

DESSERTS

FRUIT (1 CHO)

- | | |
|-----------|------------------|
| Grapes | Seasonal Berries |
| Pineapple | Applesauce |
| Apple | Fruit Cup |
| Orange | Canned Peaches |
| Banana | Canned Pineapple |
| Pear | Canned Pears |

DESSERTS

- | | |
|------------------------|-------------------------|
| Oatmeal Raisin (2 CHO) | Gingersnaps (1 CHO) |
| Sugar Cookies (2 CHO) | Vanilla Wafers (1 CHO) |
| Peanut Butter (2 CHO) | Angel Food Cake (2 CHO) |

PUDDINGS & JELLO

- | | |
|-----------------|--------------------------|
| Tapioca (1 CHO) | Chocolate (1 CHO) |
| Vanilla (1 CHO) | Diet Jello, ast. flavors |

FROZEN TREATS

- Ice Cream: Vanilla, Strawberry, Chocolate (1 CHO)
 Orange Sherbet (2 CHO) Lime Sherbet (2 CHO)
 Popsicle (1 CHO)

BEVERAGES

Lemon, lime, half & half, creamer, equal, sweet & low.

- Coffee
 Tea
 Diet Carbonated Beverage of choice
 Diet Hot Chocolate (1 CHO)
 Milk (1 CHO)
 Juice of choice (1 CHO)

CARBOHYDRATE COUNTING

Diabetes affects the body in many ways. To assure maximal health, limit CARBOHYDRATE (CHO) intake to fresh fruits and vegetables, whole grains, high fiber foods, and low fat dairy products.

Aim for Hgb A1C < 6.5; BP < 130/80; LDL < 100; TG < 150; and HDL > 45. Heart Disease is the #1 complication of diabetes and is associated with insulin resistance.

GUEST TRAYS

Meals are available for your guests! Ask nursing personnel for a guest menu with listed prices. The guest tray will be delivered to your room and payment will be collected at that time.

CAFÉ HOURS

| | |
|-----------|--------------------|
| Breakfast | 6:30 am - 10:00 am |
| Lunch | 11:00 am - 1:30 pm |
| Dinner | 4:30 pm - 6:30 pm |

Vending machines are located near the Emergency Department

OTHER SERVICES

Patients who are members of our 55PLUS program receive a daily meal ticket to be redeemed in the cafeteria. For more information about the 55PLUS program call 942-5500.

If you need assistance with meal planning and/or have nutrition education needs, contact the dietitian at 6718. Call 6223 for information about diabetes.

Any nutrition related complaints or concerns should be directed to Chef Henry Wiens at 6665.



PATIENT MENU

*You may order Room Service:
 Breakfast 6am - 10am
 Lunch & Dinner 10:30am-6:30pm
 delivered in 30 minutes*

BREAKFAST OFFERINGS

FRUIT (1 CHO)

- | | |
|------------------|---------------|
| Grapes | Cantaloupe |
| Banana | Stewed Prunes |
| Seasonal Berries | Applesauce |

YOGURT (2 CHO)

- Vanilla, Peach, Strawberry, Blueberry

CEREAL - choice of whole, 1%, or skim milk

- | | |
|---------------------|-------------------------|
| Bran Flakes (2 CHO) | Shredded Wheat (1 CHO) |
| Raisin Bran (2 CHO) | Low-fat Granola (2 CHO) |
| Corn Flakes (1 CHO) | Special K (1 CHO) |
| Cheerios (1 CHO) | Cream of Wheat (1 CHO) |
| Oatmeal (1 CHO) | Grits (1 CHO) |

BREADS & PASTRY - margarine or diet jelly available

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|----------------------------|-------------------------------|
| Toast:white, wheat (1 CHO) | Tortilla: corn, flour (1 CHO) |
| Biscuit (2 CHO) | English Muffin (2 CHO) |
| Bran Muffin (2 CHO) | Blueberry Muffin (2 CHO) |
| Banana Bread (2 CHO) | Bagel (3 CHO) |

HOT OFF THE GRILL

- | | |
|--------------------|----------------------|
| Bacon | Pancake(2 CHO) |
| Sausage | French Toast (2 CHO) |
| Hashbrowns (1 CHO) | |

EGGS - Egg Substitute

- Scrambled Poached

CREATE YOUR OWN OMELET



CHOOSE YOUR TOPPINGS:

- | | |
|-------------|-----------|
| Cheddar | Swiss |
| Mozzarella | Ham |
| Potato | Onion |
| Bell Pepper | Mushrooms |
| Tomatoes | Jalapeños |

Made with egg substitute.

