BREKKFAST (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.............................13
Banana................................27
Diced Peaches..........................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................................27

BREAKFAST SIDES
Bacon (1 strip).......................0
Pork Sausage Link (1 link)........0
Ham Slice.............................1
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

WEDNESDAY
Midwestern — ham, tomatoes, green peppers, and cheddar cheese 2

THURSDAY
Meat Lovers▲ — ham, bacon, sausage, and cheddar cheese 2

FRIDAY
Ham & Cheese 2

SATURDAY
Sausage, mushrooms, and cheddar cheese▲ 3

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

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 Salads (with tomatoes and cucumbers)......5
+ Cheddar Cheese..................0
+ Chicken................................1
+ Bacon.................................0

SIDES
Baked Potato▲......................37
Rice......................................24
Mashed Potatoes.....................25
Chips....................................24
Regular Potato Chips▲...........23
Baked Potato Chips▲..............24
Cottage Cheese, 4% fat (3/4 cup)▲ 5
Cottage Cheese, 2% fat (1/4 cup)▲ 3
Vegetables
Mixed Vegetables..................6
Green Beans..........................4
Raw Carrot Sticks...................5
Raw Celery............................2
SkinnyPop® Popcorn..............8
String Cheese▲........................
Mild Cheddar Snacking Cheese.....0
Hummus▲............................10

7” PIZZA SPECIALS
(Available 10-5)
Cheese and Pepperoni also available.
SUNDAy
Hawaiian▲—ham and pineapple 59
MOnDAY
Supreme▲—green pepper, mushroom, onion, pepperoni, and sausage 61
TUESDAY
Veggie▲—Onion, green pepper, mushrooms, and cheddar cheese 60
WEDNESDAY
Sausage and mushroom▲ 56
THURSDAY
Meat Lovers▲—ham, bacon, sausage, and cheddar cheese 61
FRIDAY
Sausage▲ 61
SATURDAY
Mediterranean▲—black olives, olive oil,
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

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

SNACKS
Hummus▲................................10
SkinnyPop® Popcorn▲..............8
String Cheese▲........................0
Mild Cheddar Snacking Cheese.....0

Condiments
Salt▲....................................0
Pepper▲................................0
Soy-Free Seasoning▲..............0
Sugar▲..................................2
Splenda®...............................10
Brown Sugar▲.........................13
Sour Cream▲...........................1
Barbeque Sauce▲....................19
Cream▲..................................0
Creamer (Non-Dairy)▲.............1
Tartar Sauce▲........................2
Butter▲..................................0
Lemon Slice▲........................1
Margarine▲............................1
Taco Sauce▲..........................1
Mayo▲..................................0
Ranch Dressing▲........................
French Dressing▲....................2
Ketchup▲..............................2
Balsamic Vinaigrette▲............3
Mustard▲................................0
Toppings▲...............................0
Ranch Dressing▲........................
+ Tomato▲.............................2
Butter▲..................................4
+ Red Onion▲..........................1
Jelly▲.....................................10
+ Pickles▲..............................0
Sugar-Free Jelly▲........................3

BEVERAGES
Milk
Skin....................................12
1%.......................................12
Whole..................................12
Chocolate▲............................20
Vanilla Soy▲...........................16
Fairlife 2% Lactose Free........10
Hot Chocolate▲......................10
Lemon Crystal Light▲.............10
Coffee
Regular or Decaf▲..................0
Tea
Black, Green, Decaf, or Iced 0-1
Juice
Cranberry▲...........................16
Apple▲..................................15
Orange▲.................................14
Prune▲..................................20
Low-Sodium V-8▲...................8
Gatorade G2® Glacier Frost 7

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 (Regular or Decaf) ... 0
- Tea (Black, Green, Decaf, or Iced) ... 0-1
- Juice (Cranberry or Apple) ... 15-16
- Lemon Crystal Light\(^\circ\) ... 0
- Broth\(^\downarrow\) ... 1-5
- Candy (Hard Candy) ... 18
- Lemon Drops ... 13

**Full Liquid Diet**
- Juice (Orange) ... 14
- Prune ... 20
- V-8\(^\downarrow\) ... 7
- Low Sodium V-8 ... 8
- Milk (Skim) ... 12
- 1% ... 12
- Whole ... 12
- Chocolate\(^\downarrow\) ... 20
- Vanilla Soy ... 16
- Fairlife\(^\circ\) 2% Lactose-free ... 12
- Applesauce ... 13
- Blended Fruit (Peaches) ... 22
- Pineapple ... 23
- Mixed Berries ... 27
- Banana ... 28
- Yogurt (Vanilla) ... 27

### Pudding
- Vanilla ... 22
- Chocolate ... 24
- Ensure\(^\circ\) High Protein Plus
  - Chocolate, Strawberry, or Vanilla ... 44
- Ensure\(^\circ\) Compact (4 oz)
  - Chocolate or Vanilla ... 32
- Ensure\(^\circ\) High Protein
  - Chocolate or Vanilla ... 19
- Ensure Clear\(^\circ\) Therapeutic Nutrition
  - Apple ... 52
  - Mixed Berry ... 52
- Gelatine
  - Strawberry ... 34
  - Orange ... 22
  - Sugar-free Lemon-Lime ... 0
  - Sugar-free Lemon ... 0
  - Italian Ice
  - Lemon ... 20
  - Orange ... 22
- Pudding
  - Chocolate ... 24
- Vanilla ... 35
- Strawberry ... 34
- Gatorade G2\(^\circ\) Glacier Freeze ... 7

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**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**