### Breakfast (Served All Day)

#### 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 13
  - Banana 27
  - Diced Pears 17
  - Peach Slices 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 (regular) 27

#### Breakfast Sides
- Bacon (1 strip) 0
- Pork Sausage Link (1 link) 0
- Ham Slice 1
- Hash Brown Patty 10

#### Ordering Guidelines

- 99 numbers after each item show carbohydrates per serving
- ▲ indicates items higher in sodium that exceed heart healthy guidelines

### Lunch and Dinner

#### 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 1
  - + Chicken Salad 3
  - + Plain Tuna Salad 2
  - + Cheddar Cheese 0
  - + American Cheese 0
  - Peanut Butter/Jelly Sandwich 60

#### Soups
- Chili 28
- Amy’s™ Black Bean Soup 19
- Beef Broth 1
- Chicken Broth 1
- Vegetable Broth 5

#### Salads
- Mixed Greens Salad (with tomatoes and cucumbers) 5
- + Cheddar Cheese 0
- + Chicken 1
- + Bacon 0

#### Sides
- Baked Potato® 37
- Rice 24
- Mashed Potatoes 25
- Chips 23
- Regular Potato Chips 23
- Baked Potato Chips 24
- Cottage Cheese, 4% fat (3/4 cup) 5
- Cottage Cheese, 2% fat (1/4 cup) 3

### Comfort Foods
- Hard Shell Beef Taco (1) 13
- Pot Roast 0
- Marinated Chicken 1
- Chicken Tenders (2 Tenders) 8
- Baked Tofu 2
- Amy’s™ Non-Dairy Beans and Rice Burrito 38
- Enchilada Casserole 22

### Cereal
- Hash Brown Patty 1
- Bacon (1 strip) 1
- Vanilla (Greek 100 Calorie) 1
- Strawberry (Greek) 1
- Peach Slices 1
- Diced Pears 1
- Banana 1
- Applesauce 1
- Apple Slices 1

### 7” Pizza Specials
- (Available 10-5)
  - Cheese and Pepperoni also available.
  - Hawaiian 1
  - Supreme 1
  - Hawaiian 59
  - Supreme 61

### Desserts
- Hard Candy 18
- Chocolate Chip Cookie 30
- Gelatin Dessert 18
- Orange 18
- Sugar-Free Lemon Lime 0
- Sugar-Free Strawberry 0
- Italian Ice 20
- Lemon 22
- Ice Cream 26-28
- Chocolate, Vanilla 24
- Pudding 22

### Beverages
- Tea 0
- Black, Green, Decaf, or Iced 0
- Juice 1
- Cranberry 16
- Apple 15
- Orange 14
- Prune 20
- V-8® 7
- Low-Sodium V-8 8
- Coffee 0
- Regular or Decaf 0

### Entrees
- Scrambled Eggs (1/2 cup) 2
- Hard-Boiled Egg (1) 1
- Gluten-Free Waffle (1) 13
### LIQUID DIETS

#### CLEAR LIQUID DIET

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Coffee (Regular or Decaf)</td>
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<tr>
<td>Tea</td>
<td>0–1</td>
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<tr>
<td>Black, Green, Decaf, or Iced</td>
<td></td>
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<tr>
<td>Juice</td>
<td></td>
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<tr>
<td>Cranberry or Apple</td>
<td>15–16</td>
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<tr>
<td>Lemon Crystal Light</td>
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<tr>
<td>Broth</td>
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</tr>
<tr>
<td>Vegetable, Beef, or Chicken</td>
<td>1–5</td>
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<tr>
<td>Candy</td>
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</tr>
<tr>
<td>Hard Candy</td>
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</tr>
<tr>
<td>Lemon Drops</td>
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#### FULL LIQUID DIET

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<tr>
<td>Orange</td>
<td>14</td>
</tr>
<tr>
<td>Prune</td>
<td>20</td>
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<tr>
<td>V-8▲</td>
<td>7</td>
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<tr>
<td>Low Sodium V-8</td>
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<td>1%</td>
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</tr>
<tr>
<td>Whole</td>
<td>12</td>
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<tr>
<td>Chocolate▲</td>
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<tr>
<td>Vanilla Soy</td>
<td>16</td>
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<tr>
<td>Fairlife® 2% Lactose-free</td>
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<tr>
<td>Applesauce</td>
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<tr>
<td>Blended Fruit</td>
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<td>Peaches</td>
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<td>Pineapple</td>
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<td>Mixed Berries</td>
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<td>Banana</td>
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<tr>
<td>Yogurt</td>
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</tr>
<tr>
<td>Vanilla</td>
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</tbody>
</table>

### 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

- **Cold Plate**
  - 1 Drink
  - 2 Cold Sides

- **Tableware**
  - Silver Ware
  - Dessert

- **Condiments**
  - Drink