

BREAKFAST (SERVED ALL DAY)

ENTREES

Scrambled Eggs (1/2 cup).....	2
Hard-Boiled Egg (1).....	1
Gluten-Free Waffle (1).....	13

CEREAL

Cheerios®.....	21
+ Skim Milk.....	12
+ 1% Milk.....	12
+ Whole Milk.....	12

COTTAGE CHEESE AND FRUIT PLATE

Begin with cottage cheese and add two fruits.

Cottage Cheese, 2% fat (1/2 cup)....	6
Apple Slices.....	8
Applesauce.....	14
Banana.....	26
Diced Pears.....	17
Diced Peaches.....	14
Mandarin Oranges.....	22
Red Seedless Grapes.....	15
Seasonal Fruit..... (ask operator)	

BREAKFAST BREADS

Gluten-Free White Toast (1 slice)▲	23
Gluten-Free Blueberry Muffin▲	41

YOGURT

Strawberry (Greek).....	20
Vanilla (Greek 100 Calorie).....	10
Vanilla.....	27

BREAKFAST SIDES

Bacon (1 strip).....	0
Ham Slice.....	0
Hash Brown Patty*▲	10

OMELET SPECIALS

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 2

THURSDAY

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

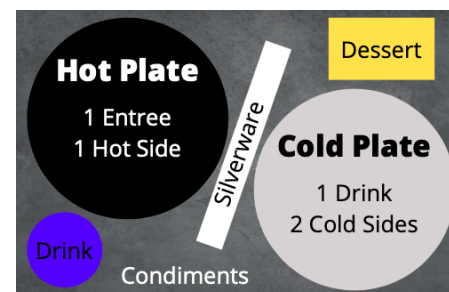
FRIDAY

Ham & Cheese 2

SATURDAY

Sausage, mushrooms, and cheddar cheese ▲ 4

Ordering Guidelines



99 numbers after each item show carbohydrates per serving

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

LUNCH AND DINNER

*Item only available after 3 p.m.

COMFORT FOODS

Hard Shell Beef Taco (1).....	13
Pot Roast.....	0
Marinated Chicken.....	0
Chicken Tenders (2 Tenders).....	8
Baked Tilapia.....	2
Amy's™ Non-Dairy Beans and Rice Burrito.....	38
Enchilada Casserole.....	22
Amy's™ Vegetable Lasagna.....	41

SANDWICHES

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

Gluten-free Bread (1 slice)▲	23
Gluten-free Hamburger Bun▲	44
+ Roast Beef.....	0
+ Turkey.....	1
+ Ham▲.....	0
+ Chicken Salad.....	5
+ Egg Salad.....	2
+ Plain Tuna Salad▲.....	0
+ Cheddar Cheese.....	0
+ American Cheese.....	0

SOUPS

Chili▲.....	28
Beef Broth▲.....	1
Chicken Broth▲.....	1

SALADS

Mixed Greens Salad (with tomatoes and cucumbers).....	5
+ Cheddar Cheese.....	0
+ Chicken.....	1

SIDES

Roasted Potatoes.....	10
Rice.....	23
Mashed Potatoes.....	25
Baked Beans.....	30
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

7" PIZZA SPECIALS

(Available 10-8)

Cheese and Pepperoni also available.

SUNDAY

Hawaiian▲ —ham and pineapple 59

MONDAY

Supreme▲ —green pepper, mushroom, onion, pepperoni, and sausage 56

TUESDAY

Veggie▲ —Onion, green pepper, mushrooms, and cheddar cheese 60

WEDNESDAY

Sausage and mushroom▲ 54

THURSDAY

Meat Lovers▲ —ham, bacon, sausage, and cheddar cheese 53

FRIDAY

Sausage▲ 51

SATURDAY

Mediterranean▲ —black olives, olive oil, red onion, green pepper, tomato, feta and mozzarella cheese 53

GRILL

Served on gluten-free bread and buns.

