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

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

Vegetarian selections are included throughout the menu.

Kosher selections are available upon request.

Guest trays are available for $7*.

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 allowance.

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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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Liberalized</td>
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<tr>
<td>Low</td>
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<tr>
<td>Standard</td>
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<td>High</td>
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</tbody>
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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)
Prune ♥ (1 carb)

Fruit
Banana ♥ (2 carbs)
Fresh Fruit Cup ♥ (1 carb)
Mandarin Oranges ♥ (1 ½ carbs)
Diced Peaches ♥ (1 ½ carbs)
Diced Pears ♥ (1 ½ carbs)

Hot and Cold Cereals
Oatmeal ♥ (1 carb)
  with Brown Sugar (add 1 carb)
Cream of Wheat® ♥ (1 carb)
Corn Flakes® ♥ (1 carb)
Rice Krispies® ♥ (1 carb)
Cheerios® ♥ (1 carb)

Yogurt
Light Yogurt
  Strawberry Banana ♥ (1 carb)
  Raspberry ♥ (1 carb)
Greek Yogurt
  Vanilla ♥ (½ carb)

Hot Entrées
Scrambled Eggs
Low-cholesterol Scrambled Eggs ♥
Breakfast Sandwich on an English Muffin (2 carbs)
  Egg and Cheese
  Bacon, Egg, and Cheese
French Toast ♥ (1 ½ carbs)
Belgian Waffle (2 carbs)
Cheese Omelet

Sides
Bacon Strips
Turkey Sausage Links
Low-fat Sausage Cheese
Hard Cooked Egg

Bakery
English Muffin ♥ (2 carbs)
Blueberry Crumb Cake (2 carbs)
Whole Wheat Toast ♥ (1 carb)
White Toast ♥ (1 carb)

Accompaniments
Margarine or Butter
Peanut Butter (½ carb)
Assorted Jelly (½ carb)
Syrup (2 carbs)
Ketchup
Assorted Diet Jelly
Diet Syrup
Honey (1 carb)

All breakfast items are offered 7 days a week.
Sunday

Lunch
Coleslaw (½ carb)
Roast Turkey Breast with Gravy ♥ (½ carb)
Mashed Potatoes ♥ (1 carb)
Green Beans ♥ (½ carb)
Dinner Roll ♥ (1 carb)
Fudge Brownie (2½ carbs)

Dinner
Garden Salad ♥
   Dressing: Lite Italian, Lite Ranch (½ carb),
   or Lite French (1 carb)
Penne with Marinara Sauce and 2 Meatballs (3½ carbs)
Broccoli Florets ♥ (½ carb)
Dinner Roll ♥ (1 carb)
Diced Peaches ♥ (1½ carbs)

Tuesday

Lunch
Chicken Noodle Soup (½ carb)
Hot Roast Beef Sandwich with Gravy ♥ (1 carb)
Mashed Potatoes ♥ (1 carb)
Whole Kernel Corn ♥ (1 carb)
Mandarin Oranges ♥ (1½ carbs)

Dinner
Spinach Salad ♥
   Dressing: Lite Italian, Lite Ranch (½ carb),
   or Lite French (1 carb)
Ranch Turkey Wrap (1½ carbs)
Greek Pasta Salad (1 carb)
Vanilla Ice Cream (1 carb)

Wednesday

Lunch
Cream of Tomato Soup (1 carb)
Grilled Cheese (2 carbs)
Coleslaw (½ carb)
Applesauce ♥ (1 carb)
Shortbread Cookies (1½ carbs)

Dinner
Garden Salad ♥
   Dressing: Lite Italian, Lite Ranch (½ carb),
   or Lite French (1 carb)
Roasted Pork Loin with Gravy ♥ (1 carb)
Herb Roasted Red Skin Potatoes ♥ (1½ carbs)
Broccoli Florets ♥ (½ carb)
Dinner Roll ♥ (1 carb)
Apple Pie (3 carbs)

Please see page 5 for items you may order for lunch and dinner any day of the week.
Condiments and beverages are listed on page 6.
Thursday

Lunch
Chicken Noodle Soup (½ carb)
Potato Salad (1½ carbs)
Hamburger on a Wheat Bun (1½ carbs)
Sliced Carrots ♥ (½ carb)
Chocolate Chip Cookie (1 carb)

Dinner
Garden Salad ♥
  Dressing: Lite Italian, Lite Ranch (½ carb),
  or Lite French (1 carb)
Chicken Parmesan (1 carb)
Penne Pasta with Marinara Sauce ♥ (1½ carbs)
Broccoli Florets ♥ (½ carb)
Orange Sherbet ♥ (1½ carbs)

