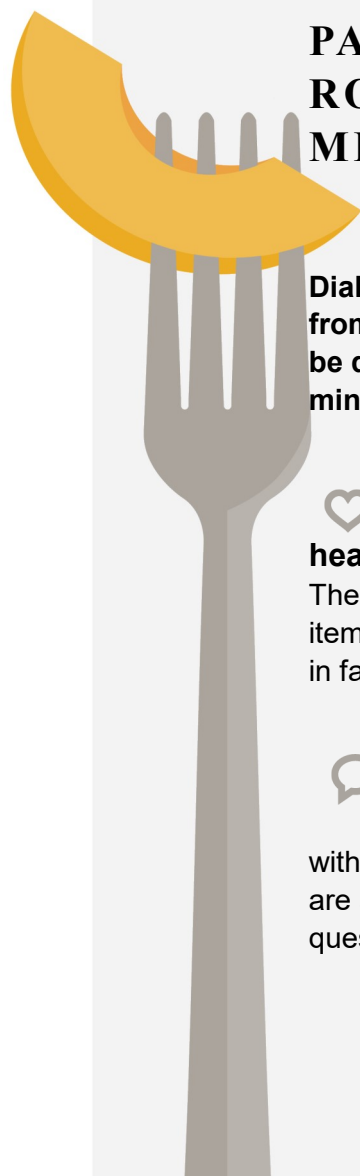


7E

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

OMELETS

Omelet (2 eggs).....	2
+ American Cheese.....	0
+ Cheddar Cheese.....	0
Ask about our Omelet of the Day!	

YOGURT

Chobani Strawberry (Greek).....	20
Oikos Vanilla (Greek).....	7
Key Lime Pie (Light).....	16
Vanilla.....	27

BUILD YOUR OWN COTTAGE CHEESE FRUIT PLATE

Begin with cottage cheese and add two fruits from below.

Cottage Cheese, 2% fat (1/2 cup) ▲	6
+Applesauce.....	14
+Banana.....	26
+Diced Pears.....	17
+Diced Peaches.....	14
+Mandarin Oranges.....	22

SIDES

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

CEREALS

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

FRUIT

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

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 Un crustable.....	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▲	27
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

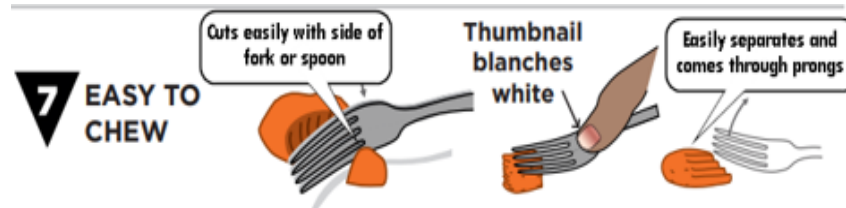
Salt▲	0
Pepper.....	0
Ketchup.....	2
Mustard.....	0
Barbeque Sauce▲	19
Mayo.....	0
Low-Fat Mayo.....	1
Salt-Free Seasoning.....	0
Sugar.....	3
Brown Sugar.....	13
Splenda®.....	1
Cream.....	0
Creamer (Non-Dairy).....	1
Syrup.....	30
Sugar-Free Syrup.....	4
Honey.....	11

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 or 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



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.