

## 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

Strawberry (Greek)	15
Vanilla (Greek 100 Calorie)	10
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	54
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
+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

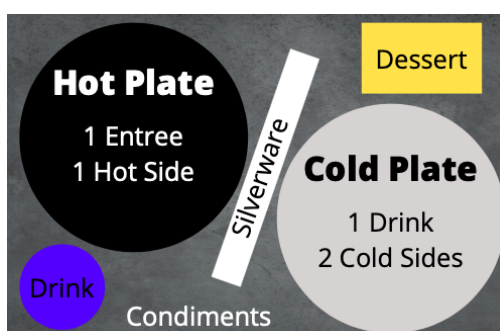
#### FRIDAY

Ham & Cheese 2

#### SATURDAY

Sausage, Mushrooms, and Cheddar Cheese▲ 4

## Ordering Guidelines



## LUNCH AND DINNER (Available 10 am– 8 pm)

### Comfort Foods

Enchilada Casserole▲	25
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	27
Grilled Chicken Sandwich	27
Beyond™ Burger▲	33
Grilled Cheese▲	24-30
Grilled Ham and Cheese▲	25-31
Hot Dog▲	29

### 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
Grape Uncrustable™	32

### 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▲	41
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

### SNACKS

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

### 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: Sweet and Sour Chicken with Rice▲ 66

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: Sesame Beef with Rice▲ 57

Soup: Chicken Tortilla▲ 12

### FRIDAY

Breakfast: Waffle Breakfast Sandwich▲ 42

Lunch: Beer Battered Cod (3 Pieces)▲ 20

Dinner: Tuscan Chicken▲ 19

(chicken and vegetables in a creamy garlic parmesan sauce)

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
Pineapple.....	23
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, Strawberry 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

**Cold Plate**  
1 Drink  
2 Cold Sides

Drink

Dessert

Silverware

Condiments