

BREAKFAST (SERVED ALL DAY*)

* Item only available from 6 to 10 a.m.

ENTREES

Pancake * (1).....	24
Chocolate Chip Pancake * (1).....	28
French Toast * (1 slice).....	29
Scrambled Eggs (1/2 cup).....	2
Hard-Boiled Egg (1).....	1
Biscuits and Gravy*▲.....	41
Egg and Cheese Biscuit Sandwich*▲.....	32
+ Ham▲.....	1
+ Bacon▲.....	0
Egg and Cheese English Muffin Sandwich*▲.....	39
+ Ham▲.....	0
+ Bacon▲.....	0
Oatmeal*.....	12
Cream of Wheat*®.....	33
Cheerios®.....	21
Froot Loops®.....	19
Raisin Bran®.....	28

YOGURT

Chobani Strawberry (Greek).....	15
Oikos Vanilla (Greek).....	7
Key Lime Pie (Light).....	16
Vanilla.....	27
Yogurt Parfait with Berries.....	47

BREAKFAST SIDES

Wheat Toast (1 Slice).....	12
White Toast (1 slice).....	13
Biscuit *▲.....	31
Banana Bread▲.....	53
Cinnamon Coffee Cake.....	61
English Muffin (White)*▲.....	38
Bacon (1 strip).....	0
Hash Brown Patty*▲.....	15
Pork Sausage Link*.....	0
Sausage Gravy*▲.....	9

FRUIT

Apple Slices.....	8
Applesauce.....	14
Banana.....	26
Diced Peaches.....	14
Diced Pears.....	17
Mandarin Oranges.....	18
Red Seedless Grapes.....	15
Seasonal Fruit.....	(ask operator)

Cottage Cheese Plate

Begin with cottage cheese and add two fruits.

Cottage Cheese, 2% fat (1/2 cup)▲.....	6
+Apple Slices.....	8
+Applesauce.....	14
+Banana.....	27
+Diced Peaches.....	14
+Diced Pears.....	17
+Mandarin Oranges.....	18
+Pineapple.....	15
+Red Seedless Grapes.....	15
+Seasonal Fruit.....	(ask operator)

OMELET SPECIALS

Omelet specials cannot be modified

CHEDDAR AND AMERICAN ALSO AVAILABLE (2)

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 7

WEDNESDAY

Midwestern —ham, tomatoes, green peppers, and cheddar cheese 4

THURSDAY

Meat Lovers▲ —ham, bacon, sausage, and cheddar cheese 4

FRIDAY

Ham & Cheese 2

SATURDAY

Sausage, Mushrooms, and Cheddar Cheese ▲ 4

Ordering Guidelines



LUNCH AND DINNER (Available 10 am–8 pm)

Comfort Foods

Lemon Pepper Salmon Fillet▲.....	2
Marinated Chicken.....	0
Meatloaf.....	9
Meat Lasagna▲.....	42
Pot Roast.....	0
Chicken Strips (1 strip).....	8
SpaghettiOs®▲.....	30
Open-Face Sandwich (with mashed potatoes and gravy).....	47
+Turkey▲.....	45
+Roast Beef.....	53
+Meatloaf▲.....	13
Hard Shell Beef Taco (1).....	20
Soft Shell Beef Taco (1)▲.....	38
Amy's™ Gluten-Free Non-Dairy Beans and Rice Burrito.....	41
Amy's™ Gluten-Free Vegetable Lasagna.....	41

FROM THE GRILL

Hamburger or Cheeseburger.....	28
Grilled Chicken Sandwich.....	28
Beyond™ Burger▲.....	34
Grilled Cheese▲.....	24-30
Grilled Ham and Cheese▲.....	25-31
Hot Dog▲.....	29
Tuna Melt.....	28-30

SOUPS & SALAD

Chili▲.....	28
Chicken Noodle (Homemade)▲.....	11
Chicken Noodle (Low-sodium).....	5
Tomato (Low-sodium).....	22
Mixed Greens Salad (with tomatoes and cucumbers).....	5
+ Cheddar Cheese.....	1
+ Chicken.....	1
+ Bacon.....	0
+ Diced Egg.....	1
+ Croutons.....	5
+ Avocado.....	2

COLD DELI SANDWICHES

Build your own cold sandwich.

