

# PATIENT MENU

For Regular, Low Fat and Low Sodium Diet Orders

# **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.

# BREAKFAST

## **ENTREES**

- Scrambled Eggs
  Buttermilk Pancakes
- ♥✔❸ Cinnamon French Toast
  - O Cheese Omelet
  - Preakfast Sandwiches Sausage, Egg & Cheese Croissant or Egg and Cheese English Muffin

### BREADS

♥✔ ❷ Blueberry Muffin

- Croissant
- ② Danish

## CEREALS

Grits
Oatmeal
Corn Flakes
Cheerios
Frosted Flakes
Rice Krispies
Raisin Bran
Rice Chex

## **SIDES**

- Bacon
- Pork Sausage
- O Chicken Sausage Links
   ② Home Fries
- ♥✔ Greek Yogurt (Plain or Blueberry)
- ♥✔● Cherry Vanilla Yogurt

## **BEVERAGES**



# **EVERYDAY LUNCH & DINNER**

# **STEP 1: CHOOSE 1 ENTRÉE**

## HOT ENTRÉE

- Chicken Fingers
- Cheese Pizza
- Pepperoni Pizza
- ✓ ❷ Hamburger
  - 8 Hot Dog
- ♥✔ 0 Lemon Baked Fish
  - S Penne Pasta & Meatballs
  - ③ Macaroni & Cheese
- ♥✔ O Grilled Chicken

#### PLANT BASED OPTIONS

- 🖲 Black Bean Burger 🌂
  - 🛛 Beyond Burger 🌂
- VVI Gardein Chick'n Tenders 📏
- 🌔 🥑 Vegan Bolognese 🌂
- ¥ 🖍 🛛 Vegetable & Bean Chili

## **STEP 2: CHOOSE 2 SIDES**

- ♥✔ O Garden Salad 🌂
- For all daily soup, vegetable, lunch, dinner & dessert specials, see the next page.



#### SALADS & SANDWICHES

- ♥✔● Southwest Taco Salad
  - Crispy Chicken Salad
- Iurkey & Provolone on Wheat
- Ham & Swiss on White
- ♥✔ 2 Egg Salad on White
  - Cranberry Chicken Salad Croissant
- VV 2 Chicken Sandwich
  - 🛿 Grilled Cheese Sandwich 🌂
  - Oijon Ham & Cheese Melt
  - O Turkey Club on Ciabatta



#### **STEP 3: CHOOSE 1 DESSERT**

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

# **LUNCH & DINNER SPECIALS**

## **SUNDAY**

LUNCH ♥✓<sup>€</sup> Beef Fajitas with Spanish Rice

DINNER♥✓ ② Stuffed Shells♥✓ ③ Green Beans

SOUP ♥✔❶ Beef Noodle

DESSERT ✓② Chocolate Cake

#### MONDAY

#### LUNCH ♥✓³ BBQ Chicken Sandwich ♥✓¹ Corn ♥✓² Mashed Sweet Potatoes

### WEDNESDAY

#### LUNCH

- ✓ ③ Tex Mex Sloppy Joe
- ♥✔ Roasted Brussel Sprouts

#### DINNER

- ♥✔ O Chicken Marsala
- ♥✔● Roasted Potatoes
- ♥✔ 0 California Vegetable Blend

#### SOUP

Cream of Broccoli

#### DESSERT

♥✔● Apple Crumble

### THURSDAY

LUNCH ♥✓❶ Chicken Stew

#### **FRIDAY**



#### LUNCH

#### DINNER

Pot Roast
Roasted Carrots
Mashed Potatoes

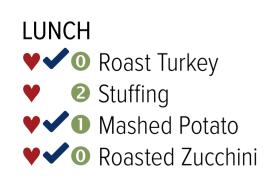
#### SOUP

Italian Wedding Soup

#### DESSERT

✓① Cheesecake Parfait

#### TUESDAY



DINNERDiscuit

SOUP ♥✓❶ Chicken and Rice

## DESSERT ♥ ✓ ④ Angel Food Cake with Strawberry Topping





۷	This item can be ordered on a Low Fat Diet.
✓	This item can be ordered on a Low Sodium Diet.
*	This item is <b>Vegetarian.</b>
0	Carbohydrate Serving/Exchange is equal to 15 grams of carbohydrate.
0	This item can be ordered on a Consistant Carbohydrate Diet.

We are also pleased to offer food choices for Halal and Kosher diet requests. Ask your menu assistant for more information or call x73663.

Choose a total of 5 servings (75 grams of carbs) per meal.

# **WE WOULD LOVE YOUR FEEDBACK!**

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



