Meal Service Times

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tr>
<td>7 to 9:15 a.m.</td>
<td>11 a.m. to 1:30 p.m.</td>
<td>3:30 to 6 p.m.</td>
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How To Place Your Order

1. A meal service host will personally contact you each day for your meal selections.
2. Complete the menu selection sheet delivered by your host, and a member of our staff will pick it up.
3. If you are not in your room when the host visits, he or she will come back later to pick up your completed menu or help you in completing it.

Hand Hygiene
We provide a hand wipe with your meal tray 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.

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.

1 carb serving = 15 grams of carbohydrates

<table>
<thead>
<tr>
<th>Consistent Carbohydrate (Carb) Diets</th>
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<tr>
<td>Breakfast</td>
</tr>
<tr>
<td>Liberalized</td>
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<tr>
<td>Low</td>
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<tr>
<td>Standard</td>
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<tr>
<td>High</td>
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Cardiac/Heart-Healthy Diet
Items designated with a heart symbol (♥) are lower in fat and sodium and meet the requirements of a heart-healthy diet.
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)
- Mandarin Oranges ♥ (1 carb)
- Stewed Prunes ♥ (1 carb)

**HOT AND COLD CEREALS**
- Oatmeal ♥ (1 carb)
  with Brown Sugar (add 1 carb)
- Creamy Wheat Farina ♥ (1 carb)
- Rice Krispies® ♥ (1 carb)
- Corn Flakes® ♥ (1 carb)
- Raisin Bran® ♥ (2 carbs)
- Cheerios® ♥ (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)
- Yogurt Whips
  - Strawberry ♥ (1½ carbs)
  - Orange Crème ♥ (1½ carbs)

**HOT ENTREES**
- Scrambled Eggs
- Low-cholesterol Scrambled Eggs ♥
- Roasted Vegetable Egg White Omelet ♥ (½ carb)
- Cheese Omelet
- Breakfast Sandwich on an English Muffin (2 carbs)
  - Egg and Cheese
  - Bacon, Egg, and Cheese
- Cinnamon French Toast ♥
  (1½ carbs)
- Belgian Waffle (2 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)
- Cinnamon Raisin Bagel ♥ (2½ carbs)
- Blueberry Crumb Cake (2 carbs)
- Low-fat Banana Nut Muffin ♥ (2½ carbs)
- Apple Cinnamon Muffin (2 carbs)
- Glazed Donut (2 carbs)

**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 (1½ carbs)
  - Mashed Potatoes ♥ (1 carb)
  - Whole 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 (1½ carbs)
- **Salad**
  - Applesauce ♥ (1 carb)
- **Your Choice of Entrée**
  - Breaded Chicken Breast ♥ (1 carb)
  - Roasted Cauliflower and Quinoa Burger on a Wheat Bun ♥ (3 carbs)
- **Sides**
  - Potato and Cheese Pierogies (1½ carbs)
  - Capri Blend Vegetables ♥
  - Roasted Sweet Potatoes (1 carb)
- **Desserts**
  - Chocolate Pudding ♥ (1½ carbs)
  - Tropical Fruit Cup ♥ (1 carb)

**DINNER**
- **Soup of the Day**
  - Potato Chowder (1½ carbs)
- **Salad**
  - Spinach Salad ♥
    - Dressing: Italian, Ranch, or French
- **Your Choice of Entrée**
  - Meatloaf with Gravy (1 carb)
  - Ranch Turkey Wrap (1½ carbs)
- **Sides**
  - Parslied Potatoes ♥ (1½ carb)
  - Sliced Carrots ♥ (½ carb)
- **Desserts**
  - Orange Sherbet ♥ (1½ carbs)
  - Pear Slices ♥ (1 carb)

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)
   *Dressing: Raspberry Vinaigrette (add ½ carb), Italian, Ranch, or French*

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)

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Condiments and beverages are listed on page 8.

