There are 2 ways to place your order:
1. A meal service host will personally contact you each day for your meal selections.
2. If your host is unavailable, please contact the Diet Office at 664-2281 from a hospital phone for assistance.

Hand Hygiene
Hand wipes are available so you can clean your hands before you enjoy your meal.

Special Food Requests
Special menus are available for Kosher, Gluten-free, Renal, Low Sodium, GI (easy to digest), and Dental (easy to chew) diets.

Vegetarian selections are included throughout the menu.

If you have a food allergy/intolerance or other special dietary needs, please contact the Diet Office at 664-2281.

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>
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<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>High</td>
<td>5 carbs</td>
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<td>5 carbs</td>
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Cardiac/Heart-Healthy Diet
This diet is lower in fat and sodium. It is recommended that you choose items designated with a heart symbol (♥).
Breakfast

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

FRUIT
Banana ♥ (2 carbs)
Fresh Fruit Cup ♥ (1 carb)
Canned Fruit Cup ♥ (1 carb)
Stewed Prunes ♥ (1 carb)
Mandarin Oranges ♥ (1½ carbs)

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

YOGURT
Fruited Yogurt
Strawberry ♥ (1½ carbs)
Peach ♥ (1½ carbs)
Light Yogurt
Vanilla ♥ (1 carb)
Strawberry Banana ♥ (1 carb)
Yogurt Whips
Peach ♥ (1½ carbs)
Strawberry ♥ (1½ carbs)

HOT ENTREES
Scrambled Eggs
Low-cholesterol
Scrambled Eggs ♥
Cheese Omelet
Belgian Waffle (2 carbs)
Cinnamon French Toast ♥ (1½ carbs)

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

BAKERY
English Muffin ♥ (2 carbs)
Plain Bagel ♥ (2 carbs)
Blueberry Crumb Cake (2 carbs)
Low-fat Banana Nut Muffin ♥ (2½ carbs)
Glazed Donut (2 carbs)
Slice of White Bread (1 carb)
Slice of Wheat Bread ♥ (1 carb)

ACCOMPANIMENTS
Margarine or Butter
Lite Cream Cheese
Peanut Butter (½ carb)
Assorted Jelly (½ carb)
Assorted Diet Jelly
Syrup (2 carbs)
Diet Syrup
Ketchup
Hot Sauce

All breakfast items are offered 7 days a week.
# Sunday

## LUNCH

**Soup of the Day**  
Stuffed Pepper Soup (1 carb)  

**Salad**  
Coleslaw (½ carb)  

**Your Choice of Entrée**  
- Roast Turkey Breast with Gravy ♥ (½ carb)  
- Traditional Chef Salad (½ carb)  
  - Dressing: Lite Italian or Lite Ranch (add ½ carb)  
- Turkey Chef Salad ♥ (½ carb)  
  - Dressing: Lite Italian or Lite Ranch (add ½ carb)  

**Sides**  
- Bread Stuffing (1 ½ carbs)  
- Mashed Potatoes ♥ (1 carb)  
- Cut Green Beans ♥ (½ carb)  

**Desserts**  
- Peach Slices ♥ (1 carb)  
- Apple Pie (3 carbs)  

## DINNER

**Soup of the Day**  
Stuffed Pepper Soup (1 carb)  

**Salad**  
Garden Salad ♥  
  - Dressing: Italian, Ranch, or French  

**Your Choice of Entrée**  
- Lemon Chicken ♥ (½ carb)  
- Baked Salmon ♥  

**Sides**  
- Steamed Rice ♥ (1 carb)  
- Broccoli Florets ♥ (½ carb)  

**Desserts**  
- Sugar Cookie (1 carb)  
- Fresh Fruit Cup ♥ (1 carb)

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# Monday

## LUNCH

**Soup of the Day**  
Potato Chowder (1 ½ carbs)  

**Salad**  
Applesauce ♥ (1 carb)  

**Your Choice of Entrée**  
- Breaded Chicken Breast ♥ (1 carb)  
- Potato and Cheese Pierogies ♥ (4 carbs)  

**Sides**  
- Potato and Cheese Pierogies (1 ½ carbs)  
- Capri Blend Vegetables ♥ (½ carb)  
- Roasted Sweet Potatoes (1 carb)  

