

BREAKFAST (SERVED ALL DAY*)

ENTREES

Pancake (1)* 2
French Toast (1 slice)* 2

CEREALS

Oatmeal* 1
Cream of Wheat® 0
Cheerios® 2
Froot Loops® 1
Raisin Bran® 1
+ Skim Milk 0

BREAKFAST BREADS

English Muffin* 1
White Toast (1 slice) 1
Wheat Toast (1 slice) 1

FRUIT

Apple Slices 0
Applesauce 0
Banana 0
Mandarin Oranges 0
Diced Peaches 0
Diced Pears 0
Seasonal Fruit (ask operator)

BUILD YOUR OWN COTTAGE CHEESE AND FRUIT PLATE

Begin with cottage cheese and add two fruits from above.

Cottage cheese, 2% (1/2 cup) 3

YOGURT

Strawberry (Greek) 0
Vanilla (Greek) 0
Key Lime Pie (Light) 0
Yogurt Parfait with Berries 2

LUNCH AND DINNER

*Item only available after 3 p.m.

COMFORT FOODS

Marinated Chicken 5
Baked Tilapia 2
Amy's™ Gluten-free Non-dairy Beans and Rice Burrito 6
SpaghettiOs® 1

FROM THE GRILL

Grilled Marinated Chicken Sandwich 7

SALADS

Mixed Green Salad with Tomatoes and Cucumbers 0
+Chicken 5
+Fat-free Ranch Dressing 0
Pasta Salad with Balsamic Dressing, Vegetables, and Black Beans 2

SOUPS

Chili 4
Homemade Chicken Noodle 1
Low-sodium Chicken Noodle 1
Tomato 1
+Saltine Crackers 1

SANDWICHES

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

Wheat Bread (1 slice) 1
White Bread (1 slice) 1
+ Roast Beef 1
+ Turkey 1
+ Ham 1
+ Lettuce 0
+ Tomato 0
+ Red Onion 0
+ Pickles 0

SIDES

Baked French Fries 5
Roasted Potatoes 1
Steamed Rice 2
Mashed Potatoes 5
+ Beef Gravy 1
+ Chicken Gravy 0
Baked Potato Chips 2
Cottage Cheese, 2% fat (1/4cup) 2
Dinner Roll 2
Baked Beans 0
Vegetables
Mixed Vegetables 0
Green Beans 0
Raw Carrots 0
Raw Celery 0

DESSERTS

Candy
Hard Candy 0
Lemon Drops 0
Gelatin Dessert
Orange 0
Sugar-free Lemon Lime 0
Sugar-free Strawberry 0
Italian Ice
Lemon 0
Strawberry 0
Pudding
Chocolate 3
Vanilla 3

EXTRAS

Salt 0
Pepper 0
Salt-free Seasoning 0
Sugar 0
Splenda® 0
Brown Sugar 0
Creamer (Non-dairy) 1
Ketchup 0
Mustard 0
Jelly 0
Sugar-free Jelly 0
Pico de Gallo 0
Lemon Slice 0
Syrup 0
Sugar-free Syrup 0
Barbeque Sauce 0
Taco Sauce 0
Hot Sauce 0
Soy Sauce 0
Fat Free Ranch 0

BEVERAGES

Milk
Skim 0
1% 2
Chocolate 2.5
Lactose-free 8
Lemon Crystal Light® 0
Hot Chocolate 2
Gatorade G2® Glacier Freeze 0
Coffee
Regular or Decaf 0

Tea
Black, Green, Decaf, or Iced 0
Juice
Cranberry 0
Apple 0
Orange 0
Prune 0
V-8 0
Low-sodium V-8 0

99 numbers after each item show grams of fat per serving

indicates items higher in sodium that exceed heart healthy guidelines.

* Item only available from 6-10 AM

LIQUID DIETS

CLEAR LIQUID DIET

Coffee		Gelatin Dessert	
Regular or Decaf	0	Orange	0
Tea		Sugar-free Lemon Lime.....	0
Black, Green, Decaf, or Iced	0	Sugar-free Strawberry	0
Juice		Italian Ice	
Cranberry or Apple	0	Lemon	0
Lemon Crystal Light®.....	0	Strawberry	0
Broth▲		Gatorade G2® Glacier Frost.....	0
Vegetable, Beef, or Chicken.....	0	Ensure® Clear	
		Apple	0
		Mixed Berry	0

FULL LIQUID DIET (includes all clear liquid items above)

Juice		Yogurt	
Orange	0	Vanilla	2
Prune	0	Key Lime Pie	0
V-8▲	0	Soup▲	
Low Sodium V-8.....	0	Blended Chicken Noodle.....	1
Milk		Blended Low Sodium	
Skim	0	Chicken Noodle.....	2
1%	2	Tomato Soup.....	1
Chocolate▲	2.5	Ensure® High Protein	
Lactose-free	8	Chocolate or Vanilla	2
Instant Breakfast with Skim Milk▲		Hot Chocolate	2
Chocolate	1		
Vanilla	0		
Cream of Wheat®*	0		
Applesauce	0		
Blended Fruit			
Peaches	0		
Mixed Berries	0		
Banana.....	0		

VERY LOW FAT



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.

