

BEVERAGES Lemon, lime, half & half, creamer, equal, sweet & low, or sugar.

- Decaf Coffee
- Decaf Tea
- Milk: 1% or skim
- High Calorie Drinks: Boost, Carnation Instant Breakfast, Milkshakes
- Hot Chocolate
- Carbonated Beverage of choice
- Juice of choice

DESSERTS

FRUIT

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

COOKIES

- Oatmeal Raisin
- Sugar Cookies
- Peanut Butter
- Gingersnaps

HOMEMADE CAKES AND PIES

- Angel Food Cake
- Apple Pie

FROZEN TREATS

- Orange Sherbet
- Popsicles
- Lime Sherbet
- Italian Ice

PUDDINGS & JELLO

- Banana
- Chocolate
- Vanilla
- Tapioca
- Orange Jello/ Diet Jello
- Red Jello/ Diet Jello

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

- Grapes
- Banana
- Seasonal Berries
- Applesauce
- Oranges
- Pineapple
- Stewed Prunes

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

- Bran Flakes
- Raisin Bran
- Corn Flakes
- Cheerios
- Oatmeal
- Shredded Wheat
- Low Fat Granola
- Rice Krispies
- Cream of Wheat

BREADS & PASTRY - margarine or jelly available

- Toast - wheat or white
- Tortilla - corn or flour
- Bagel
- Pumpkin Bread
- Bran Muffin
- English Muffin
- Banana Bread
- Ground Flax Seed

HOT OFF THE GRILL

- Pancakes
- Hashbrowns
- French Toast
- Low Chol. Eggs

YOGURT

Vanilla, Peach, Strawberry, Blueberry

OMELET - choose your toppings

- Cheddar
- Potato
- Bell Pepper
- Tomatoes
- Ham
- Onion
- Mushrooms
- Jalapeños

Made with low cholesterol eggs.

Flax Seed and Fish Oils (cold water fish) are rich sources of omega-3 fatty acids which have a protective effect in heart disease. One TBSP ground flax seed contains ~1800 mg omega-3 fatty acids. Ground flax seed has a nutty flavor and can be mixed with any food. It is a good source of fiber.

TO PLACE AN ORDER DIAL 6325 (MEAL)

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LUNCH AND DINNER SELECTIONS

SOUPS & SALADS

SOUPS

Chicken Noodle • Vegetable • *Soup of the Day*

SIDE SALADS - DRESSINGS: *low fat ranch, french, 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.

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 turkey, tomato, carrot, and onion on fresh greens.

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

Fresh Fruit & Cheese Plate ~ Seasonal fresh fruit with mozzarella cheese and whole grain crackers.

HOT OFF THE GRILL Add a side order to complete your meal.

FAVORITES

Fish Burger ~ Grilled fish on sourdough bun with lettuce, tomato, onion, and pickles.

Quesadilla ~ Grilled flour tortillas with chicken, onion, peppers, mozzarella cheese and pico de gallo.

SANDWICHES

Grilled Chicken Sandwich ~ Grilled chicken breast on a kaiser roll with lettuce, tomato, and onion.

Brave Heart Hoagie ~ Smoked turkey, mozzarella, sauteed peppers, and onions on french bread.

Grilled Cheese ~ Mozzarella cheese on Texas toast.

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
White Bread
Wheat Bread
Kaiser Roll

PROTEINS

Smoked Turkey
Low Fat Ham
Roast Beef
Chicken Salad
Tuna Salad

CHEESES

American
Cheddar
Mozzarella
Swiss

VEGGIES

Lettuce
Onion
Cucumber
Tomato
Jalapeños

HOT ENTREES

VEGETARIAN

Enchiladas ~ Bean enchiladas topped off with a red chili sauce.

Pinto Beans ~ Bowl of pinto beans served with a fresh baked corn bread.

POULTRY

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

Chicken Fajitas ~ Grilled chicken strips with onions and peppers served with flour tortillas.

SEAFOOD

Grilled Catfish ~ Fresh catfish baked with herbs.

Salmon ~ Freshly grilled salmon with orange glaze.

PASTA

Fettuccine ~ Fresh cooked pasta served with your choice of marinara or pesto.

BREAD CHOICES

Dinner roll ~ White or wheat.

Cornbread

SIDE ORDERS

Green Beans

Broccoli

Carrots

Kernel Corn

Sauteed Zucchini

Baked Potato or Sweet Potato

Barracho (pinto) Beans

White Rice

SNACKS

Baked Lay's Potato Chips

Low Sodium Crackers

Whole Grain Crackers

CONDIMENTS

Mustard

Dijon Mustard

Mayonnaise

Light Mayonnaise

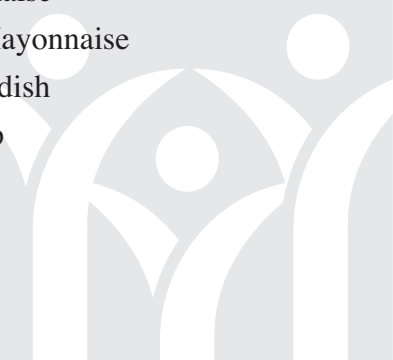
Horseradish

Ketchup

Pico

Salsa

Jelly



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