

ORDERING YOUR MEAL

You will receive one of our featured entrees served with sides, dessert and a beverage. If you prefer a specific selection please call us at 4-3663 or 7-3663.

Please call before these times to allow us to prepare and deliver your meal:

Breakfast – the evening prior

Lunch – before 11am

Dinner – before 4pm

HAVE GUESTS?

Guests can purchase meal vouchers in advance at Café 601 or online.

Call 4-3663 or 7-3663 when you are ready to order. Our staff will deliver the guest tray to the unit.



NUTRITION SERVICES

If you have questions about your therapeutic diet and what you can order, the PMA can assist you or contact a Registered Dietitian to explain further.

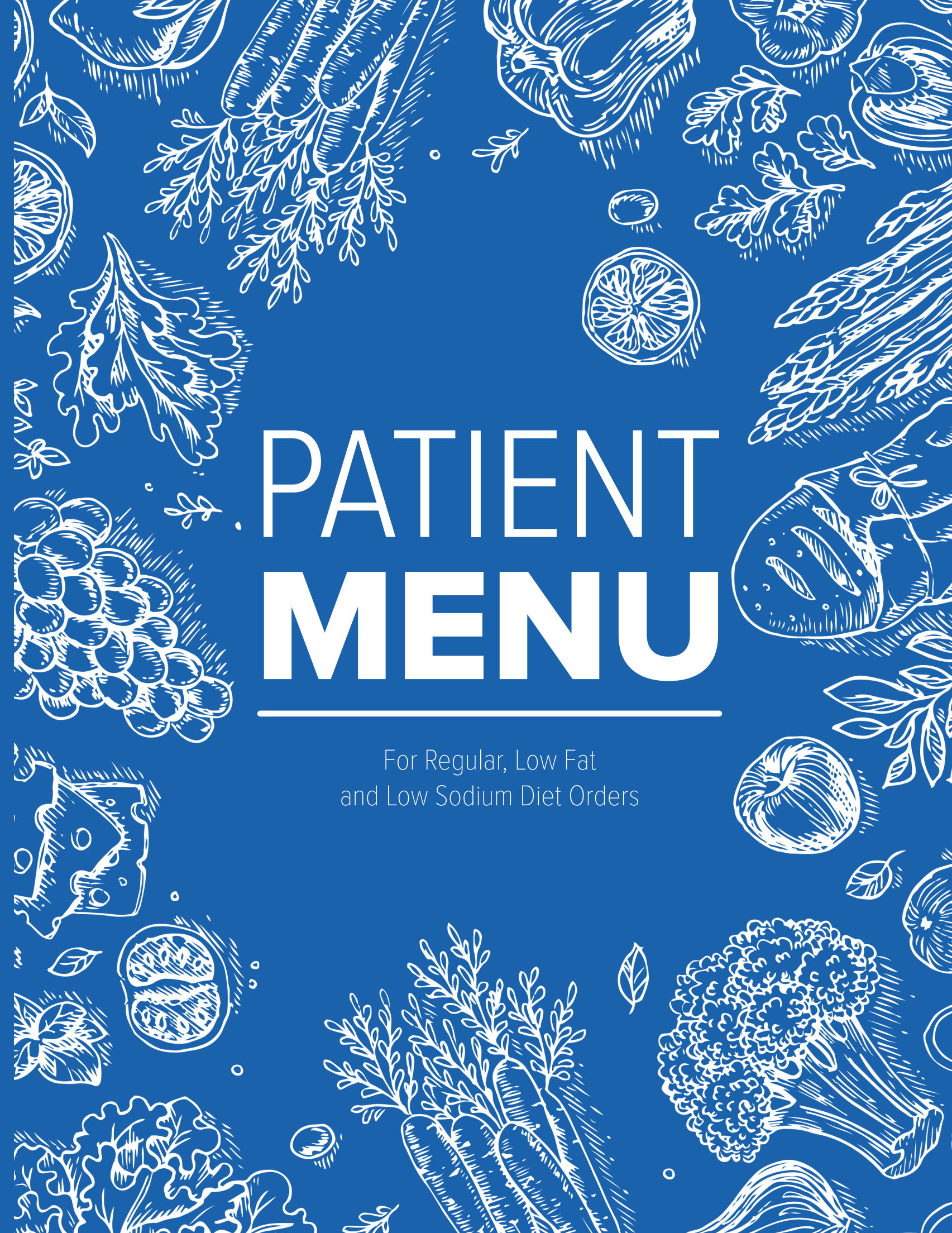
WE WOULD LOVE YOUR FEEDBACK!