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 1½ 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)
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)
Fresh Fruit and Cottage Cheese Plate ♥ (2½ carbs)

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

Desserts
Keebler® 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: Greek, Italian, Ranch, or French

Your Choice of Entrée
Grilled Chicken Sandwich ♥ (1½ carbs)
Select: Lettuce and Tomato, Ketchup, Mustard, Mayo
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
Chicken Noodle Soup ♥ (½ carb)

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

HOT ENTREES
Baked Chicken Breast ♥
Baked Tilapia ♥
Macaroni and Cheese Casserole (1½ carbs)
Cheese Pizza (3 carbs)
Chicken Tenders (1½ carbs)
Asian Vegetable Blend ♥ (1 carb)

COLD ENTREES
Grilled Chicken Salad ♥ (½ carb)
Dressing: Italian, Ranch, or French
Large Garden Salad ♥ (½ carb)
Dressing: Italian, Ranch, or French
Fresh Fruit and Cottage Cheese Plate ♥ (2½ carbs)
Canned Fruit and Cottage Cheese Plate ♥ (2½ carbs)

HOT SANDWICHES
Grilled Chicken on a Wheat Bun ♥ (1½ carbs)
Hamburger (2 carbs)
Cheeseburger (2 carbs)
Hot Dog (1½ carbs)
Roasted Cauliflower and Quinoa Burger on a Wheat Bun ♥ (3 carbs)
Grilled Cheese (2 carbs)
Grilled Ham and Cheese (2 carbs)
Accompaniments: Lettuce and Tomato, Pickles, Onion

SIDES
Mashed Potatoes ♥ (1 carb)
Steamed Rice ♥ (1 carb)
Noodles ♥ (1 carb)
Carrots ♥ (½ carb)
Cut Green Beans ♥ (½ carb)
French Fries (2 carbs)
Garden Salad ♥
Dressing: Italian, Ranch, or French
Hard Cooked Egg

Condiments and beverages are listed on page 8.
COLD SANDWICHES
Sandwiches are made on your choice of Whole Wheat (1½ carbs) or Italian Bread (2 carbs).
Turkey Sandwich ♥
Turkey and Provolone Sandwich
Roast Beef Sandwich ♥
Roast Beef and Swiss 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 (3 carbs)

BAKERY
Dinner Roll ♥ (1 carb)
Slice of Whole Wheat Bread ♥ (1 carb)
Slice of White Bread ♥ (1 carb)
Soft Pretzel ♥ (2½ carbs)
Plain Bagel ♥ (2 carbs)
Cinnamon Raisin Bagel ♥ (2½ carbs)
Saltine Crackers (3 packets = 1 carb)
Unsalted Soda Crackers ♥
(3 packets = 1 carb)
Low-fat Banana Nut Muffin ♥ (2½ carbs)
Apple Cinnamon Muffin (2 carbs)

SNACKS
Peanut Butter and Crackers (1 carb)
Cheese and Crackers (1 carb)
White Cheddar Popcorn (½ carb)
Baked Potato Chips (1½ carbs)
 Pretzels (1 carb)
SnackWell’s® Vanilla Cookies ♥ (1 carb)
Shortbread Cookies (1½ carbs)
Carrot and Celery Sticks ♥ (½ carb)
Hummus Cup ♥ (½ carb)

FRUIT
Applesauce ♥ (1 carb)
Peach Slices ♥ (1 carb)
Mandarin Oranges ♥ (1 carb)
Banana ♥ (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)
Yogurt Whips
Orange Crème ♥ (1½ carbs)
Strawberry ♥ (1½ carbs)

GELATIN
Orange ♥ (1½ carbs)
Strawberry ♥ (1½ carbs)

PUDDING
Vanilla ♥ (1½ carbs)
Chocolate ♥ (1½ carbs)
Tapioca ♥ (1½ carbs)

FROZEN DESSERTS
Ice Cream
Vanilla, Chocolate, or Strawberry (1 carb)
Frozen Yogurt
Vanilla ♥ (1 carb)
Sherbet
Orange ♥ (1½ carbs)
Raspberry ♥ (2 carbs)
Fruit Ice
Orange ♥ (1½ carbs)
Lemon ♥ (1½ carbs)
Raspberry ♥ (2 carbs)

Also Available (continued)

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: Black or Green
Decaf: Black or Chamomile ♥

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

MILK
Skim ♥ (1 carb)
2% (1 carb)
Whole (1 carb)
Fat-free Lactaid® ♥ (1 carb)
Fat-free 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