Wheat or White Bread (1 slice).....	12-13
+ Roast Beef.....	0
+ Turkey.....	1
+ Ham▲.....	0
+ Chicken Salad.....	1
+ Egg Salad.....	2
+ Tuna Salad▲.....	4
+ Cheddar Cheese.....	0
+ American Cheese.....	0
+ Provolone Cheese.....	0
+ Swiss Cheese.....	0

7” PIZZA SPECIALS

Pizza specials cannot be modified

Cheese and Pepperoni also available (▲55)

SUNDAY

Hawaiian▲ —ham and pineapple 59

MONDAY

Supreme▲ —green pepper, mushroom, onion, pepperoni, and sausage 63

TUESDAY

Veggie▲ —onion, green pepper, mushrooms 60

WEDNESDAY

Sausage and Mushroom▲ 57

THURSDAY

Meat Lovers▲ —ham, bacon, sausage 57

FRIDAY

Sausage▲ 56

SATURDAY

Mediterranean▲ —black olives, olive oil, red onion, green pepper, tomato, feta and mozzarella cheese 54

Sides

Pasta Salad (balsamic dressing, vegetables, and black beans).....	15
Coleslaw.....	28
Baked French Fries▲.....	24
Roasted Potatoes.....	16
Steamed Rice.....	23
Mashed Potatoes.....	23
+ Beef Gravy.....	6
+ Chicken Gravy.....	8
Macaroni and Cheese▲.....	27
Buttered Egg Noodles.....	23
+ Marinara Sauce▲.....	16
Chips.....	23
+ Regular Potato Chips▲.....	24
+ Baked Potato Chips.....	24
Cottage Cheese, 4% fat (3/4 cup)▲.....	5
Cottage Cheese, 2% fat (1/4 cup)▲.....	3
Dinner Roll.....	16
Mixed Vegetables.....	6
Green Beans.....	4
Corn.....	16
Carrots.....	9
Raw Carrots.....	5
Raw Celery.....	2
Sandwich Toppings.....	0
+ Lettuce.....	0
+ Tomato.....	2
+ Red Onion.....	1
+ Pickles.....	0

99 numbers after each item show carbohydrates per serving

▲ indicates items higher in sodium that exceed heart healthy guidelines

DESSERTS

Cookies.....	36
+Chocolate Chip.....	20
+Chocolate Crinkle.....	34
+Peanut Butter Cookie.....	20
Italian Ice.....	22
+Lemon.....	27
+Orange.....	28
New York Cheesecake▲.....	17-18
Rice Krispie® Bar.....	41
Ice Cream.....	20
+Chocolate or Vanilla.....	19
Triple Chocolate Brownie.....	22
pudding.....	0
+Chocolate.....	0
+Vanilla.....	22
Gelatin Dessert.....	0
+Orange.....	0
+Strawberry (Sugar-free).....	0
+Lemon Lime (Sugar-Free).....	40
Berry Mousse Dream.....	40

BEVERAGES

Coffee.....	0
+Regular or Decaf.....	0-1
Tea.....	12
+Black, Green, Decaf, or Iced.....	13
Milk.....	12
+Skim.....	23
+1%.....	18
+Whole.....	11
Chocolate▲.....	16
Vanilla Soy.....	15
Fairlife® 2% Lactose-free.....	14
Juice.....	20
+Cranberry.....	7
+Apple.....	8
+Orange.....	16
+Prune.....	0
+V-8▲.....	7
+Low-sodium V-8.....	8
Hot Chocolate.....	0
Lemon Crystal Light®.....	7
Gatorade G2® Glacier Frost.....	7

SNACKS

Animal Crackers.....	22
Graham Crackers.....	16
Goldfish Crackers (Cheddar)▲.....	14
Cheeze-Its® Original▲.....	32
Hummus.....	10
SkinnyPop® Popcorn.....	9
String Cheese▲.....	0
Mild Cheddar Snacking Cheese.....	0
Lunchables®▲.....	21
Grape Uncrustable.....	32
Special K® Protein Bar.....	21
+Strawberry.....	19
+Chocolate Peanut Butter.....	1
Beef Stick.....	1

