

Beverages



Juices (1): Orange ♥, Apple R ♥, Grape R ♥
 Milk: Skim R ♥, 2% R, Whole R
 Coffee R ♥, Hot Tea R ♥, Iced Tea R ♥
 Sugar Free Hot Chocolate ♥ (1)
 Lemonade R ♥ (1)



breakfast chef specials

(Available 7:00 a.m. – 8:30 a.m.)

- Sunday** **Home-style Scrambled Eggs***
Served with Peaches and Oatmeal R (2)
- Monday** **Cornflakes**
Served with Grapes and English Muffin R ♥ (4)
- Tuesday** **Home-style Scrambled Eggs***
Served with Sliced Peaches and Oatmeal R (2)
- Wednesday** **Pancakes with Scrambled Eggs***
Served with Peach Slices R (3)
- Thursday** **Home-style Scrambled Eggs***
Served with Rice Krispies and Fruit Cup R (2)
- Friday** **Cheerios**
Served with Fruit Cup and Toasted Bagel R ♥ (4)
- Saturday** **Home-style Scrambled Eggs***
Served with Oatmeal and Sliced Peaches R (2)

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Lunch chef specials

(Available 11:30 a.m. – 1:00 p.m.)

- Sunday** **Pesto Penne Pasta Tossed with Grilled Chicken**
Served with House Salad R ♥ (2)
- Monday** **Meatloaf with Mushroom Gravy**
Served with Red Skin Whipped Potatoes and Steamed Broccoli R (2)
Substitute Rice for Potatoes on Renal Diet
- Tuesday** **Grilled Chicken Pita**
Served with Green Beans and Garden Salad R ♥ (2)
- Wednesday** **Braised Eye Round of Beef**
Served with Mashed Potatoes and Sautéed Zucchini with Pimento R ♥ (2)
Substitute Rice for Potatoes on Renal Diet
- Thursday** **Roast Turkey with Dressing**
Served with Cut Green Beans R ♥ (2)
- Friday** **Turkey & Roasted Red Pepper Wrap**
Served with a Mixed Greens Salad R ♥ (2)
- Saturday** **Herbed Turkey Breast**
Served with Red Skin Whipped Potatoes and Seasoned Broccoli R ♥ (2)
Substitute Noodles for Potato on Renal Diet



dinner chef specials

(Available 4:30 p.m. – 6:00 p.m.)

- Sunday** **Hamburger Steak**
Served with a Whipped Potato and Cut Green Beans R ♥ (1)
Substitute Rice for Potato for Renal Diet
- Monday** **Oven Fried Chicken**
Served with Baked Macaroni & Cheese and Greens R (2)
Substitute Buttered Noodles & Carrots for Renal Diet
- Tuesday** **Breaded Chicken Breast**
Served with Yellow Rice and California Blend Vegetables R ♥ (1)
- Wednesday** **Herb Roasted Style Chicken**
Served with Rotini Pasta and Sugar Snap Peas R ♥ (2)
- Thursday** **Asian Beef Pepper Steak over Steamed Rice**
Served with a Garden Green Salad R ♥ (2)
- Friday** **Fresh Catch of the Day**
Served with Garlic Roasted Potatoes and a Medley of Vegetables R (1)
Substitute Buttered Noodles for Renal Diet
- Saturday** **Shepherds Pita**
Served with a Healthy Garden Salad R ♥ (2)



To Place Your Request

Please Dial 840

Your Order should Arrive within 45 minutes

Hours of Service 7:00 a.m. until 7:30 p.m.

SO THAT YOU ARE ALWAYS SATISFIED WE'RE HERE TO CATER TO YOU.

Some foods may be restricted due to your diet prescription

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Eye Openers

Cereals And Yogurt

- Grits R ♥ (1)
- Oatmeal R ♥ (1)
- Rice Krispies R ♥ (1)
- Corn Flakes R ♥ (1)
- Fruited Yogurt ♥ (1)
- Cheerios R ♥ (1)
- Puffed Rice R ♥ (1/2)
- Raisin Bran ♥ (2)
- Frosted Flakes R ♥ (2)

Bakery And Breads

- Biscuit (1)
- Plain Bagel R ♥ (1)
- Cinnamon Raisin Bagel R ♥ (1)
- Blueberry Muffin R (2)
- Banana Bread (2)
- Bran Muffin (2)
- English Muffin R ♥ (2)
- White Toast R ♥ (1)
- Wheat Toast R ♥ (1)
- Pita Bread R ♥ (2)

