

BREAKFAST (SERVED ALL DAY*)

ENTREES

Pancake (1)*	2
French Toast (1 slice)*	2

CEREALS

Oatmeal*	1
Cream of Wheat®	0
Cheerios®	2
Froot Loops®	1
Raisin Bran®	1
+ Skim Milk	0

BREAKFAST BREADS

English Muffin*	1
White Toast (1 slice)	1
Wheat Toast (1 slice)	1

FRUIT

Apple Slices	0
Applesauce	0
Banana	0
Mandarin Oranges	0
Diced Peaches	0
Diced Pears	0
Seasonal Fruit.....(ask operator)	0

BUILD YOUR OWN COTTAGE CHEESE AND FRUIT PLATE

Begin with cottage cheese and add two fruits from above.

Cottage cheese, 2% (1/2 cup)	3
------------------------------	---

YOGURT

Strawberry (Greek)	0
Vanilla (Greek 100 Calorie)	0
Key Lime Pie (Light)	0
Yogurt Parfait with Berries	5

LUNCH AND DINNER

*Item only available after 3 p.m.

COMFORT FOODS

Marinated Chicken	5
Baked Tilapia	2
Amy's™ Gluten-free Non-dairy Beans and Rice Burrito	6
SpaghettiOs®▲	1

FROM THE GRILL

Grilled Marinated Chicken Sandwich	7
------------------------------------	---

SALADS

Mixed Green Salad with Tomatoes and Cucumbers	0
+Chicken	5
+Fat-free Ranch Dressing	0
Pasta Salad with Balsamic Dressing, Vegetables, and Black Beans	2

SOUPS

Chili▲	4
Homemade Chicken Noodle▲	1
Low-sodium Chicken Noodle▲	1
Tomato▲	1
Amy's™ Gluten-free Black Bean Soup▲	1
+Saltine Crackers	1

SANDWICHES

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

Wheat Bread (1 slice)	1
White Bread (1 slice)	1
+ Roast Beef	1
+ Turkey	1
+ Ham▲	1
+ Lettuce	0
+ Tomato	0
+ Red Onion	0
+ Pickles	0

SIDES

Baked French Fries	5
Baked Potato*	0
Steamed Rice	2
Mashed Potatoes	5
+ Beef Gravy	1
+ Chicken Gravy	0
Baked Potato Chips	2
Cottage Cheese, 2% fat▲ (1/4cup)	2
Dinner Roll	2
Vegetables	
Mixed Vegetables	0
Green Beans	0
Raw Carrots	0
Raw Celery	0

DESSERTS

Candy	
Hard Candy	0
Lemon Drops	0
Gelatin Dessert	
Orange	0
Sugar-free Lemon Lime	0
Sugar-free Strawberry	0
Italian Ice	
Lemon	0
Strawberry	0
Ice Cream	
Chocolate	8
Vanilla	8

BEVERAGES

Milk	
Skim	0
1%	2
Chocolate▲	2.5
Lactose-free	8
Lemon Crystal Light®	0
Hot Chocolate	2
Gatorade G2® Glacier Freeze	7
Coffee	
Regular or Decaf	0

EXTRAS

Salt▲	0
Pepper	0
Salt-free Seasoning	0
Sugar	0
Splenda®	0
Brown Sugar	0
Creamer (Non-dairy)	1
Ketchup	0
Mustard	0
Jelly	0
Sugar-free Jelly	0
Pico de Gallo	0
Lemon Slice	0
Syrup	0
Sugar-free Syrup	0
Barbeque Sauce▲	0
Taco Sauce	0
Hot Sauce	0
Fat Free Ranch	0

99 numbers after each item show grams of fat per serving

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

* Item only available from 6-10 AM

LIQUID DIETS

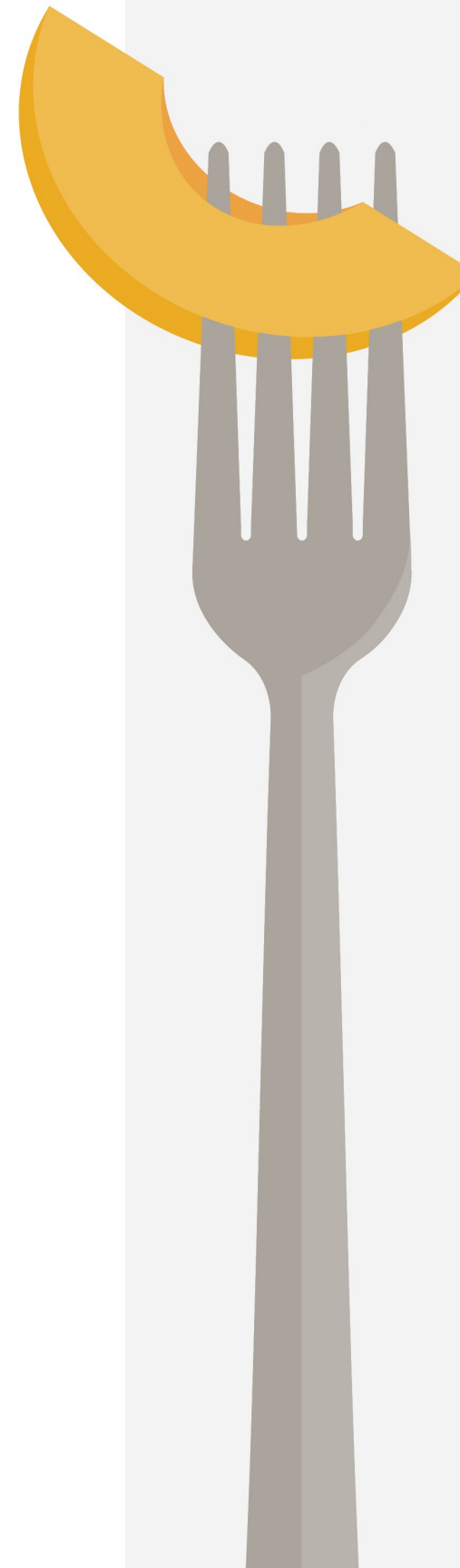
CLEAR LIQUID DIET

Coffee		Gelatin Dessert	
Regular or Decaf	0	Orange	0
Tea		Sugar-free Lemon Lime.....	0
Black, Green, Decaf, or Iced	0	Sugar-free Strawberry	0
Juice		Italian Ice	
Cranberry or Apple.....	0	Lemon	0
Lemon Crystal Light®.....	0	Strawberry.....	0
Broth▲		Ensure® Clear	
Vegetable, Beef, or Chicken.....	0	Apple	0
		Mixed Berry	0

FULL LIQUID DIET (includes all clear liquid items above)

Juice		Yogurt	
Orange	0	Vanilla	2
Prune	0	Key Lime Pie	0
V-8▲	0	Soup▲	
Low Sodium V-8.....	0	Blended Chicken Noodle.....	1
Milk		Blended Low Sodium	
Skim.....	0	Chicken Noodle.....	2
1%.....	2	Tomato Soup.....	1
Chocolate▲	2.5	Ensure® Compact (4 oz)	
Lactose-free	8	Chocolate or Vanilla	6
Instant Breakfast with Skim Milk▲		Ensure® High Protein	
Chocolate.....	1	Chocolate or Vanilla	2
Vanilla	0	Hot Chocolate	2
Cream of Wheat®	0		
Applesauce	0		
Pureed Fruit			
Peaches	0		
Pineapple	0		
Mixed Berries	0		
Banana.....	0		

VERY LOW FAT



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.