**Desserts**  
- Chocolate Pudding ♥ (1 ½ carbs)  
- Tropical Fruit Cup ♥ (1 carb)  

## DINNER

**Soup of the Day**  
Potato Chowder (1 ½ carbs)  

**Salad**  
Spinach Salad ♥  
  - Dressing: Italian, Ranch, or French  

**Your Choice of Entrée**  
- Meatloaf with Gravy (1 carb)  
- Ranch Turkey Wrap (1 ½ carbs)  

**Sides**  
- Parslied Potatoes ♥ (1 carb)  
- Sliced Carrots ♥ (½ carb)  

**Desserts**  
- Orange Sherbet ♥ (1 ½ carbs)  
- Pear Slices ♥ (1 carb)

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Please see pages 6 and 7 for items you may order for lunch and dinner any day of the week.  
Condiments and beverages are listed on page 8.
Tuesday

LUNCH
Soup of the Day
Beef Barley Soup ♥ (½ carb)

Salad
Mandarin and Beet Salad ♥ (½ carb)

Your Choice of Entrée
Hot Roast Beef Sandwich with Gravy ♥ (1 carb)
Trio Salad Platter (1½ carbs)
   (Chicken, Tuna, and Egg Salads with Crackers)

Sides
Mashed Potatoes ♥ (1 carb)
Mixed Vegetables ♥ (½ carb)

Desserts
Pineapple Tidbits ♥ (1 carb)
Chocolate Layer Cake (2½ carbs)

DINNER
Soup of the Day
Beef Barley Soup ♥ (½ carb)

Salad
Cottage Cheese and Peaches ♥ (1½ carbs)

Your Choice of Entrée
Stuffed Chicken Breast with Gravy (1 carb)
Crumb-topped Tilapia ♥ (½ carb)

Sides
Rice Pilaf ♥ (1 carb)
Whole Green Beans ♥ (½ carb)

Desserts
Vanilla Ice Cream (1 carb)
Fresh Fruit Cup ♥ (1 carb)

Wednesday

LUNCH
Soup of the Day
Cream of Tomato Soup (1½ carbs)

Salad
Garden Salad ♥
   Dressing: Italian, Ranch, or French

Your Choice of Entrée
Grilled Cheese Sandwich (2 carbs)
Beef Stew (1½ carbs)
   with a Biscuit (add 3 carbs)

Sides
Chopped Spinach ♥

Desserts
SnackWell’s® Vanilla Cookies ♥ (1 carb)
Applesauce ♥ (1 carb)

DINNER
Soup of the Day
Cream of Tomato Soup (1½ carbs)

Salad
Tropical Fruit Cup ♥ (1 carb)

Your Choice of Entrée
Swiss Steak ♥ (1 carb)
Roasted Vegetable Lasagna ♥ (1½ carbs)

Sides
Mashed Potatoes ♥ (1 carb)
Broccoli and Cauliflower ♥ (½ carb)

Desserts
Vanilla Pudding ♥ (1½ carbs)
Cherry Pie (3½ carbs)

Please see pages 6 and 7 for items you may order for lunch and dinner any day of the week.
Condiments and beverages are listed on page 8.
Thursday

LUNCH
Soup of the Day
Italian Wedding Soup (½ carb)

Salad
Potato Salad (1½ carbs)

Your Choice of Entrée
Hamburger (2 carbs)
Select: Lettuce and Tomato, Pickles, Onion, Ketchup, Mustard, Mayo
Chicken Parmesan (1 carb)

Sides
Penne Pasta with Marinara Sauce ♥ (1½ carbs)
Prince Charles Blend Vegetables ♥

Desserts
Chocolate Ice Cream (1 carb)
Fresh Fruit Cup ♥ (1 carb)

DINNER
Soup of the Day
Italian Wedding Soup (½ carb)

Salad
Garden Salad ♥
Dressing: Italian, Ranch, or French

Your Choice of Entrée
Beef Pot Roast ♥
Grilled Chicken Caesar Salad (1 carb)
Grilled Chicken Salad ♥ (½ carb)
Dressing: Lite Italian or Lite Ranch (add ½ carb)

Sides
Herb Roasted Red Skin Potatoes ♥ (1½ carbs)
Peas and Carrots ♥ (½ carb)

