

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
Peach Slices	0
Seasonal Fruit.....(ask operator)	

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
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YOGURT

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

LUNCH AND DINNER

COMFORT FOODS

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

FROM THE GRILL

Grilled Marinated Chicken Sandwich.....	7
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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
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
Strawberry.....	0
Tropical	0
Sugar-free Strawberry.....	0
Italian Ice	
Lemon	0
Strawberry.....	0
Ice Cream	
Chocolate.....	8
Vanilla	8

BEVERAGES

Milk	
Skim	0
1%	2
Chocolate▲	0
Lactose-free	0
Lemon Crystal Light®.....	0
Hot Chocolate	2
Gatorade G2® Glacier Freeze	0
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
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

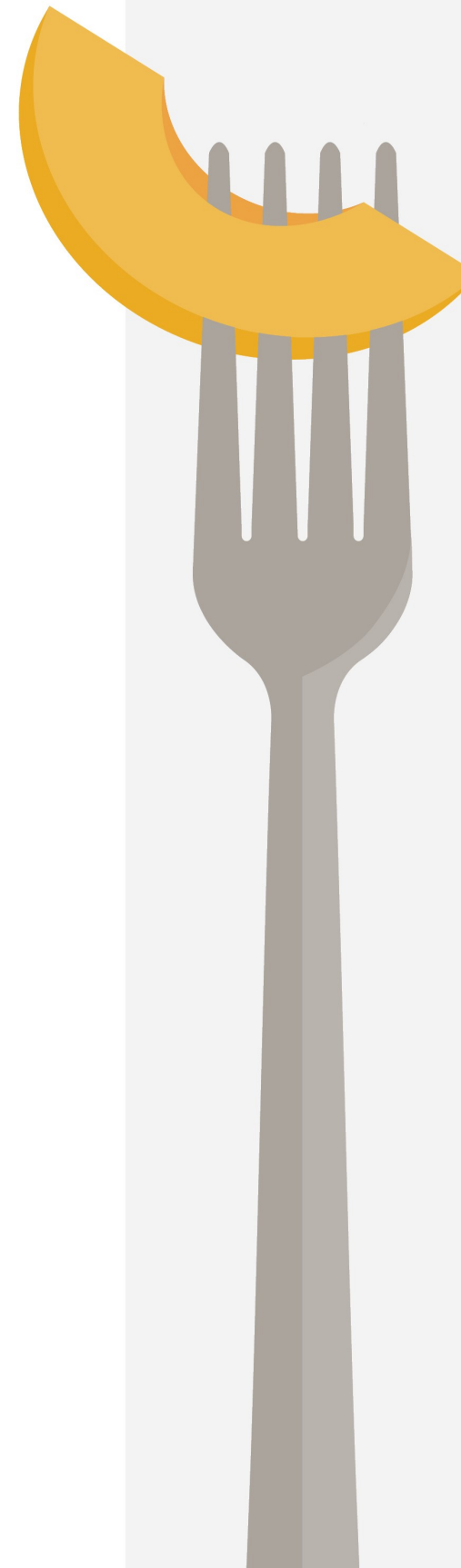
CLEAR LIQUID DIET

Coffee		Gelatin Dessert	
Regular or Decaf	0	Strawberry	0
Tea		Orange	0
Black, Green, Decaf, or Iced	0	Tropical.....	0
Juice		Sugar-free Strawberry	0
Cranberry or Apple.....	0	Italian Ice	
Lemon Crystal Light®.....	0	Lemon	0
Broth▲		Strawberry	0
Vegetable, Beef, or Chicken.....	0	Ensure® Clear	
		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
Chocolate▲	0	Tomato Soup.....	1
Lactose-free	0	Ensure® Compact (4 oz)	
Instant Breakfast with Skim Milk▲		Chocolate or Vanilla	6
Chocolate	1	Ensure® High Protein	
Vanilla	0	Chocolate or Vanilla	2
Cream of Wheat®	0	Hot Chocolate	2
Applesauce	0	Soft Serve Ice Cream	
Pureed Fruit		Chocolate	6
Peaches	0	Vanilla	6
Pineapple	0	Twist.....	6
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.

