### BREAKFAST (SERVED ALL DAY*)
*Item only available from 6 to 10 a.m.

<table>
<thead>
<tr>
<th>ENTREES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancake * (1)</td>
<td>24</td>
</tr>
<tr>
<td>Chocolate Chip Pancake * (1)</td>
<td>28</td>
</tr>
<tr>
<td>French Toast * (1 slice)</td>
<td>29</td>
</tr>
<tr>
<td>Scrambled Eggs (1/2 cup)</td>
<td>2</td>
</tr>
<tr>
<td>Hard-Boiled Egg (1)</td>
<td>1</td>
</tr>
<tr>
<td>Biscuits and Gravy*</td>
<td>41</td>
</tr>
<tr>
<td>Egg and Cheese Biscuit Sandwich*</td>
<td>32</td>
</tr>
<tr>
<td>Ham*</td>
<td>1</td>
</tr>
<tr>
<td>Bacon*</td>
<td>0</td>
</tr>
<tr>
<td>Egg and Cheese English Muffin Sandwich*</td>
<td>39</td>
</tr>
<tr>
<td>Ham*</td>
<td>1</td>
</tr>
<tr>
<td>Bacon*</td>
<td>0</td>
</tr>
<tr>
<td>Oatmeal*</td>
<td>12</td>
</tr>
<tr>
<td>Cream of Wheat®*</td>
<td>11</td>
</tr>
<tr>
<td>Cheerios®</td>
<td>21</td>
</tr>
<tr>
<td>Froot Loops®</td>
<td>19</td>
</tr>
<tr>
<td>Raisin Bran®</td>
<td>28</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SIDES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry (Greek)</td>
<td>15</td>
</tr>
<tr>
<td>Vanilla (Greek 100 Calorie)</td>
<td>10</td>
</tr>
<tr>
<td>Key Lime Pie (light)</td>
<td>16</td>
</tr>
<tr>
<td>Vanilla</td>
<td>27</td>
</tr>
<tr>
<td>Yogurt Parfait with Berries</td>
<td>48</td>
</tr>
</tbody>
</table>

**Breakfast Sides**
- Wheat Toast (1 slice): 14
- White Toast (1 slice): 14
- Biscuit *: 31
- Blueberry Lemon Bread*: 43
- Banana Bread*: 53
- Cinnamon Coffee Cake: 54
- English Muffin (White)*: 38
- Bacon (1 strip): 0
- Pork Sausage Link (1 link): 0
- Hash Brown Patty*: 15
- Sausage Gravy*: 9

**Ordering Guidelines**

<table>
<thead>
<tr>
<th>COLD DELI SANDWICHES</th>
<th>Build your own cold sandwich.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat or White Bread (1 slice)</td>
<td>14</td>
</tr>
<tr>
<td>Roast Beef</td>
<td>0</td>
</tr>
<tr>
<td>Turkey</td>
<td>1</td>
</tr>
<tr>
<td>Ham*</td>
<td>1</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>3</td>
</tr>
<tr>
<td>Tuna Salad</td>
<td>5</td>
</tr>
<tr>
<td>Cheddar Cheese</td>
<td>0</td>
</tr>
<tr>
<td>American Cheese</td>
<td>0</td>
</tr>
<tr>
<td>Grape Nutcracker®</td>
<td>32</td>
</tr>
</tbody>
</table>

### LUNCH AND DINNER (Available 10-8)
*Item only available after 3 p.m.

**Comfort Foods**
- Enchilada Casserole*: 25
- Baked Tasttles*: 0
- Marinaded Chicken: 1
- Meatloaf*: 9
- Meat Lasagna*: 42
- Pot Roast*: 0
- Chicken Strips (1 strip): 30
- SpaghettiO®: 30
- Open-Face Sandwich (with mashed potatoes and gravy): 47
- Turkey*: 47
- Roast Beef*: 45
- Meatloaf*: 53
- Hard Shell Beef Taco (1): 23
- Soft Shell Beef Taco (1)*: 20
- Amy's® Gluten-Free Non-Dairy Beans and Rice Burrito*: 38
- Amy's® Gluten-Free Vegetable Lasagna*: 41

**FROM THE GRILL**
- Hamburger or Cheeseburger*: 27
- Grilled Chicken Sandwich*: 29
- Beyond® Burger*: 33
- Grilled Cheese*: 24-30
- Grilled Ham and Cheese*: 25-30
- Hot Dog*: 29