Hamburger or Cheeseburger▲	39
Vegetarian Burger▲	45
Grilled Chicken Sandwich▲	40
Grilled Cheese▲	39
Grilled Ham and Cheese▲	41
Hot Dog without Bun	2

Vegetables	
Mixed Vegetables.....	6
Green Beans.....	4
Corn.....	16
Raw Carrot Sticks.....	5
Raw Celery.....	2
SkinnyPop® Popcorn.....	8
String Cheese▲.....	0
Mild Cheddar Snacking Cheese.....	0
Hummus.....	10

DESSERTS

Hard Candy.....	18
Chocolate Chip Cookie.....	30
Gelatin Dessert	
Orange.....	22
Sugar-Free Lemon Lime.....	0
Sugar-Free Strawberry.....	0
Italian Ice	
Lemon.....	20
Orange.....	22
Ice Cream	
Vanilla, Chocolate.....	17-18
Pudding	
Vanilla, Chocolate.....	19-20

Condiments

Salt▲.....	0	Honey.....	11
Pepper.....	0	Syrup.....	30
Salt-Free Seasoning.....	0	Sugar-Free Syrup.....	4
Sugar.....	3	Pico de Gallo.....	2
Splenda®.....	1	Hummus.....	10
Brown Sugar.....	13	Sour Cream.....	1
Cream.....	0	Barbeque Sauce▲.....	19
Creamer (Non-Dairy).....	1	Parmesan Cheese.....	0
Butter.....	0	Tartar Sauce.....	2
Margarine.....	0	Lemon Slice.....	1
Mayo.....	0	Taco Sauce.....	1
Low-fat Mayo.....	1	Hot Sauce.....	0
Ketchup.....	2	Ranch Dressing▲.....	2
Mustard.....	0	French Dressing.....	2
Ranch Dressing▲.....	2	Balsamic Vinaigrette▲.....	3
Peanut Butter.....	5	Toppings	
Nutella.....	9	+ Lettuce.....	0
Jelly.....	10	+ Tomato.....	2
Sugar-Free Jelly.....	3	+ Red Onion.....	1
		+ Pickles.....	0

BEVERAGES

Milk	
Skim.....	12
1%.....	11
Whole.....	12
Chocolate▲.....	23
Vanilla Soy.....	18
Fairlife 2% Lactose Free.....	11
Hot Chocolate.....	16
Lemon Crystal Light®.....	0
Coffee	
Regular or Decaf.....	0

SNACKS

Hummus.....	10
SkinnyPop® Popcorn.....	9
String Cheese▲.....	0
Mild Cheddar Snacking Cheese.....	0

Tea	
Black, Green, Decaf, or Iced.....	0-1
Juice	
Cranberry.....	16
Apple.....	15
Orange.....	14
Prune.....	20
V-8▲.....	7
Low-Sodium V-8.....	8
Gatorade G2® Glacier Frost.....	7

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	
Apple	52
Mixed Berry	52
Gatorade G2® Glacier Freeze	7

FULL LIQUID DIET

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
Applesauce	14
Blended Fruit	
Peaches	22
Pineapple	23
Mixed Berries	27
Banana	26
Yogurt	
Vanilla	27

Pudding	
Vanilla	19
Chocolate	20
Ensure® High Protein Plus	
Chocolate, Strawberry, or Vanilla	44
Ensure® High Protein	
Chocolate or Vanilla	19
Ensure Clear® Therapeutic Nutrition	
Apple	52
Mixed Berry	52
Hot Chocolate	16
Ice Cream	
Vanilla	17
Chocolate	18
Thrive® Ice Cream	
Chocolate	33
Vanilla	35
Strawberry	34
Gatorade G2® Glacier Freeze	7

GLUTEN FREE



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	Silverware	Dessert
		Cold Plate 1 Drink 2 Cold Sides
Drink	Condiments	

