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 Requests
If you have a food allergy/intolerance or other special dietary needs, please contact the call center at 3636.

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.

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.

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. Carbohydrate counts are subject to change.

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</td>
<td>3-5</td>
</tr>
<tr>
<td>Low</td>
<td>3 carbs</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Standard</td>
<td>4 carbs</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>High</td>
<td>5 carbs</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

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

*Price is subject to change at any time.
# Breakfast
Available 7 to 10:30 a.m.

## JUICE
- Orange ♥ (1 carb)
- Apple ♥ (1 carb)
- Cranberry ♥ (1 carb)
- Prune ♥ (1½ carbs)
- Grape ♥ (1 carb)
- V8® (½ carb)
- Cranberry ♥ (1 carb)
- V8® (½ carb)
- Orange ♥ (1 carb)
- Apple ♥ (1 carb)

## FRUIT
- Banana ♥ (2 carbs)
- Mandarin Oranges ♥ (1 carb)
- Fresh Fruit Cup ♥ (1 carb)
- Stewed Prunes ♥ (1 carb)
- Canned Fruit Cup ♥ (1 carb)
- Applesauce ♥ (1 carb)
- Fresh Orange ♥ (1 carb)
- Peaches ♥ (1 carb)
- Pears ♥ (1 carb)

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

## YOGURT
- Fruited Yogurt
  - Strawberry ♥ (1½ carbs)
  - Peach ♥ (1½ carbs)
- Light Yogurt
  - Vanilla ♥ (1 carb)
  - Strawberry Banana ♥ (1 carb)
- Greek Yogurt
  - Vanilla ♥ (½ carb)
  - Strawberry ♥ (1 carb)

## HOT ENTREES
- Scrambled Eggs
- Low-cholesterol Scrambled Eggs ♥
- Cinnamon French Toast ♥ (1½ carbs)
- Buttermilk Pancakes (2½ carbs)
- Create Your Own Omelet
  - Eggs – Whole, Low-cholesterol ♥
  - Cheese – Cheddar, Swiss, American
  - Vegetables ♥ – Peppers, Mushrooms, Spinach, Tomatoes, Onions
  - Meats – Bacon, Ham, Turkey Sausage

## SIDES
- Turkey Sausage Links
- Low-fat Cottage Cheese
  - Small ♥ or Large
- Hard Cooked Egg
- Bacon Strips
- Breakfast Potatoes ♥ (1 carb)
Breakfast (continued)

**BAKERY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>English Muffin</td>
<td>2 carbs</td>
</tr>
<tr>
<td>Plain Bagel</td>
<td>2 carbs</td>
</tr>
<tr>
<td>Cinnamon Raisin Bagel</td>
<td>2½ carbs</td>
</tr>
<tr>
<td>Whole Wheat Toast</td>
<td>1 carb</td>
</tr>
<tr>
<td>White Toast</td>
<td>1 carb</td>
</tr>
<tr>
<td>Italian Toast</td>
<td>1 carb</td>
</tr>
<tr>
<td>Low-fat Banana Nut Muffin</td>
<td>2½ carbs</td>
</tr>
<tr>
<td>Apple Cinnamon Muffin</td>
<td>2 carbs</td>
</tr>
<tr>
<td>Blueberry Crumb Cake</td>
<td>2 carbs</td>
</tr>
</tbody>
</table>

**ACCOMPANIMENTS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Margarine or Butter</td>
<td></td>
</tr>
<tr>
<td>Lite Cream Cheese</td>
<td></td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>½ carb</td>
</tr>
<tr>
<td>Assorted Jelly</td>
<td>½ carb</td>
</tr>
<tr>
<td>Syrup</td>
<td>2 carbs</td>
</tr>
<tr>
<td>Ketchup</td>
<td></td>
</tr>
<tr>
<td>Assorted Diet Jelly</td>
<td></td>
</tr>
<tr>
<td>Diet Syrup</td>
<td></td>
</tr>
<tr>
<td>Hot Sauce</td>
<td></td>
</tr>
</tbody>
</table>

Lunch and Dinner Available 11 a.m. to 7 p.m.