Friday

Lunch
Vegetable Soup (½ carb)
Macaroni and Cheese (1½ carbs)
Stewed Tomatoes ♥ (½ carb)
Chocolate Ice Cream (1 carb)

Dinner
Coleslaw (½ carb)
Potato Crusted Cod ♥ (½ carb)
Herb Roasted Red Skin Potatoes ♥ (1½ carbs)
Sliced Carrots ♥ (½ carb)
Shortbread Cookies (1½ carbs)

Saturday

Lunch
Spinach Salad ♥
  Dressing: Lite Italian, Lite Ranch (½ carb),
  or Lite French (1 carb)
Cheese Pizza (4½ carbs)
Green Beans ♥ (½ carb)
Chocolate Pudding ♥ (1½ carbs)

Dinner
Cream of Tomato Soup (1 carb)
Salisbury Steak with Gravy (½ carb)
Noodles ♥ (1 carb)
Whole Kernel Corn ♥ (1 carb)
Vanilla Custard ♥ (1½ carbs)

Please see page 5 for items you may order for lunch and dinner any day of the week. Condiments and beverages are listed on page 6.
Also Available

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

Soup
Chicken Noodle Soup (½ carb)
Cream of Tomato Soup (1½ carbs)
Low Sodium Chicken Noodle Soup ♥ (½ carb)
Low Sodium Tomato Soup ♥ (1 carb)

Entrées
Grilled Cheese (2 carbs)
Traditional Chef Salad (½ carb)
Turkey Chef Salad ♥ (½ carb)
Fruit and Cottage Cheese ♥ (2½ carbs)
Cheese Pizza (4½ carbs)
Baked Chicken Breast ♥
Hamburger on a Wheat Bun (1½ carbs)
Grilled Chicken Sandwich
• on a Wheat Bun ♥ (1½ carbs)
Potato Crusted Cod ♥ (½ carb)

Sides
Garden Salad ♥
• Dressing: Lite Italian, Lite Ranch (½ carb),
• or Lite French (1 carb)
Cottage Cheese
Pretzels (1 carb)
Baked Potato Chips (1½ carbs)

Cold Sandwiches
Create Your Own Sandwich or Wrap
Bread
• Italian Bread (2 slices=2 carbs)
• Wheat Bread (2 slices=1½ carbs)
• Wheat Wrap (1½ carbs)
Meat
• Turkey or Ham
Cheese
• Swiss or American

Other Options
Tuna Salad
Egg Salad
Chicken Salad (½ carb)
Peanut Butter and Jelly Sandwich (3 carbs)

Yogurt
Light Yogurt
• Strawberry Banana ♥ (1 carb)
• Raspberry ♥ (1 carb)
Greek Yogurt
• Vanilla ♥ (½ carb)

Gelatin
Orange ♥ (1½ carbs)
Diet Orange ♥
Strawberry ♥ (1½ carbs)
Diet Strawberry ♥

Pudding
Vanilla ♥ (1½ carbs)
Diet Vanilla ♥ (1 carb)
Chocolate ♥ (1½ carbs)
Diet Chocolate ♥ (1 carb)
Vanilla Custard ♥ (1½ carbs)

Frozen Desserts
Ice Cream
• Vanilla (1 carb)
• Chocolate (1 carb)
Sherbet
• Orange ♥ (1½ carbs)
• Raspberry ♥ (2 carbs)
Fruit Ice
• Orange ♥ (1½ carbs)
• Lemon ♥ (1½ carbs)

Cookies
Chocolate Chip (1 carb)
Shortbread Cookies (1½ carbs)
Condiments
Salt
Pepper
Mrs. Dash®
Margarine or Butter
Peanut Butter (½ carb)
Assorted Jelly (½ carb)
Assorted Diet Jelly
Lemon
Ketchup
Mustard
Lite Mayonnaise
Barbecue Sauce (1 carb)
Sour Cream
Tartar Sauce
Parmesan Cheese
Honey (1 carb)

Beverages
Coffee
Regular
Decaf ♥

Tea
Regular
Decaf ♥
Assorted Herbal

Accompaniments
Sugar (2 packets = ½ carb)
Splenda® or Equal®
Non-dairy Creamer
Lemon
Honey (1 carb)

Milk
Skim ♥ (1 carb)
2% (1 carb)
Whole (1 carb)
Fat-free Chocolate (1½ carb)
Vanilla Soy ♥ (1 carb)

Soda
Pepsi® (2 carb)
Diet Pepsi®
Ginger Ale (1½ carb)
Diet Ginger Ale

Other
Sweet Iced Tea (1½ carb)
Decaf Diet Iced Tea
Lemonade (2 carb)
Diet Lemonade

Juice
Orange ♥ (1 carb)
Apple ♥ (1 carb)
Cranberry ♥ (1 carb)
Prune ♥ (1 carb)