BREAKFAST

Beverages

Coffee: Regular - Decaffeinated Tea: Regular - Decaffeinated - Chamomile Fresh Brewed Iced Tea (Decaf) Hot Chocolate: Regular - Sugar-Free Milk: Whole - Skim - Lactaid - Vanilla Soy Low-Fat Chocolate Soda: Ginger-Ale - Diet Ginger Ale - Seltzer Juice: Orange - Apple - Tomato - Cranberry - Prune - V8

<u>Condiments</u>

Butter - Smart Balance - Grape Jelly - Strawberry Jam Diet Jelly - Cream Cheese - Lite Cream Cheese Peanut Butter - Ketchup - Salt - Pepper - Coffee Creamer Sugar - Splenda - Equal - Sweet & Low - Syrup Diet Syrup - Honey - Lemon Juice - Herb Seasoning - Salsa Sour Cream - Mustard - Mayonnaise - Lite Mayonnaise BBQ Sauce - Honey Mustard

Breakfast Entrees

Eggs: Scrambled - Scrambled Egg Whites - Hard Boiled Egg (2) Omelet: Egg - Egg White Choice of 4 Toppings: Red Onions - Broccoli - Spinach - Peppers Mushroom - Diced Ham or Turkey - American Cheese or Swiss Cheese Pancakes: Buttermilk - Blueberry - Banana French Toast: Plain - Blueberry - Banana *Egg Sandwich* Bread: Kaiser Roll - Whole Wheat Kaiser Roll Choice of Cheese: American or Swiss Choice of Meat: Ham - Sausage Patty - Sliced Turkey

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

Side Items (Please Chose 4)

Fruit

Whole Fruit: Banana - Orange - Apple Chilled Fruit: Diced Peaches - Diced Pears - Applesauce Mandarin Oranges - Fruit Salad - Seasonal Melon - Grapes

Cereal

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat Cold: Corn Flakes - Cheerios - Rice Krispies Raisin Bran - Rice Chex

Yogurt

Regular: Vanilla - Strawberry - Plain Lite: Strawberry - Peach - Vanilla

Breakfast Bakery (please choose 1 item only)

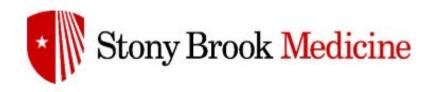
Muffins: Blueberry - Corn - Bran Mini-Bagels: Plain - Sesame - Everything - Whole Wheat Rolls: Kaiser Roll - Whole Wheat Kaiser Roll

Additional Sides

Pork Sausage Patty - Turkey Sausage - Home Fries Hard-Boiled Egg - 1/2 Portion Scrambles Eggs

Chef's Healthy Sandwich Option:

Egg Whites, with Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll



LUNCH & DINNER

Hot Entree's

Special of the Day – Available until 2pm (ask you Ambassador) Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese

Oven Roasted Turkey with Gravy

Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon Home Made Meatloaf with Gravy

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes

Fajitas: Choice of Chicken, Shrimp, or Tofu Quesadillas: Chicken, Black Bean, or Plain Cheese Hot Roast Beef on Ciabatta Roll with Caramelized Onions

Macaroni & Cheese: Served in a Creamy Cheese Sauce Panini: Fresh Mozzarella, Basil, & Tomato Sliced Roast Beef with Mushroom Gravy

<u>Pasta Bar</u>

Choice of Pasta: Penne - Linguini - Gluten Free Red Lentil Rotini Choice of Sauce: Vodka Sauce - Meat Sauce - Butter Sauce Marinara Sauce - Garlic, Extra Virgin Olive Oil & White Wine Choice of Toppings: Mixed Vegetables - Mushrooms - Chicken

From The Grill

Hamburger - Grilled Marinated Chicken - Turkey Burger Black Bean Burger - Grilled Cheese Sandwich

Choice of Bread: Seedless Rye - Whole Wheat - White - Hamburger Bun Whole Wheat Burger Bun

Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms Sautéed Onions - Ham (*Grilled Cheese only) - American Cheese Swiss Cheese

Shake It Up Salad Station

Choice of (1) Lettuce: Romaine - Baby Field Greens - Spinach Choice of (1) Protein: Baked Shrimp - Marinated Grilled Chicken Tofu - Chilled Salmon - Tuna Salad - Chicken Salad Choice of (up to 4) Toppings: Red Onions - Cherry Tomatoes Bell Peppers - Croutons - Walnut - Black Olives - Cucumbers Dried Cranberries - Chickpeas - Mushrooms - Sunflower Seeds

