

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	Loffredo™ Gluten-Free Breakfast Grain Bowl ▲	32
Scrambled Eggs (1/2 cup)	2		
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

YOGURT

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

SIDES

Blueberry Crumb Muffin▲	48
Banana Bread▲	27

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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99 numbers after each item show carbohydrates per serving

▲ indicates items higher in sodium that exceed heart healthy guidelines

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LUNCH AND DINNER

COMFORT FOODS

Enchilada Casserole	22
Citrus Peppercorn Tilapia.....	2
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
Vegetarian 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.....	28

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.....	13
String Cheese▲	0
Pasta Salad.....	15

DESSERTS

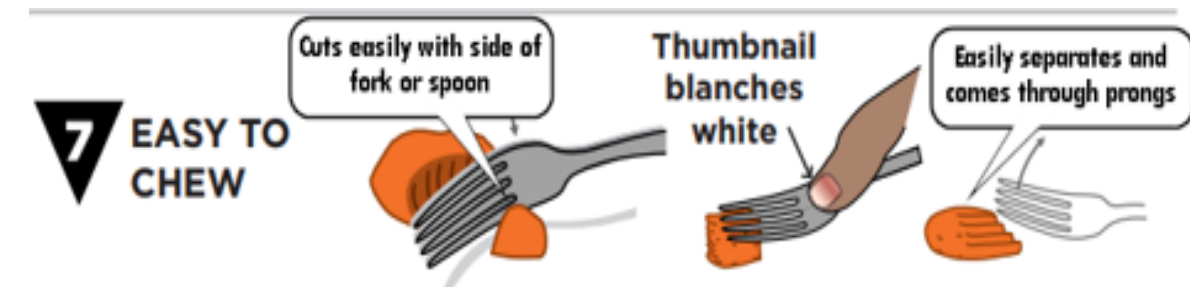
Apple Pie▲	44
Cookies	
Chocolate Chip	36
Chocolate Crinkle	20
Italian Ice	
Lemon	20
Orange.....	22
New York Cheesecake▲	35
Vanilla Bean Cupcake▲	47
Thrive® Ice Cream	
Chocolate.....	33
Triple Chocolate Brownie	36
Pudding	
Chocolate	24
Vanilla	22
Berry Dream Mousse	50

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	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	Hummus	10

BEVERAGES

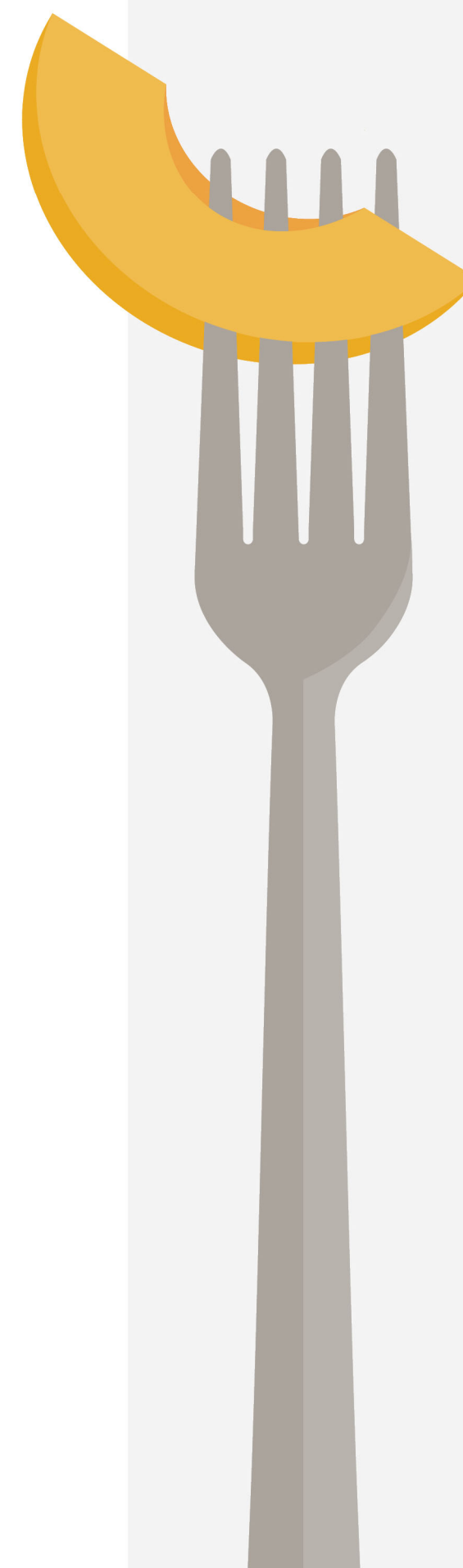
Coffee		Juice	
Regular or Decaf	0	Cranberry	16
Tea		Apple.....	15
Black, Green, Decaf, or Iced ...	0-1	Orange	14
Milk		Prune	20
Skim	12	V-8▲	7
1%	12	Low-sodium V-8	8
Whole	12	Hot Chocolate.....	16
Chocolate▲	20	Lemon Crystal Light®	0
Vanilla Soy.....	16	Powerade Zero® Mixed Berry	8
Fairlife 2% Lactose-free	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® Enlive®▲			
Chocolate, Strawberry, or Vanilla	44		



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DYSPHAGIA

Easy to Chew: EC7



PATIENT ROOM SERVICE MENU

Dial **1** **2** **3** 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.

