Meals Service Times

- Breakfast: 7:45 to 9:30 a.m.
- Lunch: 11:45 a.m. to 1 p.m.
- Dinner: 4:30 to 6 p.m.

How To Place Your Order

There are 2 ways to place your order:

1. Our dietary staff will personally contact you each day for your meal selections.
2. You may call Ext. 4420 to place an order.

Hand Hygiene
We provide a hand wipe with your meal tray so that you can clean your hands before you enjoy your meal.

Special Food Request
If you have a food allergy/intolerance or other special dietary needs, please contact the Diet Office at Ext. 4420.

Guest trays are available for an additional fee.

Dining After Hours
If you would like something to eat after regular meal service times, please ask your nurse about the options available to you.

Special Diets

Consistent Carbohydrate Diet
This diet provides a consistent amount of carbohydrates (carbs) at each meal to help control blood sugar. Choose the number of carb servings indicated in your diet order when selecting meals. Your selections may be edited to meet your carb order.

The number of carb servings is indicated beside menu items that contain carbs.

1 carb serving = 15 grams of carbohydrates

<table>
<thead>
<tr>
<th>Consistent Carbohydrate (Carb) Diets</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liberalized</td>
<td>3-5 carbs</td>
<td>3-5 carbs</td>
<td>3-5 carbs</td>
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<tr>
<td>Low</td>
<td>3 carbs</td>
<td>3 carbs</td>
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<tr>
<td>Standard</td>
<td>4 carbs</td>
<td>4 carbs</td>
<td>4 carbs</td>
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<tr>
<td>High</td>
<td>5 carbs</td>
<td>5 carbs</td>
<td>5 carbs</td>
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</tbody>
</table>

Cardiac/Heart-Healthy Diet
This diet is lower in fat and sodium. It is recommended that you choose items designated with a heart symbol (♥).

All of our menu offerings can be incorporated into a general healthful diet if they are consumed in appropriate portions.

The nutritional content of the menu items, to include the carb numbers, may vary due to food product changes.
## Breakfast

### JUICE
- Orange ♥ (1 carb)
- Apple ♥ (1 carb)
- Cranberry ♥ (1 carb)
- Grape ♥ (1 carb)
- Prune ♥ (1 carb)
- V8® (½ carb)

### FRUIT
- Banana ♥ (2 carbs)
- Canned Fruit Cup ♥ (1 carb)
- Fresh Orange ♥ (1 carb)
- Fresh Fruit Cup ♥ (1 carb)
- Mandarin Oranges ♥ (1 carb)
- Canned Fruit Cup ♥ (1 carb)
- Mandarin Oranges ♥ (1 carb)

### HOT AND COLD CEREALS
- Oatmeal ♥ (1 carb) with Brown Sugar (add 1 carb)
- Rice Krispies® ♥ (1 carb)
- Mini-Wheats® ♥ (2 carbs)
- Creamy Wheat Farina ♥ (1 carb)
- Raisin Bran® ♥ (2 carbs)
- Frosted Flakes® ♥ (1½ carbs)

### YOGURT
- Fruited Yogurt
  - Strawberry ♥ (1½ carbs)
  - Peach ♥ (1½ carbs)
  - yogurt whip
  - Orange Crème ♥ (1½ carbs)
  - Strawberry ♥ (1½ carbs)
- Light Yogurt
  - Vanilla ♥ (1 carb)

### HOT ENTREES
- Scrambled Eggs
- Low-cholesterol Scrambled Eggs ♥
- Belgian Waffle (2 carbs)
- Cinnamon French Toast ♥ (1½ carbs)
- Breakfast Sandwich on an English Muffin (2 carbs)
  - Egg and Cheese
  - Bacon, Egg, and Cheese

### SIDES
- Bacon Strips
- Turkey Sausage Links
- Low-fat Cottage Cheese
- Hard Cooked Egg
### Breakfast (continued)

**BAKERY**
- English Muffin ♥ (2 carbs)
- Plain Bagel ♥ (2 carbs)
- Blueberry Muffin (2 carbs)
- Whole Wheat Bread ♥ (1 carb)
- White Bread ♥ (1 carb)
- Low-fat Banana Nut Muffin ♥ (2½ carbs)

**ACCOMPANIMENTS**
- Margarine
- Lite Cream Cheese
- Peanut Butter (½ carb)
- Assorted Jelly (½ carb)
- Syrup (2 carbs)
- Ketchup
- Assorted Diet Jelly
- Diet Syrup

### Lunch and Dinner

**HOT ENTREES**
- Roast Turkey Breast with Gravy ♥ (½ carb)
- Baked Chicken Breast ♥
- Baked Tilapia ♥
- Baked Tilapia ♥
- Salisbury Steak with Gravy (½ carb)
- Beef Pot Roast ♥
- Swiss Steak (1 carb)
- Macaroni and Cheese Casserole (1½ carbs)
- Potato-crusted Cod (½ carb)

