

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

- Coffee
- Tea
- Milk
- High Calorie Drinks: Carnation Instant Breakfast, Milkshakes, Boost
- 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 & BARS

- Oatmeal Raisin
- Peanut Butter
- Gourmet Brownie
- Chocolate Chip
- Sugar Cookies

## PUDDINGS & JELLO

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

## HOMEMADE CAKES AND PIES

- Carrot Cake
- Milky Way Cake
- Cheesecake
- Apple Pie
- Millionaire Pie
- Pecan Pie

## ICE CREAM & SHERBET

- Vanilla
- Strawberry
- Chocolate
- Popsicles
- Orange Sherbet
- Lime Sherbet

## 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
- Cantaloupe
- Stewed Prunes
- Applesauce

## HOT OFF THE GRILL

- Bacon
- Sausage
- Hashbrowns
- Pancakes
- French Toast

## YOGURT

Vanilla, Peach, Strawberry, Blueberry

## EGGS - egg substitute available

- Fried
- Poached
- Scrambled
- Migas

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

- Bran Flakes
- Raisin Bran
- Corn Flakes
- Cheerios
- Cream of Wheat
- Shredded Wheat
- Low-fat Granola
- Rice Krispies
- Fruit Loops
- Oatmeal

## BREADS & PASTRY - margarine or jelly available

- Toast - wheat or white
- Muffin - bran or blueberry
- English Muffin
- Banana Bread
- Biscuit
- Tortilla - corn or flour
- Bagel

## CREATE YOUR OWN OMELET



## CHOOSE YOUR TOPPINGS:

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

Egg substitute available upon request.

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*

**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 Coleslaw** ~ Freshly made with a light dressing.

### SALAD ENTREES

**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.

### FAVORITES

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

**Quesadilla** ~ Grilled tortilla with cheese, chicken, and pico.

### SANDWICHES

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

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

**Grilled Cheese** ~ American cheese, melted between buttered 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

Turkey  
Ham  
Roast Beef  
Chicken Salad  
Tuna Salad

### CHEESES

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.

**Enchiladas** ~ Rolled cheese or beef enchiladas topped off with a red chili sauce.

**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.

**Chicken Strips** ~ Golden fried chicken breast tenders served with country style cream gravy.

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

### SEAFOOD

**Fried Catfish** ~ Golden fried catfish served with tartar sauce.

**Salmon** ~ Freshly grilled salmon with a sauce of orange reduction.

### 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

Kernel Corn

Sauteed Zucchini

Baked Potato or Sweet Potato

Mashed Potatoes

French Fries

Barracho (pinto) Beans

White Rice

Macaroni and Cheese

## SNACKS

Pretzels

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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