**HOT ENTREES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast Turkey Breast with Gravy</td>
<td>½ carb</td>
</tr>
<tr>
<td>Baked Chicken Breast</td>
<td></td>
</tr>
<tr>
<td>Stuffed Chicken Breast with Gravy</td>
<td>2 carbs</td>
</tr>
<tr>
<td>Chicken Tenders</td>
<td>1½ carbs</td>
</tr>
<tr>
<td><em>Sauces: BBQ or Honey Mustard</em> (add 1 carb)</td>
<td></td>
</tr>
<tr>
<td>Macaroni and Cheese Casserole</td>
<td>1½ carbs</td>
</tr>
<tr>
<td>Penne Pasta with Marinara Sauce</td>
<td>3 carbs</td>
</tr>
<tr>
<td>Baked Salmon</td>
<td></td>
</tr>
<tr>
<td>Potato-crusted Cod</td>
<td>½ carb</td>
</tr>
<tr>
<td>Crumb-topped Tilapia</td>
<td>½ carb</td>
</tr>
<tr>
<td>Salisbury Steak with Gravy</td>
<td>½ carb</td>
</tr>
<tr>
<td>Beef Pot Roast</td>
<td></td>
</tr>
<tr>
<td>Baked Tilapia</td>
<td></td>
</tr>
</tbody>
</table>

**STARCHES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mashed Potatoes with Gravy</td>
<td>1 carb</td>
</tr>
<tr>
<td>with Gravy (add ½ carb)</td>
<td></td>
</tr>
<tr>
<td>Potato Wedges</td>
<td>½ carb</td>
</tr>
<tr>
<td>Herb Roasted Red Skin Potatoes</td>
<td>1½ carbs</td>
</tr>
<tr>
<td>Roasted Sweet Potatoes</td>
<td>1 carb</td>
</tr>
<tr>
<td>Bread Stuffing</td>
<td>1½ carbs</td>
</tr>
<tr>
<td>Steamed Rice</td>
<td>1 carb</td>
</tr>
<tr>
<td>Penne Pasta with Marinara Sauce</td>
<td>1 carb</td>
</tr>
<tr>
<td>with Marinara Sauce (add ½ carb)</td>
<td></td>
</tr>
</tbody>
</table>

**VEGETABLES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Beans</td>
<td>½ carb</td>
</tr>
<tr>
<td>Sliced Carrots</td>
<td>½ carb</td>
</tr>
<tr>
<td>Broccoli Florets</td>
<td>½ carb</td>
</tr>
<tr>
<td>Key West Mixed Vegetables</td>
<td>½ carb</td>
</tr>
</tbody>
</table>
Lunch and Dinner (continued)

**SOUPS**
- Chicken Noodle ♥ (½ carb)
- Cream of Tomato (1½ carbs)
- Cream of Mushroom (1 carb)

**ENTREE SALADS**
*Dressings: Lite Italian, Lite Ranch (add ½ carb), Lite French (add 1 carb), Oil and Vinegar ♥*
- Traditional Chef Salad (½ carb)
- Turkey Chef Salad ♥ (½ carb)
- Trio Salad Platter (1½ carbs)  
  (Chicken, Tuna, and Egg Salads with Crackers)
- Large Garden Salad ♥ (½ carb)
- Spinach Salad ♥
- Grilled Chicken Salad ♥ (½ carb)
- Cottage Cheese and Fresh (or Canned) Fruit Plate ♥ (2½ carbs)
- Hummus ♥ (½ carb)

**HOT SANDWICH ENTREES**
- Hot Roast Turkey Sandwich with Gravy ♥ (1 carb)
- Hot Roast Beef Sandwich with Gravy ♥ (1 carb)
- Grilled Chicken Sandwich on a Wheat Bun ♥ (1½ carbs)
- Grilled Cheese on Italian, Wheat, or White Bread (2 carbs)
- Hamburger on a White or Wheat Bun ♥ (2 carbs)
- Cheeseburger on a White or Wheat Bun (2 carbs)
- Roasted Cauliflower and Quinoa Burger on a Wheat Bun ♥ (3 carbs)
- Three-cheese Flatbread Pizza (3½ carbs)

**COLD SANDWICH ENTREES**
- Create Your Own Sandwich
  - Bread – Italian ♥ (2 carbs), Whole Wheat ♥ (1½ carbs), Wheat Wrap ♥ (1½ carbs), White (2 carbs)
  - Bun – White ♥ (2 carbs) or Wheat ♥ (1½ carbs)
  - Cheese – Cheddar, Swiss, American
  - Meat – Turkey ♥, Ham, Roast Beef ♥, Chicken Salad ♥, Tuna Salad ♥, Egg Salad
  - Toppings – Lettuce ♥, Tomato ♥, Onions ♥, Dill Pickles
  - Condiments – Lite Mayo ♥, Mustard ♥, Ketchup, Relish
- Peanut Butter and Jelly Sandwich (3 carbs)
- Scoop of Chicken Salad ♥ with Crackers (1 carb)  
  or Low-sodium Crackers ♥
- Scoop of Tuna Salad ♥ with Crackers (1 carb)  
  or Low-sodium Crackers ♥
- Scoop of Egg Salad with Crackers (1 carb)  
  or Low-sodium Crackers ♥
### Lunch and Dinner (continued)

