



BREADS & BAKERY

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|-----------------|----------------|--------------------------|
| Bread | Muffins | Other |
| White | Blueberry | Bagel |
| Whole-Grain | Bran | Tortilla |
| Rye | Corn | Kaiser Roll |
| Cinnamon Raisin | | Saltines (regular or LS) |
| Dinner Roll | | Graham Crackers |

DESSERTS

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|------------------|-------------------------|--------------------------------|
| Cookies | Cakes & Pies | Pudding (regular or SF) |
| Chocolate Chip | Angel Food Cake | Chocolate |
| Oatmeal Raisin | Apple Pie | Vanilla |
| Sugar | Carrot Cake | Gelatin (regular or SF) |
| Ice Cream | Chocolate Cake | Lemon |
| Chocolate | Brownie | Orange |
| Vanilla | Cherry Fruit Ice | Cherry |
| | Lemon Fruit Ice | |

BEVERAGES

Sodas are available in regular or diet.

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|---|--------------|-------------------|
| Coffee (reg. or decaf) | Juice | Milk |
| Tea (reg., decaf, herbal, or decaf green) | Apple | Whole |
| Hot chocolate (reg. or SF) | Cranberry | Fat-Free |
| Iced Tea (reg. or decaf) | Grape | 2% |
| Lemon-Lime Soda | Orange | LF Chocolate Milk |
| Ginger Ale | Prune | Lactose-Free |
| Coke | LSV-8 | Vanilla Soy |

CONDIMENTS

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|-------------------|----------------------|--------------------|
| Half & Half | Butter | Ketchup |
| Non-Dairy Creamer | Margarine | Yellow Mustard |
| Salt | Cream Cheese | Spicy Mustard |
| Pepper | LF Cream Cheese | Mayonnaise |
| Mrs. Dash | Peanut Butter | FF Mayonnaise |
| Sugar | | Relish |
| Brown Sugar | Sour Cream | Parmesan Cheese |
| Equal | FF Sour Cream | BBQ Sauce |
| Splenda | | Sweet-n-Sour Sauce |
| Sweet'N Low | Caesar Dressing | Tartar Sauce |
| Honey | French Dressing | Soy Sauce |
| Jelly | Balsamic Vinaigrette | Salsa |
| Diet Jelly | Italian Dressing | Honey Mustard |
| Syrup | Oil & Vinegar | Lemon Wedge |
| Diet Syrup | Ranch Dressing | Lemon Juice |
| Raisins | LF Ranch Dressing | Hot Sauce |
| Cinnamon | FF Italian Dressing | |

LIQUID DIETS

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|--|--------------------------------|---------------------------------|
| Clear Liquid Diet | Gelatin (regular or SF) | Hot & Cold Beverages |
| LS Broth | Lemon | (regular, decaf or diet) |
| Beef | Orange | Coffee |
| Chicken | Fruit Ice | Hot Tea |
| Vegetable | Lemon | Iced Tea |
| Juice | Cherry | Lemon-Lime Soda |
| Apple | | Ginger Ale |
| Cranberry | | |
| Grape | | |
| Full Liquid Diet | | |
| <i>Includes all clear liquid diet items, plus the following.</i> | | |
| Cream of Tomato Soup | Cream of Wheat | Hot Chocolate (reg. or SF) |
| LF Yogurt | Ice Cream | Milk |
| Plain | Chocolate | Fat-Free |
| Vanilla | Vanilla | 2% |
| Pudding (regular or SF) | Orange Sherbet | LF Chocolate |
| Chocolate | Juice | Lactose-Free |
| Vanilla | Orange | |
| | Prune | |

DIETARY GUIDELINES

Emphasize fruits, vegetables, whole-grains, and low-fat or fat-free milk and milk products. Include lean meats, poultry, fish, beans, eggs, nuts and seeds. Consume a diet low in saturated fat, trans fat, cholesterol, salt and added sugars.

MAKE YOUR CALORIES COUNT

Think nutrient-rich rather than good or bad foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories.

FOCUS ON VARIETY

Strive for a rainbow of fruits and vegetables for a wide range of vitamins, minerals, fiber and phytochemicals. Eat a variety of foods from all the food groups to get the nutrients your body needs.

KNOW YOUR FATS

Look for foods low in saturated fats, trans fats and cholesterol to help reduce your risk of heart disease.

Room Service

To make every meal a positive experience, we are pleased to provide the *In Good Taste, In Good Health* room service program, a personalized approach to menu selection.

To place your order, dial 3663 (FOOD) between 6:30 a.m. and 6:30 p.m.*

Meals will be delivered in 1 hour or less.

Guest meals are available for an additional fee. Please ask one of our call center attendants about this program.

Kosher and gluten-free menus are available upon request.