Desserts
Bread Pudding Bites ♥ (2 carbs)
Peach Slices ♥ (1 carb)

Friday

LUNCH
Soup of the Day
Garden Vegetable Soup (½ carb)

Salad
Coleslaw (½ carb)

Your Choice of Entrée
Macaroni and Cheese Casserole (1½ carbs)
Potato-crusted Cod ♥ (½ carb)

Sides
Rice Pilaf ♥ (1 carb)
Stewed Tomatoes (½ carb)
Broccoli Florets ♥ (½ carb)

Desserts
Fudge Brownie (2½ carbs)
Pear Slices ♥ (1 carb)

DINNER
Soup of the Day
Garden Vegetable Soup (½ carb)

Salad
Applesauce ♥ (1 carb)

Your Choice of Entrée
Hot Roast Turkey Sandwich with Gravy ♥ (1 carb)
Cottage Cheese and Fresh Fruit Plate ♥ (2½ carbs)

Sides
Mashed Potatoes ♥ (1 carb)
Whole Baby Carrots ♥ (½ carb)

Desserts
Shortbread Cookies (1½ carbs)
Strawberry Layer Cake (2 carbs)

Please see pages 6 and 7 for items you may order for lunch and dinner any day of the week. Condiments and beverages are listed on page 8.
Saturday

LUNCH

Soup of the Day
Broccoli Cheese Soup (1 carb)

Salad
Greek Salad
  Dressing: Italian, Ranch, or French

Your Choice of Entrée
Grilled Chicken Sandwich ♥ (1½ carbs)
Penne Pasta with Marinara Sauce ♥ (3 carbs)

Sides
Potato Wedges (1½ carbs)
Italian Blend Vegetables ♥ (1 carb)

Desserts
Chocolate Chip Cookie (1 carb)
Tapioca Pudding ♥ (1½ carbs)

DINNER

Soup of the Day
Broccoli Cheese Soup (1 carb)

Salad
Garden Salad ♥
  Dressing: Italian, Ranch, or French

Your Choice of Entrée
Salisbury Steak with Gravy ♥ (½ carb)
Chicken Tenders (1½ carbs)

Sides
Noodles ♥ (1 carb)
Key West Blend Vegetables ♥ (½ carb)

Desserts
Raspberry Sherbet ♥ (2 carbs)
Fresh Fruit Cup ♥ (1 carb)

Also Available

You may order these menu items for lunch and dinner any day of the week.

SOUP
Cream of Tomato Soup ♥ (1½ carbs)
Chicken Noodle Soup ♥ (½ carb)

CEREALS
Instant Oatmeal ♥ (1 carb)
Instant Cream of Wheat ♥ (1 carb)

HOT ENTRÉES
Baked Chicken Breast ♥
Baked Tilapia ♥
Macaroni and Cheese Casserole (1½ carbs)

SIDES
Mashed Potatoes ♥ (1 carb)
Steamed Rice ♥ (1 carb)
Noodles ♥ (1 carb)
Carrots ♥ (½ carb)
Green Beans ♥ (½ carb)
Garden Salad ♥
  Dressing: Italian, Ranch, or French

COLD ENTRÉES
Grilled Chicken Salad or
Large Garden Salad ♥ (½ carb)
  Dressing: Lite Italian or Lite Ranch (add ½ carb)
Cottage Cheese and Fresh Fruit Plate ♥ (2½ carbs)
Cottage Cheese and Canned Fruit Plate ♥ (2½ carbs)
Hummus with Pretzel Crackers ♥ (2 carbs)
Hard Cooked Egg

HOT SANDWICHES
Grilled Chicken on a Wheat Bun ♥ (1½ carbs)
Hamburger (2 carbs)
Cheeseburger (2 carbs)
Hot Dog (1½ carbs)
Garden Burger on a Wheat Bun (2½ carbs)
Roasted Cauliflower and Quinoa Burger on a Wheat Bun ♥ (3 carbs)
Grilled Cheese (2 carbs)

Accompaniments: Lettuce and Tomato, Pickles, Onion

Condiments and beverages are listed on page 8.
COLD SANDWICHES
Sandwiches are made on your choice of Whole Wheat (1\(\frac{1}{2}\) carbs) or Italian Bread (2 carbs).

