# **BREAKFAST**

## **BEVERAGES**

Coffee: Regular – Decaffeinated Tea: Regular – Decaffeinated – Chamomile Fresh - Brewed Iced Tea Milk: Whole – Skim – Lactaid Soda: Ginger-Ale – Diet Ginger-Ale - Seltzer Juice: Apple – Cranberry

#### <u>SIDE ITEMS (Please choose 4)</u>

### FRUIT

Whole Fruit: Apple - Grapes Chilled Fruit: Peaches – Pears – Applesauce

### **CEREAL:**

Hot: Oatmeal – Cinnamon Oatmeal Cream of Wheat Cold: Rice Krispies – Rice Chex – Corn Flakes Cheerios

### BREAKFAST BAKERY (please choose 1 item)

Bagels: Plain - Sesame – Everything – Whole Wheat Kaiser Roll Bread: White – Wheat – Rye

#### \*Breakfast Ends Daily at 10:00AM\*

Limited Items are available all day long.

Scrambled Eggs, Omelets, Hard-Boiled, Cereal and Bagels

#### MAIN COURSE (Please Choose 1)

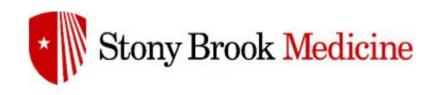
Eggs: Scrambled - Egg Whites Hard Boiled Eggs(2 per order) Omelet: Egg - Egg White Choice of 4 Toppings: Red Onions – Broccoli Peppers - Mushrooms - Turkey – American or Swiss Cheese Pancakes: Buttermilk - Blueberry French Toast: Plain - Blueberry

### **BREAKFAST SANDWICH:**

Eggs or Egg Whites on a Kaiser Roll with: Choice of Cheese: Swiss Cheese or American Meat: Turkey

## **CONDIMENTS**

Smart Balance – Butter – Grape Jelly Strawberry Jam – Honey – Lemon Juice Cream Cheese – Lite Cream Cheese – Salt – Pepper Herb Seasoning – Syrup – Diet Syrup – Sugar Equal – Splenda – Sweet & Low



# **LUNCH & DINNER**

## (Please Choose 1 Main Course)

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce Oven Roasted Turkey Served with Gravy Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon

Home Made Meatloaf Served with Gravy Sliced Roast Beef with Mushroom Gravy Marinated Chicken Breast

Macaroni & Cheese: Served in a Creamy Cheese Sauce

**Oven-Baked Chicken Tenders** 

### **FROM THE GRILL:**

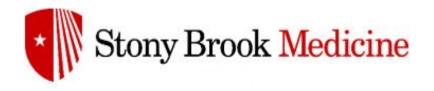
Hamburger - Turkey Burger (Antibiotic - Free!) Swiss Cheese Burger - Grilled Swiss Cheese Sandwich Choice of Toppings: Lettuce – Sautéed Onion – Sautéed Mushrooms American Cheese - Swiss Cheese Choice of Bread: Seedless Rye - Whole Wheat White - Hamburger Bun

#### PASTA BAR

**Choice of Pasta:** Penne - Linguini Gluten-Free Red Lentil Rotini **Add:** Diced Marinated Chicken - Mixed Vegetables **Choice of Sauce:** Garlic & Extra Virgin Olive Oil Butter Sauce

### **DELI SPECIALS:**

Choose of (1) Protein: Roast Beef – Turkey Chicken Salad - Tuna Salad Choice of Bread: Seedless Rye - Kaiser Roll White Bread – Wheat Bread - Tortilla Wrap Choice of Toppings: Lettuce - Swiss Cheese



# **SIDE ITEMS**

# **DESSERTS**

Penne - Brown Rice - Steamed White Rice - Stuffing Baby Carrots – Broccoli - Corn - Green Beans Whole Wheat Dinner Roll - Whole Wheat Crackers Macaroni and Cheese - GF Red Lentil Pasta

## **SIDES SALADS:**

Garden – Vegetable Sticks Cucumber Slices - Macaroni Salad

**Dressings:** Olive Oil - Red Wine Vinegar Lite Ranch - Lite Italian BAKERY (please choose 1)

Lemon Pound Cake Peach & Pear Cobble Angel Food Cake (Plain or Add Melba Sauce)

Chilled Fruit: Peaches – Pears – Applesauce

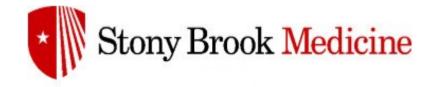
Whole Fruit: Apple - Grapes

**Cookies:** Lorna Doone – Fig Newtons Graham Crackers - Oatmeal Raisin Cookies

**Gelatin:** (Regular or Sugar-Free) Strawberry - Orange

Ice Cream: Vanilla – Sugar Free Vanilla

Italian Ice: Cherry – Lemon – Orange



## **RENAL DIET**

Your physician has ordered a potassium restricted diet for you. A sodium, protein, phosphorus and/or fluid restriction may also have been ordered.

- Potassium is a mineral found in most foods especially fruits, vegetables and many dairy products and therefore these foods are limited on this diet.
- Sodium is also found in most foods and is especially concentrated in salt, processed and convenience foods such as cold cuts, hot dogs, sausage canned soups and TV dinners
  - Protein is found mostly in meats, poultry, fish, dairy products and legumes. Vegetables and grains provide smaller amounts.
- Phosphorus is abundantly found in dairy products, nuts, legumes, meats, poultry, and fish.

# 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.

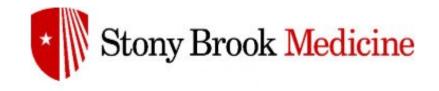
The Department of Food and Nutrition is here to provide you with excellent service. Feel free to let your Room Service Associate know how we can help meet your food service needs.

#### **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.

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

4/22



Room Number:\_\_\_\_\_ Date:\_\_\_\_\_

Name:\_\_\_\_\_

Diet:\_\_\_\_\_