Breakfast Entrees

- *Scrambled Eggs ♥
- Pancakes R ♥ (2)
- French Toast R ♥ (2)
- Healthy Breakfast Sandwich ♥ (2)
- Biscuit with Gravy (2)
- Bacon Strips
- Sausage
- Hash Browns ♥ (1)

Create Your Own Omelet *

- Ham
- Mushrooms R ♥
- Green Peppers R ♥
- Onions R ♥
- Cheddar Cheese
- Mozzarella Cheese ♥

	Per Meal	Evening Snack
1400 - 1600 Calories	4 Carbs	1 Carb
1800 - 2000 Calories	5 Carbs	1 Carb
2100 - 2200 Calories	5 Carbs	2 Carbs
2300 - 2500 Calories	6 Carbs	2 Carbs
2600 - 2800 Calories	7 Carbs	2 Carbs

* Egg Substitute available on request ♥

Main Fare

Entrée

- Sliced Roast Turkey R ♥
- Marinated Grilled Chicken Breast R ♥
- Chopped Steak R ♥
- Fresh Catch of the Day R ♥
- Hot Meatloaf Sandwich R ♥ (2)
- Vegetable Stir Fry R ♥ (1)
- Chicken Stir Fry R ♥ (1)
- Kabsa - Halal (2)
- Spaghetti with Meat Balls (3)
- Spaghetti with Marinara Sauce ♥ (3)

Entrée Salads

- Grilled Chicken Caesar Salad R ♥
- Chef Salad ♥
- Fruit & Cottage Cheese Plate with a Roll ♥ (2)

- Salad Dressings: Italian R or Caesar R
- Fat-Free Dressings: Ranch ♥, Italian R ♥

On the Side

- Tossed Salad ♥ (1)
- Pasta Salad (1)
- Coleslaw (1)
- Flavored Gelatin ♥ (1)
- Fruited Gelatin ♥ (2)
- Humus ♥
- Vegetable (1)
- Chicken Noodle (1)
- Low Sodium of the Day R ♥ (1)
- Tomato (1)
- Chicken Broth
- Beef Broth

Soups

Accompaniments

- Mashed Potatoes ♥ (1)
- Macaroni & Cheese (1)
- Rice R ♥ (1)
- Seasoned Carrots R ♥
- Seasoned Green Beans R ♥
- Vegetable Medley R ♥
- Sauteed Turnip Greens ♥
- Dinner Roll ♥ (1)
- Cornbread (1)

Hot Picks

Fresh From the Grill

- Grilled Chicken Sandwich R ♥ (2)
- Grilled Hamburger R ♥ (2)
- Grilled Cheeseburger (2)
- Fried Chicken Tenders (2)
- Gyro - Lamb or Chicken (2)
- Grilled Cheese Sandwich (2)
- Veggie Burger R ♥ (3)
- Fish Sandwich R (2)
- French Fries (2)

Create Your Own Personal Pizza (3)

- Cheese
- Pepperoni
- Veggie

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Please Dial 840

Your Order should Arrive within 45 minutes
Hours of Service 7:00 a.m. until 7:30 p.m.

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Fresh Deli Made

- Halal Chicken Pita R ♥ (2)
- Italian Sub Sandwich (3)
- Roasted Vegetable Wrap R ♥ (2)
- Turkey on Wheat R ♥ (2)
- Roast Beef & Cheddar on a Kaiser Roll R ♥ (2)

Finishing Touches

Dessert

- Orange Sherbet R ♥ (2)
- Vanilla Ice Cream (1)
- Chocolate Ice Cream (1)
- Vanilla Pudding ♥ (2)
- Chocolate Pudding (2)
- Fruit Cobbler R (3)
- Chocolate Cake (3)
- Strawberry Shortcake R ♥ (2)
- Chocolate Brownie (2)
- Home-style Cookies (2)
- Sugar-Free Jello ♥ (1)
- Sliced Pears R ♥ (1)

Fruits

- Orange ♥ (1)
- Apple R ♥ (1)
- Banana ♥ (1)
- Applesauce R ♥ (1)
- Peaches R ♥ (1)
- Seasonal Fresh Fruit Cup R ♥ (1)

Your meal includes one Entree, Soup or Salad,
two Accompaniments, Dessert and two Beverages.

Guest Trays (\$6.00) are available when ordering a Patient Meal.
Guest Tray cards may be purchased in the Cafe located on the first floor. Please present it to the server when your tray is delivered.

♥ = Cardiac
R = Renal
() = Number of Carbohydrates