- Turkey Sandwich ♥
- Turkey and Provolone Sandwich
- Chicken Salad Sandwich
- Scoop of Chicken Salad with Crackers (1 carb)
- Tuna Salad Sandwich
- Scoop of Tuna Salad with Crackers (1 carb)
- Egg Salad Sandwich
- Scoop of Egg Salad with Crackers (1 carb)
- Peanut Butter and Jelly Sandwich on Wheat Bread (3 carbs)

BAKERY
- Dinner Roll ♥ (1 carb)
- Slice of Whole Wheat Bread ♥ (1 carb)
- Slice of White Bread ♥ (1 carb)
- Soft Pretzel ♥ (2\(\frac{1}{2}\) carbs)
- Plain Bagel ♥ (2 carbs)
- Saltine Crackers (3 packets = 1 carb)
- Unsalted Soda Crackers ♥ (3 packets = 1 carb)
- Low-fat Banana Nut Muffin ♥ (2\(\frac{1}{2}\) carbs)

SNACKS
- Peanut Butter and Crackers (1 carb)
- Cheese and Crackers (1 carb)
- White Cheddar Popcorn (1\(\frac{1}{2}\) carb)
- Baked Potato Chips (1\(\frac{1}{2}\) carbs)
- Pretzels (1 carb)
- SnackWell’s® Vanilla Cookies ♥ (1 carb)
- Shortbread Cookies (1\(\frac{1}{2}\) carbs)
- Carrot and Celery Sticks ♥ (1\(\frac{1}{2}\) carb)
- Hummus Cup ♥ (1\(\frac{1}{2}\) carb)

FRUIT
- Applesauce ♥ (1 carb)
- Banana ♥ (2 carbs)
- Fresh Fruit Cup ♥ (1 carb)
- Canned Fruit Cup ♥ (1 carb)
- Mandarin Oranges ♥ (1\(\frac{1}{2}\) carbs)
- Diced Peaches ♥ (1\(\frac{1}{2}\) carbs)
- Diced Pears ♥ (1 carb)

YOGURT
- Fruited Yogurt
  - Strawberry ♥ (1\(\frac{1}{2}\) carbs)
  - Peach ♥ (1\(\frac{1}{2}\) carbs)
- Light Yogurt
  - Vanilla ♥ (1 carb)
  - Strawberry Banana ♥ (1 carb)
- Yogurt Whips
  - Strawberry ♥ (1\(\frac{1}{2}\) carbs)
  - Peach ♥ (1\(\frac{1}{2}\) carbs)

GELATIN
- Orange ♥ (1\(\frac{1}{2}\) carbs)
- Diet Orange ♥
- Strawberry ♥ (1\(\frac{1}{2}\) carbs)
- Diet Strawberry ♥

PUDDING
- Vanilla ♥ (1\(\frac{1}{2}\) carbs)
- Diet Vanilla ♥ (1 carb)
- Chocolate ♥ (1\(\frac{1}{2}\) carbs)
- Baked Custard (1\(\frac{1}{2}\) carbs)

FROZEN DESSERTS
- Ice Cream
  - Vanilla (1 carb)
  - Chocolate (1 carb)
- Frozen Yogurt
  - Vanilla ♥ (1 carb)
- Sherbet
  - Orange ♥ (1\(\frac{1}{2}\) carbs)
  - Raspberry ♥ (2 carbs)
- Fruit Ice
  - Orange ♥ (1\(\frac{1}{2}\) carbs)
  - Lemon ♥ (1\(\frac{1}{2}\) carbs)

Condiments and beverages are listed on page 8.
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
Hot Sauce
Barbecue Sauce (1 carb)
Sour Cream
Tartar Sauce
Parmesan Cheese

Beverages

COFFEE
Regular
Decaf ♥

TEA
Regular
Decaf ♥

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

MILK
Skim ♥ (1 carb)
2% (1 carb)
Whole (1 carb)
Fat-free Lactaid® ♥ (1 carb)
1% Low-fat Chocolate (1½ carbs)
Vanilla Soy ♥ (1 carb)

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

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

OTHER
Sweetened Iced Tea (1½ carbs)
Diet Decaf Iced Tea
Lemonade (2 carbs)
Diet Lemonade