### BREAKFAST (SERVED ALL DAY*)

**ENTREES**
- Pancake (1 slice) .......... 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
- Peach Slices ............ 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 100 Calorie) .... 0
- Key Lime Pie (Light) ........ 0
- Yogurt Parfait with Berries .... 5

### LUNCH AND DINNER

**COMFORT FOODS**
*Item only available after 3 p.m.*

**SOUPS**
- Chill® .................. 4
- Homemade Chicken Noodle® .... 1
- Low-sodium Chicken Noodle® .... 1
- Tomato® .............. 1
- Amy’s® Gluten-free Black Bean Soup® .... 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
- Baked Potato® ............. 0
- Steamed Rice .............. 2
- Mashed Potatoes .......... 5
- + Beef Gravy ............. 1
- + Chicken Gravy .......... 0
- Baked Potato Chips ......... 2
- Cottage Cheese, 2% fat® (1/4 cup) .... 2
- Dinner Roll ............. 2
- 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
    - Strawberry ........... 0
    - Sugar-free Lemon Lime .... 0
    - Sugar-free Strawberry .... 0
  - Italian Ice
    - Lemon ............... 0
    - Strawberry ........... 0
    - Ice Cream
      - Chocolate ........... 8
      - Vanilla ........... 8

**EXTRAS**
- Salt® .................. 0
- Pepper .................. 0
- Salt-free Seasoning ....... 0
- Sugar .................. 0
- Splenda® .............. 0
- Brown Sugar ........... 0
- Creamer (Non-dairy) ..... 1
- 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
- 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 .... 7
  - Coffee
    - Regular or Decaf .......... 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
  - Regular or Decaf: 0
- Tea
  - Black, Green, Decaf, or Iced: 0
- Juice
  - Cranberry or Apple: 0
  - Lemon Crystal Light®: 0
- Broth ▲
  - Vegetable, Beef, or Chicken: 0

#### FULL LIQUID DIET (includes all clear liquid items above)

- Juice
  - Orange: 0
  - Prune: 0
  - V-8 ▲: 0
  - Low Sodium V-8: 0
- Milk
  - Skim: 0
  - 1%: 2
  - Chocolate ▲: 2.5
  - Lactose-free: 8
- Instant Breakfast with Skim Milk ▲
  - Chocolate: 1
  - Vanilla: 0
  - Cream of Wheat®: 0
  - Applesauce: 0
- Pureed Fruit
  - Peaches: 0
  - Pineapple: 0
  - Mixed Berries: 0
  - Banana: 0

- Gelatin Dessert
  - Strawberry: 0
  - Orange: 0
  - Sugar-free Lemon Lime: 0
  - Sugar-free Strawberry: 0
- Italian Ice
  - Lemon: 0
  - Strawberry: 0
- Ensure® Clear
  - Apple: 0
  - Mixed Berry: 0

- Yogurt
  - Vanilla: 2
  - Key Lime Pie: 0
- Soup ▲
  - Blended Chicken Noodle: 1
  - Blended Low Sodium Chicken Noodle: 2
  - Tomato Soup: 1
- Ensure® Compact (4 oz)
  - Chocolate or Vanilla: 4
- Ensure® High Protein
  - Chocolate or Vanilla: 2
  - Hot Chocolate: 0

#### 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.