

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

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|------------------------------|-------------------------|
| Coffee | Tea |
| Milk (limit 1/2 cup per day) | Lemonade/ Diet Lemonade |
| Sprite/ Diet Sprite | 7 Up/ Diet 7up |

JUICES

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|-------|-------------|
| Apple | Cranberry |
| Grape | Fruit Punch |

DESSERTS May have whipped topping added to any of the following:

FRUIT (1 CHO)

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|----------------|------------------|------------------|
| Strawberries | Applesauce | Grapes |
| Fruit Cocktail | Canned Peaches | Mandarin Oranges |
| Apple | Canned Pineapple | Fresh Pineapple |
| Pear | | |

CAKES & COOKIES (1 CHO)

- Angel Food Cake (2CHO) Vanilla Wafers (1 CHO) Gingersnaps (1 CHO)

JELLO & FROZEN DESSERTS

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|----------------------|-------------------|-------------------|
| Orange Jello (1 CHO) | Diet Orange Jello | Popsicles (1 CHO) |
| Red Jello (1 CHO) | Diet Red Jello | Sherbet (1 CHO) |

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 per serving)

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|-------------------------|--------------------|
| Grapes | Canned Apple Slice |
| Strawberries, in season | Canned Peaches |
| Pineapple | Canned Pears |
| Mandarin Oranges | Fruit Cocktail |
| Applesauce | |

HOT OFF THE GRILL

- Pancakes (2 CHO)
French Toast (2 CHO)
topped with blueberries or syrup

EGGS / low cholesterol

- Fried Scrambled
Poached

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

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|------------------------|-----------------------|
| Special K (1 CHO) | Rice Krispies (1 CHO) |
| Corn Flakes (1 CHO) | Cheerios (1 CHO) |
| Cream of Wheat (1 CHO) | Oatmeal (1 CHO) |
| Shredded Wheat (1 CHO) | Grits (1 CHO) |

BREADS & PASTRY - margarine and jelly available

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|--------------------------|---------------------------------|
| Toast (1 CHO) | Tortilla - corn or flour (1CHO) |
| Blueberry Muffin (2 CHO) | Bagel (3 CHO) |
| English Muffin (2 CHO) | |

As a dialysis patient, you may have to limit foods high in potassium that contain valuable vitamins, such as fruits and vegetables. These same water soluble vitamins are lost during dialysis. Assuring adequate B-vitamin supplementation, blood glucose (Hgb A1C < 7.0) and blood pressure control, and eating foods low in saturated fats and cholesterol help protect you against heart disease.

TO PLACE AN ORDER DIAL 6325 (MEAL)

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LUNCH AND DINNER SELECTIONS

SALADS

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.

Coles 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.

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

HOT OFF THE GRILL

FAVORITES

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

Grilled Chicken Sandwich ~ Grilled chicken breast on a kaiser roll. Served with lettuce and onion. (2 CHO)

Philly Cheese Steak ~ Lean sliced beef on french roll with sauteed onions, bell peppers, & swiss cheese. (3 CHO)

DELI SANDWICHES

BREADS

Rye Bread (1 CHO)

White Bread (1 CHO)

Wheat Bread (1 CHO)

Kaiser Roll (3 CHO)

PROTEINS

Chicken Salad

Roast Beef

Tuna Salad

Turkey

VEGGIES

Lettuce

Onion

Bell Pepper

Jalapeño

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

HOT ENTREES

BEEF

Beef Enchiladas ~ Beef enchiladas topped off with a red chili sauce. (3 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.

Chicken Strips ~ Baked, breaded chicken breast tenders served with country style cream gravy. (1 CHO)

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

SEAFOOD

Fried Catfish ~ Catfish golden fried and served with tartar sauce. (1 CHO)

PASTA

Fettuccine ~ Fresh cooked pasta served with pesto sauce. (2 CHO)

BREAD CHOICES

Dinner roll ~ White or wheat. (1 CHO)

Cornbread (1 CHO)

SIDE ORDERS

Green Beans

Broccoli

Sauteed Zucchini

Kernel Corn (1 CHO)

Mashed Potatoes (1 CHO)

White Rice (1 CHO)

Pasta (1 CHO)

CONDIMENTS

Mustard

Dijon Mustard

Mayonnaise

Light Mayonnaise

Ketchup

Pico

Salsa

Jelly

Margarine



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