**STARCHES**
- Mashed Potatoes ♥ (1 carb)
- Bread Stuffing (1½ carbs)
- Potato Wedges (1½ carbs)
- Macaroni and Cheese (1 carb)
- Herb Roasted Red Skin Potatoes ♥ (1½ carbs)
- Steamed Rice ♥ (1 carb)
- Roasted Sweet Potatoes ♥ (1 carb)
- Seashell Noodles ♥ (1 carb)

**VEGETABLES**
- Cut Green Beans ♥ (½ carb)
- Whole Kernel Corn ♥ (1 carb)
- Sliced Carrots ♥ (½ carb)
- Stewed Tomatoes (½ carb)
- Broccoli Florets ♥ (½ carb)
## Lunch and Dinner (continued)

### SOUPS
- Chicken Noodle ♥ (½ carb)
- Potato Chowder (½ carb)
- Cream of Tomato (1½ carbs)
- Garden Vegetable (½ carb)
- Beef Broth
- Chicken Broth

### ENTREE SALADS
- Traditional Chef Salad (½ carb)
  - Dressing: Lite Italian or Lite Ranch (add ½ carb)
- Grilled Chicken Salad ♥ (½ carb)
  - Dressing: Lite Italian or Lite Ranch (add ½ carb)
- Cottage Cheese and Fresh Fruit Plate ♥ (2 carbs)
- Large Garden Salad ♥

### HOT SANDWICHES
- Hot Roast Turkey Sandwich with Gravy ♥ (1 carb)
- Hot Roast Beef Sandwich with Gravy ♥ (1 carb)
- Grilled Cheese (2 carbs)
- Hamburger (2 carbs)
- Cheeseburger (2 carbs)
- Grilled Chicken Sandwich ♥ (1½ carbs)

### COLD SANDWICHES
Sandwiches are made on your choice of Whole Wheat (1½ carbs) or Italian Bread (2 carbs).
- Turkey Sandwich ♥
- Turkey and Provolone Sandwich
- Peanut Butter and Jelly Sandwich (3 carbs)
- Chicken Salad Sandwich
- Tuna Salad Sandwich
- Egg Salad Sandwich

### ACCOMPANIMENTS
- Lettuce and Tomato
- Dill Pickles
- Red Onions
### Lunch and Dinner (continued)

#### SIDE SALADS

<table>
<thead>
<tr>
<th>Salad</th>
<th>Dressings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garden Salad ♥</td>
<td>Italian, Ranch, or French</td>
</tr>
<tr>
<td>Coleslaw (½ carb)</td>
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</tr>
<tr>
<td>Cottage Cheese and Peaches ♥ (1 carb)</td>
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</tr>
<tr>
<td>Hard Cooked Egg</td>
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</tr>
</tbody>
</table>

#### BAKERY

<table>
<thead>
<tr>
<th>Bread</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinner Roll ♥ (1 carb)</td>
<td></td>
</tr>
<tr>
<td>Whole Wheat Bread ♥ (1 carb)</td>
<td></td>
</tr>
<tr>
<td>White Bread ♥ (1 carb)</td>
<td></td>
</tr>
<tr>
<td>Plain Bagel ♥ (2 carbs)</td>
<td></td>
</tr>
<tr>
<td>Saltine Crackers (3 packets = 1 carb)</td>
<td></td>
</tr>
<tr>
<td>Unsalted Soda Crackers ♥ (3 packets = 1 carb)</td>
<td></td>
</tr>
<tr>
<td>Low-fat Banana Nut Muffin ♥ (2½ carbs)</td>
<td></td>
</tr>
<tr>
<td>Blueberry Muffin (2 carbs)</td>
<td></td>
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</tbody>
</table>

#### CONDIMENTS

<table>
<thead>
<tr>
<th>Condiment</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td></td>
</tr>
<tr>
<td>Mrs. Dash®</td>
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<tr>
<td>Margarine</td>
<td></td>
</tr>
<tr>
<td>Lite Cream Cheese</td>
<td></td>
</tr>
<tr>
<td>Peanut Butter (½ carb)</td>
<td></td>
</tr>
<tr>
<td>Assorted Jelly (½ carb)</td>
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<tr>
<td>Assorted Diet Jelly</td>
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</tr>
<tr>
<td>Lemon</td>
<td></td>
</tr>
<tr>
<td>Ketchup</td>
<td></td>
</tr>
<tr>
<td>Mustard</td>
<td></td>
</tr>
<tr>
<td>Lite Mayo</td>
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</tr>
<tr>
<td>Barbecue Sauce (1 carb)</td>
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</tr>
<tr>
<td>Sour Cream</td>
<td></td>
</tr>
<tr>
<td>Tartar Sauce</td>
<td></td>
</tr>
<tr>
<td>Margarine</td>
<td></td>
</tr>
<tr>
<td>Lite Cream Cheese</td>
<td></td>
</tr>
</tbody>
</table>
## Desserts