#### SIDE SALADS

- **Garden Salad ♥ or Spinach Salad ♥**
  
  *Dressing: Lite Italian, Lite Ranch (add ½ carb), Fat-free French (add 1 carb), or Oil and Vinegar*

- **Light Coleslaw ♥ (½ carb)**

- **Cottage Cheese**
  
  *Small ♥ or Large*

- **Carrot and Celery Sticks ♥ (½ carb)**

- **Potato Salad (1½ carbs)**

- **Cottage Cheese and Peaches ♥ (1½ carbs)**

- **Hard Cooked Egg**

#### BAKERY

- **Dinner Roll ♥ (1 carb)**

- **Whole Wheat Bread ♥ (1 carb)**

- **White Bread ♥ (1 carb)**

- **Saltine Crackers (3 packets = 1 carb)**

- **Unsalted Crackers ♥ (3 packets = 1 carb)**

#### CONDIMENTS

- **Salt**

- **Pepper ♥**

- **Mrs. Dash® ♥**

- **Margarine ♥ or Butter**

- **Lite Cream Cheese ♥**

- **Peanut Butter (½ carb)**

- **Assorted Jelly ♥ (½ carb)**

- **Assorted Diet Jelly ♥**

- **Lemon ♥**

- **Ketchup**

- **Mustard ♥**

- **Lite Mayo ♥**

- **Barbecue Sauce (1 carb)**

- **Tartar Sauce**

- **Parmesan Cheese**

- **Hot Sauce**

- **Relish**

- **Honey Mustard (1 carb)**

#### SNACKS

- **White Cheddar Popcorn (½ carb)**

- **Baked Potato Chips ♥ (1½ carbs)**

- **Pretzels (1 carb)**

- **Peanut Butter and Saltine Crackers (1 carb)**

- **Cheese and Crackers (1 carb)**

- **Graham Crackers ♥ (1 carb)**

Dial 3636 to place your order.
## Desserts

### FRUIT
- Applesauce ♥ (1 carb)
- Peach Slices ♥ (1 carb)
- Pear Slices ♥ (1 carb)
- Mandarin Oranges ♥ (1 carb)
- Banana ♥ (2 carb)
- Fresh Apple ♥ (1 carb)
- Red Grapes ♥ (1 carb)
- Fresh or Canned Fruit Cup ♥ (1 carb)
- Stewed Prunes ♥ (1 carb)
- Fresh Orange ♥ (1 carb)

### COOKIES
- Sugar Cookie (1 carb)
- Chocolate Chip Cookie (1 carb)
- Oatmeal Raisin Cookie (1 carb)
- SnackWell’s® Vanilla Cookies ♥ (1 carb)
- Shortbread Cookies (1½ carbs)
- Nabisco® Fig Newtons ♥ (2½ carbs)

### CAKE AND PIE
- Angel Food Cake ♥ (1½ carbs) with Strawberry Sauce (add 1 carb)
- Fudge Brownie (2½ carbs)
- Bread Pudding Bites ♥ (2 carbs)
- Apple Crisp ♥ (2½ carbs)
- Cheesecake (1½ carbs) with Strawberry Sauce (add 1 carb)

### YOGURT
- Fruited Yogurt
  - Strawberry ♥ (1½ carbs)
  - Peach ♥ (1½ carbs)
- Light Yogurt
  - Vanilla ♥ (1 carb)
  - Strawberry Banana ♥ (1 carb)
- Greek Yogurt
  - Vanilla ♥ (½ carb)
  - Strawberry ♥ (1 carb)

### PUDDING
- Vanilla ♥ (1½ carbs)
- Tapioca ♥ (1½ carbs)
- Diet Vanilla ♥ (1 carb)
- Diet Chocolate ♥ (1 carb)

### GELATIN
- Orange ♥ (1½ carbs)
- Strawberry ♥ (1½ carbs)
- Diet Orange ♥
- Diet Strawberry ♥

### FROZEN DESSERTS
- Ice Cream
  - Vanilla (1 carb)
  - Chocolate (1 carb)
  - Strawberry (1 carb)
- Frozen Yogurt
  - Vanilla ♥ (1 carb)
  - Sugar-free Popsicle® ♥
  - Fruit Juice Bar ♥ (½ carb)
- Sherbet
  - Orange ♥ (1½ carbs)
  - Raspberry ♥ (2 carbs)
- Fruit Ice
  - Orange ♥ (1½ carbs)
  - Raspberry ♥ (2 carbs)
  - Lemon ♥ (1½ carbs)
# Beverages