TO PLACE AN ORDER DIAL 6325 (MEAL)

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CARBOHYDRATE CONTROLLED

LUNCH AND DINNER SELECTIONS

SOUPS & SALADS

SOUPS

Chicken Noodle (1/2 CHO) • Vegetable • Tortilla Soup (1/2 CHO) • *Soup of the Day*

SIDE SALADS - DRESSINGS: *low fat ranch, french, caesar, italian, raspberry vinaigrette*

Dinner Salad ~ A selection of fresh lettuce with cucumber, tomato, and carrots.

Raw Vegetables ~ Fresh carrots, celery sticks, and cucumbers with ranch dressing.

Potato Salad or Cole Slaw ~ Freshly made with a light dressing. (1 CHO)

SALADS ENTREES

Grilled Chicken Caesar ~ Grilled chicken breast on a bed of crisp romaine lettuce with Caesar dressing.

Turkey Cobb Salad ~ An elegant display of onion, tomato, carrot, and turkey on fresh greens.

Chicken or Tuna Salad ~ Homemade chicken or tuna salad served on fresh lettuce.

Fresh Fruit & Cheese Plate ~ Seasonal fresh fruit with cubes of cheddar cheese and crackers. (4 CHO)

HOT OFF THE GRILL Add cheese or a side order as desired.

FAVORITES

Classic Burger ~ Grilled burger with lettuce, tomato, onion, and pickles. (2 CHO)

Quesadilla ~ Grilled tortilla with cheese, chicken, and pico. (1 CHO)

SANDWICHES

Grilled Chicken Sandwich ~ Grilled chicken breast on a kaiser roll served with lettuce, tomato, onion, and pickles. (3 CHO)

Philly Cheese Steak ~ Lean sliced beef on french roll with sauteed onions, bell peppers, & swiss cheese. (2 CHO)

Grilled Cheese ~ American cheese, melted between buttered Texas toast. (3 CHO)

DELI SANDWICHES Build your own sandwich. We will be glad to toast your bread, just ask. Full sandwich too much? Order 1/2 a sandwich.

BREADS

Rye Bread (1 CHO)
White Bread (1 CHO)
Wheat Bread (1 CHO)
Kaiser Roll (3 CHO)

PROTEINS

Turkey
Ham
Roast Beef
Chicken Salad
Tuna Salad

CHEESES

American
Cheddar
Mozzarella
Swiss

VEGGIES

Lettuce
Onion
Pickle
Tomato
Jalapeños
Cucumber

HOT ENTREES

BEEF/BEAN

Enchiladas ~ Bean enchiladas topped off with a red chili sauce. (4 CHO)

Carved Sirloin of Beef ~ Tender sirloin that has been baked to perfection and served with burgundy sauce.

Grilled Steak ~ Lightly marinated steak, grilled to your specifications and served with a mushroom demi glaze.

POULTRY

Grilled Chicken Breast ~ Chicken breast lightly seasoned with garlic and herbs.

Fajitas ~ Grilled chicken strips with onions and peppers served with a flour tortilla. (1 CHO)

SEAFOOD

Grilled Catfish ~ Catfish marinated and baked to perfection.

Salmon ~ Freshly grilled salmon with orange glaze.

PASTA

Fettuccine ~ Fresh cooked pasta served with your choice of marinara or pesto. (2 CHO)

BREAD CHOICES

Dinner roll ~ White or wheat. (1 CHO)

Cornbread (1 CHO)

SIDE ORDERS

Green Beans

Broccoli

Corn (1 CHO)

Sauteed Zucchini

Baked Potato (2 CHO)

Baked Sweet Potato (2 CHO)

Mashed Potatoes (1 CHO)

Barracho (pinto) Beans (1 CHO)

White Rice (1 CHO)

Macaroni and Cheese (1 CHO)

SNACKS

Pretzels (2 CHO)

Baked Lay's Potato Chips (2 CHO)

Saltine Crackers (1 CHO)

Whole Grain Crackers (1 CHO)

CONDIMENTS

Mustard

Dijon Mustard

Mayonnaise

Light Mayonnaise

Ketchup

Pico

Salsa

Jelly

Margarine

Horseradish

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