

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
Biscuits and Gravy*▲	41
Egg and Cheese Biscuit Sandwich*▲	32
+ Ham▲	1
+ Bacon▲	0
Egg and Cheese English Muffin Sandwich*▲	39
+ Ham▲	0
+ Bacon▲	0
Oatmeal*	12
Cream of Wheat*®	11
Cheerios®	21
Froot Loops®	19
Raisin Bran®	28

YOGURT

Chobani Strawberry (Greek)	15
Oikos Vanilla (Greek)	7
Key Lime Pie (Light)	16
Vanilla	27
Yogurt Parfait with Berries	47

BREAKFAST SIDES

Wheat Toast (1 Slice)	12
White Toast (1 slice)	13
Biscuit * ▲	31
Banana Bread▲	53
Cinnamon Coffee Cake	61
English Muffin (White)*▲	38
Bacon (1 strip)	0
Hash Brown Patty*▲	15
Pork Sausage Link*	0
Sausage Gravy*▲	9

FRUIT

Apple Slices	8
Applesauce	14
Banana	26
Diced Peaches	14
Diced Pears	17
Mandarin Oranges	18
Red Seedless Grapes	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	14
+Banana	27
+Diced Peaches	14
+Diced Pears	17
+Mandarin Oranges	18
+Pineapple	15
+Red Seedless Grapes	15
+Seasonal Fruit	(ask operator)

OMELET SPECIALS

Omelet specials cannot be modified

CHEDDAR AND AMERICAN ALSO AVAILABLE (2)

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 4

THURSDAY

Meat Lovers▲ —ham, bacon, sausage, and cheddar cheese 4

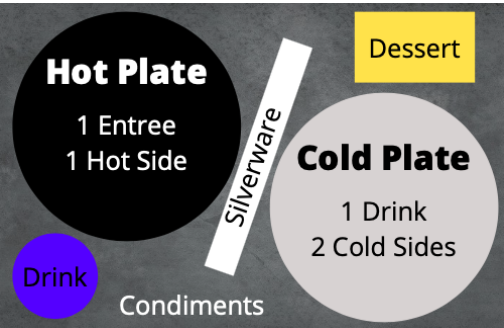
FRIDAY

Ham & Cheese 2

SATURDAY

Sausage, Mushrooms, and Cheddar Cheese ▲ 4

Ordering Guidelines



LUNCH AND DINNER (Available 10 am– 8 pm)

Comfort Foods

Baked Tilapia	0
Marinated Chicken	0
Meatloaf	9
Meat Lasagna▲	42
Pot Roast	0
Chicken Strips (1 strip)	13
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
Amy's™ Gluten-Free Vegetable Lasagna	41

FROM THE GRILL

Hamburger or Cheeseburger	28
Grilled Chicken Sandwich	28
Beyond™ Burger▲	34
Grilled Cheese▲	24-30
Grilled Ham and Cheese▲	25-31
Hot Dog▲	29
Tuna Melt	28-30

SOUPS & SALAD

Chili▲	28
Chicken Noodle (Homemade)▲	11
Chicken Noodle (Low-sodium)	5
Tomato (Low-sodium)	22
Mixed Greens Salad (with tomatoes and cucumbers)	5
+ Cheddar Cheese	1
+ Chicken	1
+ Bacon	0
+ Diced Egg	1
+ Croutons	5
+ Avocado	2

COLD DELI SANDWICHES

Build your own cold sandwich.

Wheat or White Bread (1 slice)	12-13
+ Roast Beef	0
+ Turkey	1
+ Ham▲	0
+ Chicken Salad	5
+ Egg Salad	2
+ Tuna Salad▲	4
+ Cheddar Cheese	0
+ American Cheese	0
+ Provolone Cheese	0
+ Swiss Cheese	0

7” PIZZA SPECIALS

Pizza specials cannot be modified

Cheese and Pepperoni also available (▲55) .

SUNDAY

Hawaiian▲ —ham and pineapple 59

MONDAY

Supreme▲ —green pepper, mushroom, onion, pepperoni, and sausage 63

TUESDAY

Veggie▲ —onion, green pepper, mushrooms 60

WEDNESDAY

Sausage and Mushroom▲ 57

THURSDAY

Meat Lovers▲ —ham, bacon, sausage 57

FRIDAY

Sausage▲ 56

SATURDAY

Mediterranean▲ —black olives, olive oil, red onion, green pepper, tomato, feta and mozzarella cheese 54

Sides

Pasta Salad (balsamic dressing, vegetables, and black beans)	15
Coleslaw	28
Baked French Fries ▲	24
Roasted Potatoes	10
Steamed Rice	23
Mashed Potatoes	23
+ Beef Gravy	6
+ Chicken Gravy	8
Macaroni and Cheese▲	27
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	16
Mixed Vegetables	6
Green Beans	4
Corn	16
Carrots	9
Raw Carrots	5
Raw Celery	2
Sandwich Toppings	
+ Lettuce	0
+ Tomato	2
+ Red Onion	1
+ Pickles	0