## COFFEE
- Regular
- Decaf

## TEA
- Regular
  - Black
  - Green
- Decaf
  - Black
  - Chamomile

## ACCOMPANIMENTS
- Sugar (2 packets = ½ carb)
- Half and Half Creamer
- Lemon
- Sweet’N Low® or Splenda®
- Non-dairy Creamer
- Honey (1 carb)

## HOT COCOA
- Regular (1 carb)
- Diet (½ carb)

## MILK
- Skim (1 carb)
- 1% (1 carb)
- 2% (1 carb)
- Fat-free Lactaid® (1 carb)
- Fat-free Chocolate Milk (1½ carbs)
- Milkshake
  - Chocolate (4 ½ carbs)
  - Vanilla (4 carbs)
  - Strawberry (5 carbs)
- Vanilla Soy (1 carb)

## SODA
- Pepsi® (2 carbs)
- Diet Pepsi®
- Ginger Ale (1½ carbs)
- Diet Ginger Ale

## JUICE
- Cranberry (1 carb)
- Grape (1 carb)
- Prune (1½ carbs)
- Apple (1 carb)
- Orange (1 carb)

## OTHER
- Unsweetened Iced Tea
- Diet Decaf Iced Tea
- Pink Lemonade (1½ carbs)
- Diet Lemonade

Dial 3636 to place your order.
# Clear Liquid Diet

## HOT BEVERAGES

<table>
<thead>
<tr>
<th>Coffee</th>
<th>Regular Tea</th>
<th>Decaf Tea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular</td>
<td>Black</td>
<td>Black ♥</td>
</tr>
<tr>
<td>Decaf ♥</td>
<td>Green</td>
<td>Chamomile ♥</td>
</tr>
</tbody>
</table>

## COLD BEVERAGES

**Juice**
- Cranberry ♥ (1 carb)
- Apple ♥ (1 carb)
- Grape ♥ (1 carb)
- Pink Lemonade ♥ (1½ carbs)

**Diet Lemonade ♥**
- Ginger Ale ♥ (1½ carbs)
- Diet Ginger Ale ♥
- Unsweetened Iced Tea ♥
- Diet Decaf Iced Tea ♥

## BROTH

<table>
<thead>
<tr>
<th>Chicken</th>
<th>Beef</th>
<th>Vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-sodium</td>
<td>Low-sodium</td>
<td></td>
</tr>
<tr>
<td>Chicken ♥</td>
<td>Beef ♥</td>
<td></td>
</tr>
</tbody>
</table>

---

# Full Liquid Diet

Includes all of the Clear Liquid offerings above plus the following:

## BEVERAGES

**Milk**
- Skim ♥ (1 carb)
- 1% ♥ (1 carb)
- 2% (1 carb)
- Fat-free Chocolate ♥ (1½ carbs)
- Fat-free Lactaid ® ♥ (1 carb)
- Vanilla Soy ♥ (1 carb)
- Hot Chocolate ♥ (1 carb)

**Juice**
- Orange ♥ (1 carb)
- V8® (½ carb)
- Prune ♥ (1½ carbs)
- Pepsi (2 carbs)
- Diet Pepsi

**Diet Hot Chocolate ♥ (½ carb)**

**Milkshake** (4 carbs)

**DESSERTS**

<table>
<thead>
<tr>
<th>Fruit Ice</th>
<th>Raspberry ♥ (2 carbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon ♥ (1½ carbs)</td>
<td></td>
</tr>
<tr>
<td>Orange ♥ (1½ carbs)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gelatin</th>
<th>Strawberry ♥ (1½ carbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange ♥ (1½ carbs)</td>
<td></td>
</tr>
<tr>
<td>Diet Orange ♥</td>
<td>Diet Strawberry ♥</td>
</tr>
</tbody>
</table>

| Sugar-free Popsicle® ♥ | Fruit Juice Bar ♥ (½ carb) |

## OTHER

- Sugar ♥ (2 pkt = ½ carb)
- Splenda® ♥
- Lemon Juice ♥
- Honey ♥ (1 carb)
- Sweet’N Low® ♥

## SOUP/CEREAL

<table>
<thead>
<tr>
<th>Cream of Wheat ♥ (1 carb)</th>
<th>Cream of Tomato Soup (1½ carbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>with Brown Sugar (add 1 carb)</td>
<td>Strained Cream of Mushroom Soup (1 carb)</td>
</tr>
</tbody>
</table>