

7E

DYSPHAGIA

Easy to Chew: EC7

PATIENT ROOM SERVICE MENU

Dial 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.



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

Egg and Cheese English Muffin Sandwich▲	39
+ Ham.....	0

OMELETS

Omelet (2 eggs).....	2
+ American Cheese.....	0
+ Cheddar Cheese.....	0

Ask about our Omelet of the Day!

FRUIT

Applesauce.....	14
Banana.....	26
Diced Pears.....	17
Diced Peaches.....	14
Mandarin Oranges.....	22

YOGURT

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

CEREALS

Oatmeal*.....	15
Cream of Wheat®.....	11
Cheerios®.....	21

SIDES

Banana Bread▲.....	53
Ground Sausage.....	2
Pork Sausage Link.....	0
Hash Brown Patty*▲.....	15

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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LUNCH AND DINNER

COMFORT FOODS

Enchilada Casserole.....	22
Baked Tilapia.....	0
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 Sandwich.....	27
Soft Shell Beef Taco (1)▲.....	20
Veggie Burger▲.....	33

SANDWICHES

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

Wheat Bread (1 slice).....	12
White Bread (1 slice).....	13
+ Turkey.....	1
+ Ham▲.....	0
+ Chicken Salad.....	5
+ Tuna Salad▲.....	4
+ Cheddar Cheese.....	0
+ American Cheese.....	0
+ Hummus.....	10
Grape Uncrustable.....	31

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.....	16
String Cheese▲.....	0
Mild Cheddar Snacking Cheese.....	0
Pasta Salad.....	15
Steamed Carrots.....	9

DESSERTS

Cookies	
Chocolate Chip.....	36
Chocolate Crinkle.....	20
Italian Ice	
Lemon.....	20
Orange.....	22
Thrive® Ice Cream	
Chocolate.....	33
Vanilla.....	35
Strawberry.....	34
New York Cheesecake▲.....	41
Triple Chocolate Brownie.....	36
Pudding	
Chocolate.....	20
Vanilla.....	19
Berry Dream Mousse.....	40
Chocolate or Vanilla Ice Cream.....	18
Gelatin (orange).....	22
Sugar-Free Gelatin (strawberry, lemon-lime).....	0

EXTRAS

Salt▲.....	0
Pepper.....	0
Ketchup.....	2
Mustard.....	0
Barbeque Sauce▲.....	19
Mayo.....	0
Low-Fat Mayo.....	1
Salt-Free Seasoning.....	0
Sugar.....	3
Brown Sugar.....	13
Splenda®.....	1
Cream.....	0
Creamer (Non-Dairy).....	1
Syrup.....	30
Sugar-Free Syrup.....	4
Honey.....	11

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
Ensure® Clear Therapeutic Nutrition	
Apple.....	52
Mixed Berry.....	52
Ensure® High Protein Plus	
Chocolate, Strawberry, Vanilla.....	44

Peanut Butter.....	5
Peanut Butter, Low Sodium.....	3
Butter.....	0
Margarine.....	0
Jelly (Grape, Strawberry).....	10
Sugar-Free Jelly.....	3
Parmesan Cheese.....	0
Sour Cream.....	1
Taco Sauce.....	1
Hot Sauce.....	0
Soy Sauce.....	0
Tartar Sauce.....	2
Pico de Gallo.....	2
Ranch Dressing▲.....	2
Fat-Free Ranch Dressing.....	3
Lemon Slice.....	1
Hummus.....	10
Nutella.....	9

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
Ensure® High Protein	
Chocolate or Vanilla.....	19

7 EASY TO CHEW

Cuts easily with side of fork or spoon



Thumbnail blanches white



Easily separates and comes through prongs



99 numbers after each item show carbohydrates per serving

▲ indicates items higher in sodium that exceed heart healthy guidelines

* item only available from 6 to 10 a.m.