (Non-Dairy).....	1	Ranch Dressing▲	2
Syrup.....	28	Fat-Free Ranch Dressing.....	3
Sugar-Free Syrup.....	4	Lemon Slice.....	1
		Hummus.....	10

BEVERAGES

Coffee		Juice	
Regular or Decaf.....	0	Cranberry.....	16
Tea		Apple.....	15
Black, Green, Decaf, or Iced.....	0-1	Orange.....	14
Milk		Prune.....	20
Skim.....	12	V-8▲	7
1%.....	12	Low-sodium V-8.....	8
Whole.....	12	Hot Chocolate.....	16
Chocolate▲	24	Lemon Crystal Light®.....	0
Vanilla Soy.....	16	Gatorade G2® Glacier Frost.....	7
Fairlife 2% Lactose-free.....	10	Ensure® Compact (4 oz)	
Ensure® Clear Therapeutic Nutrition		Chocolate or Vanilla.....	32
Apple.....	52	Ensure® High Protein	
Mixed Berry.....	52	Chocolate or Vanilla.....	19
Ensure® High Protein Plus			
Chocolate, Strawberry, Vanilla.....	44		

7 EASY TO CHEW

Cuts easily with side of fork or spoon

Thumbnail blanches white

Easily separates and comes through prongs

99 numbers after each item show carbohydrates per serving
 ▲ indicates items higher in sodium that exceed heart healthy guidelines
 * item only available from 6 to 10 a.m.