**SOUPS & SALADS**
- Chili*: 28
- Chicken Noodle (Homemade)*: 11
- Chicken Noodle (Low-sodium)*: 5
- Tomato (Low-sodium)*: 22
- Amy's® Gluten-Free Black Bean*: 18
- Mixed Greens Salad (with tomatoes and cucumbers): 5
- Cheddar Cheese*: 1
- Chicken*: 1
- Bacon*: 0
- Diced Egg*: 1
- Croutons*: 5

**7TH PIZZA SPECIALS**
- Cheese and Peppers also available (A 55). |

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawaiian — ham and pineapple 59</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONDAY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Supreme — green pepper, mushroom, onion, pepperoni, and sausage</td>
<td>61</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Veggie — onion, green pepper, mushroom rooms 60</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage and mushroom 57</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat Lovers — ham, bacon, sausage 57</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage, mushrooms, and cheddar cheese 3</td>
<td></td>
</tr>
</tbody>
</table>

**Sides**
- Pasta Salad (balsamic dressing, vegetables, and tomatoes): 15
- Coleslaw*: 28
- Baked French Fries*: 20
- Baked Potato*: 37
- Steamed Rice*: 24
- Mashed Potatoes*: 23
- *Beef Gravy*: 6
- *Chicken Gravy*: 8
- Macaroni and Cheese*: 26
- Buttered Egg Noodles*: 23
- *Marinara Sauce*: 16
- 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
- Dinner Rolls*: 13
- Mixed Vegetables*: 6
- Green Beans*: 4
- Corn*: 16
- Carrot Coins*: 9
- Raw Carrots*: 5
- Raw Celery*: 2
- Sandwich Toppings*: 1
- Lettuce*: 1
- Tomato*: 2
- Red Onion*: 1
- Pickles*: 0

**DESSERTS**
- Cookies
  - Chocolate Chip*: 36
  - Chocolate Crinkle*: 20
  - Sugar*: 36
  - Italian Ice*: 20
  - Lemon*: 20
  - Orange*: 22
  - New York Cheesecake*: 35
  - Rice Krispies® Bar*: 29
  - Ice Cream
    - Chocolate or Vanilla*: 17-20
  - Triple Chocolate Brownie*: 41
  - Lemon Ice*: 17
  - Hot Chocolate*: 16
  - Berry Mouse Dream*: 40
- Baked Tilapia*: 13
- Meatloaf*: 3
- Lasagna*: 39
- Baked French Fries*: 25
- SpaghettiOs*: 27
- Mediterranean: 18
- Urban Cheesecake*: 36
- Brown Sugar*: 6
- Ketchup*: 8
- Pepper*: 9
- Coffee*: 16
- Tea*: 4
- Hot Water*: 16
- Lemon Crystal Light®*: 16
- Gatorade G2® Glacer*: 7

**Beverages**
- Coffee
  - Regular or Decaf*: 4
- Tea
  - Black, Green, Decaf, or Iced*: 0
- Milk
  - Skim*: 12
  - Whole*: 12
- Chocolate*: 20
- Vanilla Soy*: 20
- FairFare® 2% Lactose-free*: 3
- Juice
  - Cranberry*: 16
  - Apple*: 15
  - Orange*: 14
  - prune*: 20
  - V8®*: 7
- Low-sodium V-8*: 8
- Hot Chocolate*: 16
- Lemon Crystal Light®*: 16
- Gatorade G2® Glacer*: 7

**SNACKS**
- Animal Crackers*: 48
- Graham Crackers*: 16
- Goldfish Crackers (Cheddar): 14
- Hummus*: 10
- SkinnyPop® Popcorn*: 8
- String Cheese*: 0
- Millet Cheddar Snacking Cheese*: 0
- Lunchables®*: 21
- Special K® Protein Bar: 21
- Strawberry*: 21
- Chocolate Peanut Butter*: 19