Condiments

Salt▲.....	0
Pepper.....	0
Ketchup.....	2
Mustard.....	0
Barbeque Sauce▲.....	19
Mayo.....	0
Low-Fat Mayo.....	1
Salt-Free Seasoning.....	0
Sugar.....	3
Brown Sugar.....	13
Splenda®.....	1
Cream.....	0
Creamer (Non-Dairy).....	1
Syrup.....	30
Sugar-Free Syrup.....	4
Jelly (Grape, Strawberry).....	10
Sugar-Free Jelly.....	3
Nutella.....	9
Parmesan Cheese.....	0
Honey.....	11
Peanut Butter.....	5
Peanut Butter, Low Sodium.....	3
Butter.....	0
Margarine.....	0
Sour Cream.....	1
Taco Sauce.....	1
Hot Sauce.....	0
Soy Sauce▲.....	0
Tartar Sauce.....	2
Pico de Gallo.....	2
Lemon Slice.....	1
Saltine Crackers.....	4
Avocado Spread.....	2
Salad Dressings.....	2
+Ranch▲.....	3
+Fat-Free Ranch.....	3
+Balsamic Vinaigrette.....	2
+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▲ 54

Lunch: Spaghetti & Meat Sauce▲ 57

Dinner: Barbeque Pulled Pork topped Mac n' Cheese▲ 50

Soup: Baked Potato▲ 26

MONDAY

Breakfast: Cinnamon Berry French Toast (1 slice) 40

Lunch: Walking Tacos▲ 36

Dinner: Chicken Alfredo▲ 33

Soup: Vegetable Soup▲ 29

TUESDAY

Breakfast: Breakfast Taco (1 Taco) ▲ 17

Lunch: Tuna Noodle Casserole▲ 32

Dinner: Shepherds Pie▲ 24

Soup: Beef Stew▲ 25

WEDNESDAY

Breakfast: Banana Walnut Pancake (1 pancake) 33

Lunch: Tater Tot Casserole▲ 22

Dinner: Salisbury Steak▲ 10

Soup: White Chicken Chili ▲ 26

THURSDAY

Breakfast: Egg Bake 3

Lunch: Pulled Pork Sandwich ▲ 29

Dinner: Italian Chicken Parmesan▲ 16

(Served with a side of egg noodles and marina sauce per request)

Soup: Chicken Tortilla▲ 12

FRIDAY

Breakfast: Waffle Breakfast Sandwich▲ 42

Lunch: Beer Battered Cod (3 Pieces) ▲ 20

Dinner: Sweet and Sour Chicken with Rice ▲ 66

Soup: Broccoli Cheese ▲ 16

SATURDAY

Breakfast: Breakfast Taco (1 Taco) ▲ 17

Lunch: Chicken Pot Pie▲ 61

Dinner: Grilled Chicken Bacon Swiss Sandwich▲ 28

Soup: Chicken Wild Rice▲ 20

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

Gelatin Dessert	
Orange.....	22
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

FULL LIQUID DIET (includes all clear liquid items above)

Juice	
Orange.....	14
Prune.....	20
V-8▲.....	7
Low Sodium V-8.....	8
Milk	
Skim.....	12
1%.....	13
Whole.....	12
Chocolate▲.....	23
Vanilla Soy.....	18
Fairlife 2% Lactose-free.....	11
Instant Breakfast▲	
Chocolate or Vanilla.....	38-39
Cream of Wheat®.....	11
Applesauce.....	14
Blended Fruit	
Peaches.....	22
Mixed Berries.....	27
Banana.....	28
Blended Cottage Cheese▲.....	8
Blended Mashed Potatoes	
and Gravy▲.....	29
Blended Macaroni and Cheese▲.....	20

Yogurt	
Vanilla.....	27
Key Lime Pie.....	16
Pudding	
Vanilla.....	19
Chocolate.....	20
Soup	
Blended Chicken Noodle (homemade)▲.....	11
Tomato Soup (low-sodium).....	22
Ensure® High Protein Plus	
Chocolate or Vanilla.....	41
Boost®	
Chocolate or Vanilla.....	16
Hot Chocolate.....	16
Ice Cream	
Vanilla.....	17
Chocolate.....	18
Thrive® Ice Cream	
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

Hot Plate
1 Entree
1 Hot Side

Cold Plate
1 Drink
2 Cold Sides

Drink

Dessert

Silverware

Condiments