### FRUIT
- Applesauce ♥ (1 carb)
- Peach Slices ♥ (1 carb)
- Pear Slices ♥ (1 carb)
- Mandarin Oranges ♥ (1 carb)
- Pineapple Tidbits ♥ (1 carb)
- Banana ♥ (2 carbs)
- Fresh Apple ♥ (1 carb)
- Red Grapes ♥ (1 carb)
- Fresh Fruit Cup ♥ (1 carb)

### COOKIES
- Chocolate Chip Cookie (1 carb)
- SnackWell’s® Vanilla Cookies ♥ (1 carb)
- Shortbread Cookies (1 ½ carbs)

### CAKE AND PIE
- Angel Food Cake ♥ (1 ½ carbs)
- Apple Pie (3 carbs)
- Bread Pudding Bites ♥ (2 carbs)
- Chocolate Layer Cake (2 ½ carbs)

### YOGURT
- Fruited Yogurt
  - Strawberry ♥ (1 ½ carbs)
  - Peach ♥ (1 ½ carbs)
- Yogurt Whips
  - Orange Crème ♥ (1 ½ carbs)
  - Strawberry ♥ (1 ½ carbs)
- Light Yogurt
  - Vanilla ♥ (1 carb)

### PUDDING
- Vanilla ♥ (1 ½ carbs)
- Chocolate ♥ (1 ½ carbs)
- Diet Vanilla ♥ (1 carb)

### GELATIN
- Orange ♥ (1 ½ carbs)
- Diet Orange ♥
- Strawberry ♥ (1 ½ carbs)

### FROZEN DESSERTS
- Ice Cream
  - Vanilla (1 carb)
  - Chocolate (1 carb)
- Fruit Ice
  - Orange ♥ (1 ½ carbs)
  - Raspberry ♥ (2 carbs)
- Frozen Yogurt
  - Vanilla ♥ (1 carb)
- Sherbet
  - Orange ♥ (1 ½ carbs)
Beverages

**COFFEE**

Regular

Decaf ♥

**TEA**

Regular

Decaf ♥

Black

Green

**ACCOMPANIMENTS**

Sugar (2 packets = ½ carb)  
Sweet’N Low® or Splenda®

Creamer

**HOT COCOA**

Regular (1 carb)

**MILK**

Skim ♥ (1 carb)  
Fat-free Chocolate Milk (1½ carbs)

2% (1 carb)  
Vanilla Soy ♥ (1 carb)

**SODA**

Pepsi® (2 carbs)  
Ginger Ale (1½ carbs)

Diet Pepsi®  
Diet Ginger Ale

Sierra Mist® (2 carbs)

**OTHER**

Diet Iced Tea  
Sweetened Iced Tea (1½ carbs)

Diet Decaf Iced Tea  
Lemonade (2 carbs)

**CROSSWORD PUZZLE ANSWERS**

Across

2. Water  
19. Vitamin D  
15. Dehidrat

4. Omega  
21. Omega  
20. Tea

24. East  
14. Olive

13. Spinach  
11. BLT  
10. Fiber

7. Cheese  
2. Cheese  
1. Clark

Down

6. Carbohydrate  
5. Shrimp  
8. Zucchini
ACROSS:

4. Type of fat in processed food you should avoid.
7. Almost 10% of the U.S. population has this disease associated with obesity.
10. Beans, berries, and brussels sprouts are good sources of ____________.
11. This sandwich became popular after WWII when fresh lettuce and tomatoes became available year round.
13. Leafy green vegetable with high iron content.
14. Healthy oil used in Mediterranean cooking.
15. Credible nutrition education is available from your Registered ____________.
19. The major source of this vitamin for most humans is sun exposure, yet deficiency is widespread.
22. Healthier alternative to sugar-sweetened beverages.
23. Sugar in milk that many people have difficulty digesting.

DOWN:

1. Famous candy bar that originated in Pittsburgh.
2. The 1% of Americans who have Celiac Disease need to avoid this protein.
3. The oldest of all man-made foods.
5. The most popular seafood consumed in the U.S.
6. The healthy version of this nutrient should supply most of the energy your body needs on a daily basis.
8. Popular summer squash whose flowers are edible.
9. Coconut oil and palm oil are ________ fats.
12. A recommended diet that includes a variety of foods.
13. Reducing the amount of this mineral in your diet can help you keep your blood pressure at a healthy level.
16. A high consumption of sugar is directly linked to _______ decay.
17. A fruit with healthy fat that has twice as much potassium as a banana.
18. Calculated number used to estimate body fatness based on height and weight.
20. After water, it is the most widely consumed beverage in the world.
21. Flaxseed is a good source of this heart-healthy ________-3 fatty acids.
24. The protein found in this food is the highest quality of protein found in any food.