

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
Oikos Vanilla (Greek)	7
Vanilla	27
Yogurt Parfait with Berries	47

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

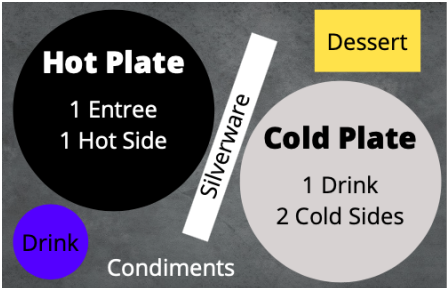
FRIDAY

Ham & Cheese 2

SATURDAY

Sausage, mushrooms, and cheddar cheese ▲ 4

Ordering Guidelines



COMFORT FOODS

Hard Shell Beef Taco (1)	13
Pot Roast	0
Marinated Chicken	0
Chicken Strips (1 Strip)	7
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

LUNCH AND DINNER

*Item only available after 3 p.m.

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
Carrot Coins	9
Raw Carrot Sticks	5
Raw Celery	2
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
Pepper	0
Salt-Free Seasoning	0
Sugar	3
Splenda®	1
Brown Sugar	13
Cream	0
Creamer (Non-Dairy)	1
Butter	0
Margarine	0
Mayo	0
Low-fat Mayo	1
Ketchup	2
Mustard	0
Ranch Dressing	2
Peanut Butter	5
Nutella	9
Jelly	10
Sugar-Free Jelly	3

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

Honey	11
Syrup	30
Sugar-Free Syrup	4
Pico de Gallo	2
Hummus	10
Sour Cream	1
Barbeque Sauce	19
Parmesan Cheese	0
Tartar Sauce	2
Lemon Slice	1
Taco Sauce	1
Hot Sauce	0
Soy Sauce	0
Ranch Dressing	2
French Dressing	2
Balsamic Vinaigrette	3
Toppings	
+ Lettuce	0
+ Tomato	2
+ Red Onion	1
+ Pickles	0

99 numbers after each item show carbohydrates per serving

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

LIQUID DIETS

CLEAR LIQUID DIET

Coffee		Gelatin Dessert	
Regular or Decaf	0	Orange	22
Tea		Sugar-free Lemon-Lime.....	0
Black, Green, Decaf, or Iced	0-1	Sugar-free Strawberry	0
Juice		Italian Ice	
Cranberry or Apple	15-16	Lemon	20
Lemon Crystal Light®	0	Orange	22
Broth▲		Ensure Clear® Therapeutic Nutrition	
Vegetable, Beef, or Chicken.....	1-5	Apple	52
Candy		Mixed Berry	52
Hard Candy	18	Gatorade G2® Glacier Freeze.....	7
Lemon Drops.....	13		

FULL LIQUID DIET (includes all clear liquid items above)

Juice		Pudding	
Orange	14	Vanilla.....	19
Prune	20	Chocolate	20
V-8▲	7	Ensure® High Protein Plus	
Low Sodium V-8.....	8	Chocolate or Vanilla.....	44
Milk		Ensure® High Protein	
Skim	12	Chocolate or Vanilla.....	19
1%	11	Ensure Clear® Therapeutic Nutrition	
Whole	12	Apple.....	52
Chocolate▲	23	Mixed Berry.....	52
Vanilla Soy	18	Hot Chocolate	16
Fairlife® 2% Lactose-free	11	Ice Cream	
Applesauce	14	Vanilla.....	17
Blended Fruit		Chocolate.....	18
Peaches	22	Thrive® Ice Cream	
Mixed Berries	27	Chocolate	33
Banana.....	26	Vanilla	35
Yogurt		Strawberry	34
Vanilla	27	Gatorade G2® Glacier Freeze.....	7

GLUTEN FREE



PATIENT ROOM SERVICE MENU

Dial 123 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

Cold Plate

1 Drink
2 Cold Sides

Dessert

Silverware

Condiments

