

PACU Menu

BREAKFAST

LUNCH

DINNER

Scrambled Eggs

Oatmeal
Wheat Bread with Jelly
Fruit Salad

Chicken Paillard

Marinated Grilled Chicken,
Sautéed Spinach & Mashed Potatoes
Served with a Wheat Roll,
Pears , & Chocolate Pudding

Roast Beef with Mushroom Gravy

Slow-Cooked Roast Beef
Served with Mashed Potatoes,
Broccoli, a Wheat Dinner Roll,
Vanilla Pudding & Pears

Buttermilk Pancakes

Scrambled Eggs
Oatmeal
Applesauce

Classic Hamburger

Grilled Beef Burger, Lettuce & Tomato on a
Burger Bun
Served with Corn, a Fresh Garden Salad,
Peaches & Strawberry Jello

Chicken Francaise

Chicken in a Lemon & White Wine Sauce,
Served with Steamed White Rice,
Carrots, Tomato Soup, Fresh Garden Salad
& Chocolate Pudding

Lacy Swiss Omelet

Cream of Wheat
Banana
Wheat Bread with Jelly

Grilled Swiss Cheese Sandwich

Served on Wheat Bread with
Spanish Slaw, a Fresh Garden Salad,
Banana & Orange Jello

Penne Pasta with Marinara Sauce

Served with Green Beans,
Chicken & Rice Soup, a Wheat Dinner Roll,
A Fresh Garden Salad,
& Strawberry Jello

Breakfast meals are served with 4 oz. of low-fat milk and coffee or tea.

Lunch and Dinner will be served with Diet Ginger Ale

NO SUBSTITUTIONS PLEASE. Let your Nurse know about any food allergies you may have.

Meals are formulated to a Cardiac-Low Sodium, 60 gm Carbohydrate Controlled Diet (LFLC2gm, Carb60).

Patients with fluid restrictions, food allergies or dysphagia diets will be sent a House Tray that complies with their diet order.

Revised 7/21