**Condiments**
- Salt*: 0
- Pepper*: 0
- Pepper*: 0
- Peanut Butter*: 4
- Ketchup*: 2
- Butter*: 0
- Mustard*: 0
- Margarine*: 0
- Barbeque Sauce*: 10
- Jelly (Grape, Strawberry)*: 10
- Mayo*: 0
- Parmesan Cheese*: 3
- Low-Fat Mayo*: 16
- Sour Cream*: 1
- Taco Sauce*: 3
- Brown Sugar*: 13
- TarTar Sauce*: 2
- Splenda®*: 1
- Frico de Gallo*: 2
- Cream*: 1
- Lemon Slice*: 1
- Creamer (Non-Dairy)*: 4
- Saltine Crackers*: 4
- Avocado Spread*: 2
- Sugar-Free Syrup*: 4
- Salad Dressings*: 2
- Ranch*: 4
- Fat-Free Ranch*: 9
- Balsamic Vinaigrette*: 3
- French*: 2
- Caesar*: 1
DAILY SPECIALS

One tasty recipe each meal is our daily special. These patient favorites are available during limited hours each week.

Breakfast: 6 to 10 a.m., Lunch: 10 a.m. to 3 p.m., Dinner: 3 p.m. to 8 p.m., Soup: 10 a.m. to 8 p.m.

SUNDAY
Breakfast: Breakfast Pizza 53
Lunch: Chicken Pot Pie 61
Dinner: Barbeque Pulled Pork topped Mac n’ Cheese 50
Soup: Baked Potato 26

MONDAY
Breakfast: Cinnamon Berry French Toast (1 slice) 40
Dinner: 3 p.m. to 8 p.m., Soup: 10 a.m. to 8 p.m.
Breakfast: 6 to 10 a.m., Lunch: 10 a.m. to 3 p.m.

TUESDAY
Breakfast: Breakfast Taco 9
Lunch: Tater Tot Casserole 32
Dinner: Grilled Chicken Bacon Swiss Sandwich 85
Soup: Broccoli Cheese 16

WEDNESDAY
Breakfast: Cinnamon Berry French Toast (1 slice) 40
Lunch: Walking Taco 36
Side: Mexican Corn Salad 26
Dinner: Chicken Alfredo 33
Soup: Vegetable Soup 29

THURSDAY
Breakfast: Egg Bake 3
Lunch: Tomato and Mozzarella Sandwich 60
Dinner: Sweet and Sour Chicken with Rice 66
Soup: Chicken Tortilla 12

FRIDAY
Breakfast: Waffle Breakfast Sandwich 62
Lunch: Pulled Pork Sandwich 29
Dinner: Fish Taco 9
Soup: Chicken Wild Rice 20

SATURDAY
Breakfast: Breakfast Taco 9
Lunch: Chicken or Egg Salad on a Croissant 27
Dinner: Tenderloin Sandwich 44
Soup: Broccoli Cheese 16

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 0
Broth
Vegetable, Beef, or Chicken 1-5
Candy
Hard Candy 18
Lemon Drops 13

FULL LIQUID DIET (includes all clear liquid items above)

Juice
Orange 14
Prune 20
V-8 7
Low Sodium V-8 8
Milk
Skin 12
1% 12
Whole 12
Chocolate 20
Vanilla Soy 16
Farine 2% Lactose-free 12
Instant Breakfast Chocolate or Vanilla 38-39
Cream of Wheat 11
Applesauce 13
Blended Fruit
Peaches 22
Pineapple 23
Mixed Berries 27
Banana 28
Blended Cottage Cheese 8
Blended Mashed Potatoes and Gravy 30
Blended Macaroni and Cheese 19

Gelatin Dessert
Strawberry 18
Orange 18
Sugar-Free Lemon-Lime 0
Sugar-free Strawberry 0
Italian Ice
Lemon 20
Orange 22
Ensure® Clear Therapeutic Nutrition Drink
Apple 52
Mixed Berry 52
Gatorade G2® Glacier Frost 7

Yogurt
Vanilla 27
Key Lime Pie 16
Pudding
Vanilla 22
Chocolate 24
Soup
Blended Chicken Noodle (homemade) 11
Blended Chicken Noodle (low-sodium) 8
Tomato Soup (low-sodium) 22
Ensure® Compact (1 oz) 32
Chocolate or Vanilla 32
Ensure® High Protein Plus
Chocolate, Strawberry or Chocolate 41
Ensure® High Protein
Chocolate or Vanilla 19
Hot Chocolate 16
Ice Cream
Chocolate or Vanilla 26-28
Therapeutic Ice Cream 33
Chocolate 33
Vanilla 35
Strawberry 34

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