Dressings: Lite Italian - Olive Oil—Red Wine Vinegar Lite Ranch - Lite Caesar - Fat Free Italian

<u>Cold Plates</u>

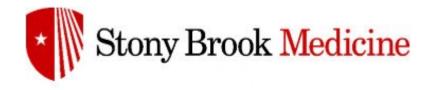
Cottage Cheese Plate: Cottage Cheese and Fresh Seasonal Fruit **Yogurt Plate:** Seasonal Fruit & Vanilla Yogurt (Lite or Regular) **Crudités & Hummus Salad:** Fresh Garden Vegetables (Cucumbers, Tomatoes, Celery & Carrots) & Creamy Hummus Dip

<u>Deli Specials</u>

Grilled Chicken Caesar Wrap: Marinated Grilled Chicken, Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing Classic Tuna or Chicken Salad Sandwich Oven Roasted Turkey Sandwich Roast Beef Sandwich Choice of Bread: White - Whole Wheat - Kaiser Roll - Seedless Rye - Tortilla Wrap Choice of Toppings: Lettuce - Tomato - American Cheese or Swiss Cheese

<u>Pizza</u>

Individual Personal Cheese Pizza: Choice of Toppings: Peppers - Mushrooms - Pepperoni Red Onion - Black Olives - Broccoli



SOUPS, SIDES & DESSERTS

<u>Soups</u>

Soup Du Jour, Served with crackers Campbell's Cream of Tomato - Chicken & Rice Soup Lentil Soup - Pasta Fagioli Low-Sodium Tomato Soup Broths: Beef - Chicken - Vegetable

<u>Sides</u>

Baked Potato - Dinner Roll - Baked Steak Fries Mac & Cheese - Mashed Potatoes Mashed Sweet Potatoes - Brown Rice Steamed White Rice - Stuffing - Baby Carrots Broccoli - Corn - Green Beans Cuban Style Black Beans (veg.) Penne with Marinara Sauce - Penne (Plain) GF Red Lentil pasta - Garden Salad

Cottage Cheese - Spanish Slaw - Vegetable Sticks Cucumber Slices - Macaroni Salad

Potato Salad - Peanut Butter & Crackers Hummus & Veggie Stick

Desserts

<u>Bakery (please choose 1)</u> Lemon Pound Cake

Angel Food Cake

Brownie

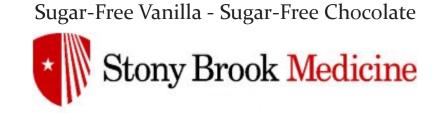
Cheese Cake

Chocolate Angel Food Cake

Peach Pear Cobbler

Low Fat Chocolate Mousse

Fruit: Apple - Orange - Banana - Diced Peaches Diced Pears - Applesauce - Mandarin Oranges Fruit Salad - Grapes - Seasonal Melon **Cookies:** Chocolate Chip - Oatmeal Raisin Lorna Doones - Fig Newtons - Graham Crackers **Gelatin:** (Regular or Sugar-Free) Strawberry or Orange **Ice Cream:** Vanilla - Chocolate - Sugar-Free Vanilla **Fruit Ice:** Cherry - Orange - Lemon **Pudding:** Vanilla - Chocolate - Rice



Unrestricted DIET:

A diet with no restrictions that provides adequate nutrients to meet your nutritional requirements.

Suggested Food Choices: All food on the

Room Service Dining menu.

Suggested Foods to Limit: None.

How to Place an Order

- 1. Dial8-DINE (extension8-3463) between the hours of 7 am and 7 pm.
- 2. Identify yourself to the Room Service Associate, who will verify your name, room number, and the diet ordered by your physician.
- 3. Place your order. Your specially prepared meal will be served to you within 90 minutes of your request.

The Department of Food and Nutrition is here to provide you with excellent service. Feel free to let your Room Service Associate know how we can help meet your food service needs.

SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for all diets. If you are on a special or restricted diet, our Room Service Associate will assist you with your meal selections.

Room Number:_____ Date:_____

For your safety, we will accept your menu selections only after your physician has entered your diet order.

Name:_____

3/22

Diet: _____

