

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

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|------------------------------------|---|
| Coffee 50¢ | Hot Chocolate 50¢ |
| Tea 50¢ | Carbonated Beverage of choice 50¢-12 oz. 75¢-20 oz. |
| Milk 50¢ | Juice of choice 50¢ |
| Carnation Instant Breakfast \$1.25 | Milkshakes \$1.25 |
| Boost \$1.25 | |

DESSERTS

- | | | | | |
|---------------------------------------|------------------|---|-----------------|----------------|
| FRUIT 50¢ | Seasonal Berries | COOKIES & BARS \$1 for 2 cookies | Oatmeal Raisin | Chocolate Chip |
| Grapes | Applesauce | Peanut Butter | Gourmet Brownie | Sugar Cookies |
| Pineapple | Fruit Cup | | | |
| Apple | Canned Peaches | PUDDINGS & JELLO 50¢ | Banana | Tapioca |
| Orange | Canned Pineapple | Chocolate | Vanilla | Orange Jello |
| Banana | Canned Pears | Vanilla | | Red Jello |
| Pear | | | | |
| HOMEMADE CAKES AND PIES \$1.25 | Apple Pie | ICE CREAM & SHERBET 50¢ | Vanilla | Popsicles |
| Carrot Cake | Millionaire Pie | Strawberry | Chocolate | Orange Sherbet |
| Milky Way Cake | Pecan Pie | Chocolate | | Lime Sherbet |
| Cheesecake | | | | |

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.



GUEST MENU

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

BREAKFAST OFFERINGS

- | | | | |
|---|---------------------------------------|----------------------------------|---|
| FRUIT 50¢ ea. | Grapes | Cantaloupe | HOT OFF THE GRILL |
| Banana | Seasonal Berries | Stewed Prunes | Bacon 75¢ ea. Pancakes 75¢ ea. |
| | | Applesauce | Sausage 75¢ ea. French Toast 75¢ ea.
<i>topped with blueberries, strawberries, or syrup</i> |
| YOGURT 75¢ ea. | Vanilla, Peach, Strawberry, Blueberry | | EGGS - egg substitute available |
| | | | Fried 50¢ ea. Scrambled 50¢ ea. |
| CEREAL - whole, 1%, or skim milk 75¢ ea. | Bran Flakes | Shredded Wheat | Poached 50¢ ea. Migas \$1.25 ea. |
| | Raisin Bran | Low-fat Granola | |
| | Corn Flakes | Rice Krispies | CREATE YOUR OWN OMELET  |
| | Cheerios | Fruit Loops | CHOOSE YOUR TOPPINGS: |
| | Cream of Wheat | Oatmeal | Cheddar Swiss |
| BREADS & PASTRY - margarine or jelly available | Toast 25¢ ea. | Biscuit 50¢ ea. | Ham Sausage |
| | Muffin 50¢ ea. | Tortilla - corn or flour 25¢ ea. | Potato Onion |
| | English Muffin 50¢ ea. | Bagel 75¢ ea. | Bell Pepper Mushrooms |
| | Banana Bread \$1 ea. | Pumpkin Bread \$1 ea. | Tomatoes Jalapeños |
| | Donut 50¢ ea. | | <i>Egg substitute available upon request.
\$1.75 ea.</i> |

TO PLACE AN ORDER DIAL 6325 (MEAL)

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LUNCH AND DINNER SELECTIONS

SOUPS & SALADS

SOUPS

Chicken Noodle • Vegetable • Tortilla Soup • *Soup of the Day* \$1.25

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

Dinner Salad ~ A selection of fresh lettuce with cucumber, tomato, and carrots. 75¢

Raw Vegetables ~ Fresh carrots, celery sticks, and cucumbers with ranch dressing. 75¢

Potato Salad or Coleslaw ~ Freshly made with a light dressing. 75¢

SALAD ENTREES \$2.50

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

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

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

Fresh Fruit & Cheese Plate ~ Assorted seasonal fresh fruit with cubes of cheddar cheese and crackers.

HOT OFF THE GRILL Add cheese or a side order as desired. 25¢ ea.

FAVORITES

Classic Burger ~ Grilled burger on a kaiser roll with lettuce, tomato, onion, and pickles. \$2

Quesadilla ~ Grilled tortilla with cheese, chicken, and pico. \$2.50

SANDWICHES

Grilled Chicken Sandwich ~ Grilled chicken breast on a kaiser roll. Served with lettuce, tomato, onion, and pickles. \$2.25

Philly Cheese Steak ~ Lean sliced beef on french roll, sauteed onions, bell peppers, & swiss cheese. \$2.50

Grilled Cheese ~ American cheese, melted between buttered Texas toast. \$1.25

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 25¢ ea.

Rye Bread
White Bread
Wheat Bread
Kaiser Roll

PROTEINS \$2

Turkey
Ham
Roast Beef
Chicken Salad
Tuna Salad

CHEESES 25¢ ea.

American
Cheddar
Mozzarella
Swiss

VEGGIES

Lettuce
Onion
Pickle
Tomato
Jalapeños

HOT ENTREES

BEEF

Chicken Fried Steak ~ Golden fried tender round steak served with country style cream gravy. \$2.25

Enchiladas ~ Cheese or beef enchiladas topped off with a red chili sauce. \$2.50

Carved Sirloin of Beef ~ Tender sirloin that has been baked to perfection and served with burgundy sauce. \$2

Grilled Steak ~ Lightly marinated New York steak, grilled to your specifications and served with a mushroom demi glaze. \$3

POULTRY

Grilled Chicken Breast ~ Chicken breast lightly seasoned with garlic and herbs. \$2

Chicken Strips ~ Golden fried chicken breast tenders served with country style cream gravy. \$2.25

Fajitas ~ Grilled chicken strips with onions and peppers served with flour tortillas. \$2

SEAFOOD

Fried Catfish ~ Golden fried catfish served with tartar sauce. \$2.50

Salmon ~ Freshly grilled salmon with a sauce of orange reduction. \$3

PASTA

Fettuccine ~ Fresh cooked pasta served with your choice of marinara or pesto. \$2.25

BREAD CHOICES 25¢ each

Dinner roll ~ White or wheat.

Cornbread

SIDE ORDERS

Green Beans 75¢ ea.

Broccoli

Kernel Corn

Sauteed Zucchini

Baked Potato or Sweet Potato

Mashed Potatoes

French Fries

Barracho (pinto) Beans

White Rice

Macaroni and Cheese

SNACKS

Pretzels 75¢ ea.

Baked Lay's Potato Chips

Lay's Potato Chips

Crackers: saltine or whole grain

CONDIMENTS

Mustard

Dijon Mustard

Mayonnaise

Light Mayonnaise

Ketchup

Pico de Gallo

Salsa

Jelly

Margarine

Horseradish

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