Please scan the QR code to complete a survey on your meal service here.



PATIENT MENU

For Regular, Low Fat
and Low Sodium Diet Orders



BREAKFAST

ENTREES

- ♥✓① Scrambled Eggs
- ♥ ③ Buttermilk Pancakes
- ♥✓③ Cinnamon French Toast
 - ① Cheese Omelet
 - ② Breakfast Sandwiches
Sausage, Egg & Cheese
Croissant or Egg and Cheese
English Muffin

BREADS

- ♥✓② Blueberry Muffin
- ② Croissant
- ② Danish

CEREALS

- ♥✓① Grits
- ♥✓② Oatmeal
- ♥✓① Corn Flakes
- ♥✓① Cheerios
- ♥✓② Frosted Flakes
- ♥✓① Rice Krispies
- ♥✓① Raisin Bran
- ♥✓① Rice Chex

SIDES

- ① Bacon
- ① Pork Sausage
- ♥ ① Chicken Sausage Links
- ② Home Fries
- ♥✓① Greek Yogurt (Plain or Blueberry)
- ♥✓① Cherry Vanilla Yogurt

BEVERAGES

- ♥✓① Coffee
- ♥✓① Decaf Coffee
- ♥✓① Hot Chocolate
- ♥✓① Tea
- ♥✓② 2% Milk
- ♥✓② Skim Milk
- ♥✓② Whole Milk
- ♥✓① Lactaid
- ② Chocolate Milk
- ♥✓① Apple Juice
- ♥✓① Orange Juice
- ♥✓① Cranberry Juice
- ♥✓① Prune Juice
- ♥ ① V8 Juice
- ♥✓② Fountain Pepsi Products
- ♥✓① Unsweetened Tea

LUNCH & DINNER SPECIALS

SUNDAY

- LUNCH
- ♥✓③ Beef Fajitas with Spanish Rice
- DINNER
- ♥✓② Stuffed Shells
 - ♥✓① Green Beans
- SOUP
- ♥✓① Beef Noodle
- DESSERT
- ✓② Chocolate Cake

MONDAY

- LUNCH
- ♥✓③ BBQ Chicken Sandwich
 - ♥✓① Corn
 - ♥✓② Mashed Sweet Potatoes
- DINNER
- ✓① Pot Roast
 - ♥✓① Roasted Carrots
 - ♥✓① Mashed Potatoes
- SOUP
- ② Italian Wedding Soup
- DESSERT
- ✓① Cheesecake Parfait

TUESDAY

- LUNCH
- ♥✓① Roast Turkey
 - ♥ ② Stuffing
 - ♥✓① Mashed Potato
 - ♥✓① Roasted Zucchini
- DINNER
- ♥✓① Beef Stew
 - ② Biscuit
- SOUP
- ♥✓① Chicken and Rice
- DESSERT
- ♥✓④ Angel Food Cake with Strawberry Topping

WEDNESDAY

- LUNCH
- ♥✓③ Beef Stroganoff
 - ♥✓① Roasted Brussel Sprouts
- DINNER
- ♥✓① Chicken Marsala
 - ♥✓① Roasted Potatoes
 - ♥✓① California Vegetable Blend
- SOUP
- ✓① Cream of Broccoli
- DESSERT
- ♥✓① Apple Crumble