DESSERTS

Cookies	
Chocolate Chip	36
Chocolate Crinkle	20
White Chocolate Macadamia	34
Italian Ice	
Lemon	20
Orange	22
New York Cheesecake▲	27
Rice Krispie® Bar	28
Ice Cream	
Chocolate or Vanilla	17-18
Triple Chocolate Brownie	41
Pudding	
Chocolate	20
Vanilla	19
Gelatin Dessert	
Orange	22
Strawberry (Sugar-free)	0
Lemon Lime (Sugar-Free)	0
Berry Mousse Dream	40

BEVERAGES

Coffee	
Regular or Decaf	0
Tea	
Black, Green, Decaf, or Iced	0-1
Milk	
Skim	12
1%	11
Whole	12
Chocolate▲	23
Vanilla Soy	18
Fairlife® 2% Lactose-free	11
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 Frost	7

SNACKS

Animal Crackers	22	Lunchables® ▲	21
Graham Crackers	16	Grape Uncrustable	32
Goldfish Crackers (Cheddar)▲	14	Special K® Protein Bar	
Cheez-Its® Original▲	32	Strawberry	21
Hummus	10	Chocolate Peanut Butter	19
SkinnyPop® Popcorn	9		
String Cheese▲	0		
Mild Cheddar Snacking Cheese	0		

Condiments

Salt▲	0	Honey	11
Pepper	0	Peanut Butter	5
Ketchup	2	Peanut Butter, Low Sodium	3
Mustard	0	Butter	0
Barbeque Sauce▲	19	Margarine	0
Mayo	0	Sour Cream	1
Low-Fat Mayo	1	Taco Sauce	1
Salt-Free Seasoning	0	Hot Sauce	0
Sugar	3	Soy Sauce ▲	0
Brown Sugar	13	Tartar Sauce	2
Splenda®	1	Pico de Gallo	2
Cream	0	Lemon Slice	1
Creamer (Non-Dairy)	1	Saltine Crackers	4
Syrup	30	Avocado Spread	2
Sugar-Free Syrup	4	Salad Dressings	
Jelly (Grape, Strawberry)	10	Ranch ▲	2
Sugar-Free Jelly	3	Fat-Free Ranch	3
Nutella	9	Balsamic Vinaigrette	3
Parmesan Cheese	0	French	2
		Caesar	1

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▲ 54
Lunch: Spaghetti & Meat Sauce▲ 57
Dinner: Barbeque Pulled Pork topped Mac n’ Cheese▲ 50
Soup: Baked Potato▲ 26

MONDAY

Breakfast: Cinnamon Berry French Toast (1 slice) 40
Lunch: Walking Tacos▲ 36
Dinner: Chicken Alfredo▲ 33
Soup: Vegetable Soup▲ 29

TUESDAY

Breakfast: Breakfast Taco (1 Taco) ▲ 17
Lunch: Tuna Noodle Casserole▲ 32
Dinner: Pesto Chicken▲ 3
Soup: Beef Stew▲ 25

WEDNESDAY

Breakfast: Banana Walnut Pancake (1 pancake) 33
Lunch: Tater Tot Casserole▲ 22
Dinner: Salisbury Steak▲ 10
Soup: White Chicken Chili ▲ 26

THURSDAY

Breakfast: Egg Bake 3
Lunch: Pulled Pork Sandwich ▲ 29
Dinner: Italian Chicken Parmesan▲ 16
(Served with a side of egg noodles and marina sauce per request)
Soup: Chicken Tortilla▲ 12

FRIDAY

Breakfast: Waffle Breakfast Sandwich▲ 42
Lunch: Beer Battered Cod (3 Pieces) ▲ 20
Dinner: Sweet and Sour Chicken with Rice ▲ 66
Soup: Broccoli Cheese ▲ 16

SATURDAY

Breakfast: Breakfast Taco (1 Taco) ▲ 17
Lunch: Chicken Pot Pie▲ 61
Dinner: Grilled Chicken Bacon Swiss Sandwich▲ 28
Soup: Chicken Wild Rice▲ 20

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	
Orange	22
Sugar-Free Lemon-Lime	0
Sugar-free Strawberry	0
Italian Ice	
Lemon	20
Orange	22
Ensure® Clear Therapeutic Nutrition Drink	
Apple	52
Mixed Berry	52
Gatorade G2® Glacier Frost	7

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%	11
Whole	12
Chocolate▲	23
Vanilla Soy	18
Fairlife 2% Lactose-free	11
Instant Breakfast▲	
Chocolate or Vanilla	38-39
Cream of Wheat®	11
Applesauce	14
Blended Fruit	
Peaches	22
Mixed Berries	27
Banana	28
Blended Cottage Cheese▲	8
Blended Mashed Potatoes	
and Gravy▲	29
Blended Macaroni and Cheese▲	20

Yogurt	
Vanilla	27
Key Lime Pie	16
Pudding	
Vanilla	19
Chocolate	20
Soup	
Blended Chicken Noodle (homemade)▲	11
Tomato Soup (low-sodium)	22
Ensure® High Protein Plus	
Chocolate or Vanilla	41
Ensure® High Protein	
Chocolate or Vanilla	19
Hot Chocolate	16
Ice Cream	
Vanilla	17
Chocolate	18
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

Hot Plate

1 Entree
1 Hot Side

Drink

Silverware

Dessert

Cold Plate

1 Drink
2 Cold Sides

Condiments