FOR DIABETES MANAGEMENT

If you have diabetes, please notify your nurse when you order your meal, and when your meal arrives. Timing of blood sugar checks and medications is critical in keeping your blood sugar within normal limits.

***Note:** Dinner orders must be placed before 6:30 p.m.



BREAKFAST

Juices

Apple	Grape	Prune
Cranberry	Orange	LSV-8

Fresh Fruit

Apple	Orange	Pineapple
Banana	Fresh Fruit Cup	

Canned Fruit

Applesauce	Pear Halves
Peach Slices	Fruit Cocktail

Hot & Cold Cereals

Cream of Wheat	All Bran	Raisin Bran
Grits	Cheerios	Rice Chex
Oatmeal	Corn Flakes	

Omelets

Cholesterol-free eggs available upon request. Limit 3 toppings.

Green Peppers	Cheddar	Pepper Jack
Mushrooms	Mozzarella	LF/LS American
Onions	Swiss	Chicken Sausage
Tomatoes	Provolone	Pork Sausage

Breakfast Fare

Buttermilk Pancake	Scrambled Egg with Cheese	Chicken Sausage, Egg & Cheese on English Muffin
French Toast		
Hard-Boiled Egg	Egg & Cheese on English Muffin	
Scrambled Egg		

Breakfast Sides

Breakfast Potatoes	Chicken Sausage Patty
Bacon	Pork Sausage Links
Chicken Bacon	

Yogurt & Cottage Cheese

LF Plain	LF Strawberry	FF Greek Blueberry
LF Vanilla	FF Greek Vanilla	LF Cottage Cheese
LF Blueberry		

LUNCH & DINNER

Broths & Soups

LS Beef Broth	Chicken Noodle	Cream of Tomato
LS Chicken Broth	Cream of Potato	Vegetable Minestrone
LS Vegetable Broth		

Salads

Salad dressing selections can be found in the condiment section.

Hummus & Vegetables with Flatbread	Side salads Garden	Entree salads Garden
Fruit & Cheese <i>(choice of cottage cheese or cheese cubes)</i>	Caesar	Caesar
	Cole Slaw	Chicken Caesar
	Fresh Fruit Cup	Chef

Entrées

Meatloaf	Herb-crusted Salmon
Pot Roast	Blackened Chicken Breast w/ Cajun Cream Sauce
Roasted Turkey Breast	Grilled Chicken Breast w/ Mango Pineapple Salsa
Macaroni & Cheese	Shrimp & Grits w/ Cajun Cream Sauce
Spaghetti & Meatballs	Shrimp & Grits w/ Cajun-Roasted Tomato Sauce
Vegetable Lasagna	

Accompaniments

Vegetables		
Broccoli	Carrots	Green Beans
Black Beans	Corn	Sautéed Squash Medley

Sides

Brown Rice	Macaroni & Cheese	Mashed Sweet Potatoes
White Rice	Mashed Potatoes	Roasted Red Potatoes
		Spaghetti with Olive Oil

Other

Beef Gravy	Potato Chips <i>(regular or baked)</i>	Pretzels
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BUILD YOUR OWN

Sandwich Bar

Choice of white, whole grain, rye, tortilla or kaiser roll.

Choice of toppings: lettuce, tomato, onion, cucumber, bacon, chicken bacon

Turkey	Egg Salad	Cheddar
Ham	Tuna Salad	Provolone
Roast Beef	Hummus	Swiss
Chicken Salad	PB&J	Pepper Jack
		LF/LS American

Grill

Choice of white or whole wheat bun.

Choice of toppings: lettuce, tomato, onion, pickle, salsa, reg. or FF sour cream

Choice of cheese: cheddar, provolone, swiss, pepper jack or LF/LS American

Hamburger	Grilled Chicken Breast
Cheeseburger	Grilled Salmon
Turkey Burger	Chicken Quesadilla
Black Bean Burger	Cheese Quesadilla
Meatball Sub	Black Bean Quesadilla
Grilled Cheese	Shrimp Quesadilla
Grilled Ham and Cheese	Chicken Tenders

Pasta

Choice of sauce: marinara, meat, pesto, roasted red tomato, or Cajun cream sauce

Spaghetti	Whole-Wheat Penne	Cheese Ravioli
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Italian Flatbread

Choice of pizza, pesto sauce or roasted red tomato sauce.

Made with mozzarella cheese and your choice of 3 toppings.

Green Peppers	Tomatoes	Chicken Sausage
Mushrooms	Pepperoni	Pork Sausage
Onions		

Stir Fry

Choice of soy sauce, Teriyaki sauce or sweet and sour sauce.

Choice of white or brown rice. Pick your topping:

Chicken	Vegetables	Shrimp
Tofu		

• LF – Low-Fat • FF – Fat-Free • LS – Low-Sodium • SF – Sugar-Free

Dial 3663 (FOOD) to place your order.

If your physician has prescribed a modified diet, some items may not be available.

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