THURSDAY

- LUNCH
- ♥✓① Chicken Stew
 - ② Biscuit
- DINNER
- ♥✓② Honey Glazed Salmon
 - ♥✓① Rice Pilaf
 - ♥✓① Green Beans
- SOUP
- ♥ ① Beef Barley
- DESSERT
- ✓② Brownie

FRIDAY

- LUNCH
- ♥✓② Turkey Chili
 - ② Cornbread
- DINNER
- ② Fish Dinner
 - ♥✓② Baked Potato
 - ♥✓① Roasted Carrots
 - ① Coleslaw
- SOUP
- ♥✓① Tuscan Bean Soup
- DESSERT
- ♥✓② Berry Cobbler

SATURDAY

- LUNCH
- ♥✓① Honey BBQ Chicken
 - ♥✓① Rice Pilaf
 - ♥✓① Broccoli
- DINNER
- ✓① Meatloaf
 - ♥✓① Corn
 - ♥✓① Mashed Potatoes
- SOUP
- ♥✓① Vegetarian Minestrone
- DESSERT
- ✓③ Carrot Cake

♥ Symbol next to a menu item means that it can be ordered on a **Low Fat Diet**.

✓ Symbol next to a menu item means that it can be ordered on a **Low Sodium Diet**.

🍴 Symbol next to an entrée means that it is **Vegetarian**.

① Carbohydrate Serving/Exchange is equal to 15 grams of carbohydrate.

② The Constant Carbohydrate Diet allows items noted by a green circle; choose a total of 5 servings (75 grams of carbs) per meal.

EVERYDAY LUNCH & DINNER

STEP 1: CHOOSE 1 ENTRÉE

HOT ENTRÉE

- ③ Chicken Fingers
- ② Cheese Pizza
- ② Pepperoni Pizza
- ✓② Hamburger
- ③ Hot Dog
- ♥✓① Lemon Baked Fish
- ⑤ Penne Pasta & Meatballs
- ③ Macaroni & Cheese
- ♥✓① Grilled Chicken

SALADS & SANDWICHES

- ♥✓① Southwest Taco Salad
- ② Crispy Chicken Salad
- ♥ ② Turkey & Provolone on Wheat
- ♥ ② Ham & Swiss on White
- ♥✓② Egg Salad on White
- ✓② Cranberry Chicken Salad Croissant
- ♥✓② Chicken Sandwich
- ② Grilled Cheese Sandwich
- ③ Dijon Ham & Cheese Melt
- ② Turkey Club on Ciabatta

PLANT BASED OPTIONS

- ♥ ③ Black Bean Burger
- ② Beyond Burger
- ♥✓① Gardein Chick'n Tenders
- ♥ ⑤ Vegan Bolognese
- ♥✓② Vegetable & Bean Chili

STEP 2: CHOOSE 2 SIDES

- ♥✓① Garden Salad
- ♥ ② Caesar Salad
- ♥✓① Mashed Potatoes
- ② Macaroni and Cheese
- ♥✓① White Rice
- ♥✓① Chicken Noodle Soup
- ① Cream of Tomato Soup
- ♥✓① Chicken Broth
- ♥✓① Vegetable Broth
- ♥✓① Banana
- ♥✓① Apple Sauce
- ♥✓① Peaches
- ♥✓① Pears
- ♥✓① Fruit Cup
- ♥ ① Pretzels
- ♥✓① Baked Lays
- ① String Cheese
- ♥✓① Baby Carrots
- ♥✓① Hummus

STEP 3: CHOOSE 1 DESSERT

- ✓③ Chocolate Chip Cookies (2)
- ♥✓① Apple Crumble
- ✓① Vanilla Ice Cream
- ✓③ Chocolate Ice Cream
- ♥✓① Gelatin (orange or lime)
- ♥✓① Diet Gelatin
- ♥✓① Vanilla Pudding
- ♥✓① Diet Chocolate Pudding
- ♥✓① Orange or Lemon Ice

For all daily soup, vegetable, lunch, dinner & dessert specials, see the next page.

