



# LUNCH AND DINNER

available 10:30 a.m. to 7:30 p.m.

## BEVERAGES

Sugar (6), cream (2) ⚡ 4mg, sugar substitute, honey (10), lemon juice and lemon wedge available upon request

**Decaf Coffee**

**Decaf Hot Tea**

**Decaf Iced Tea**

### Juice

Orange (13) ⚡ 13mg, apple (14)  
prune (22), cranberry (15) ⚡ 13mg

### Milk

2% (13) ⚡ 125mg, Skim (13) ⚡ 130mg,  
soy (8) ⚡ 115mg, lactose free (13) ⚡ 130mg

**Caffeine Free Cola**

Diet, regular (21) ⚡ 25mg

**Lemon Lime Soda**

Diet, regular (20) ⚡ 25mg

**Ginger Ale**

Diet ⚡ 25mg, regular (17) ⚡ 25mg

## DESSERTS

**Fresh Fruit**

*\*not available on soft diet*

Banana (26), Apple (15), Orange (15),  
Grapes (10) red and green mixed

**Fresh Fruit Cup** (17)

*\*not available on soft diet*

**Lemon Italian Ice** ⚡ 10mg

Regular (20) or sugar free (10)

**5 Vanilla Wafer Cookies** (14) ⚡ 73mg

**Angel Food Cupcake** (31) ⚡ 280mg

**Vanilla Calorie Reduced Pudding**  
(13) ⚡ 125mg

### Gelatin

Strawberry, lime, orange  
regular (18) ⚡ 95mg or diet ⚡ 39mg

**Low Fat Yogurt Parfait** (35) ⚡ 102mg

Vanilla yogurt mixed with fresh  
strawberries and blueberries,  
topped with whipped cream

*\*not available on soft diet*

**Low Fat Vanilla Yogurt** (22)

**Light Peach Yogurt** (13)

**Strawberry Parfait** (17) ⚡ 91mg

Sponge cake, vanilla yogurt,  
strawberries, whipped cream

*\*not available on soft diet*

**Baked Cinnamon Apples**

(10) ⚡ 56mg

Baked apples with cinnamon,  
whipped cream

## CLEAR LIQUID DIET

ORDER ALL DAY 6:30 A.M. TO 6:30 P.M.

### Broth

Beef ⚡ 220mg, chicken ⚡ 210mg  
vegetable (2) ⚡ 83mg

**Lemon Italian Ice** ⚡ 10mg

Regular (20) or sugar free (10)

**Gelatin - Regular** (18) ⚡ 95mg  
**or Diet** ⚡ 39mg

Lime, orange, strawberry

### Juice

Orange (13) ⚡ 13mg, apple (14)  
cranberry (15) ⚡ 13mg

**Decaf Coffee**

**Decaf Hot Tea**

**Decaf Iced Tea**

**Caffeine Free Cola**

Diet, regular (21) ⚡ 25mg

**Lemon Lime Soda**

Diet, regular (20) ⚡ 25mg

**Ginger Ale**

Diet ⚡ 25mg, regular (17) ⚡ 25mg

## FULL LIQUID DIET

ORDER ALL DAY 6:30 A.M. TO 6:30 P.M.

All clear liquid items available on full liquid diet

**Hot Cereal**

**Cream of Wheat®** (17) ⚡ 2mg

**Grits** (32)

brown sugar (27) or regular sugar (6)  
available upon request

**Soup (after 10:30 a.m.)**

Cream of chicken (10) ⚡ 169mg

### Milk

2% (13) ⚡ 125mg, Skim (13) ⚡ 130mg,  
soy (8) ⚡ 115mg, lactose free  
(13) ⚡ 105mg

**Low Fat Vanilla Yogurt** (22) ⚡ 90mg

**Vanilla Calorie Reduced Pudding**  
(13) ⚡ 125mg

For Diabetic Patients - Grams of Carb are listed in the Brackets (20) ⚡ = Salt



# BREAKFAST

order all day 6:30 a.m. to 7:30 p.m.



## FRUIT

**\*Fresh fruit not available on soft diets**

**Apple** (15) — **Banana** (26) — **Grapes** (10)

**Orange** (15) — **Fresh Fruit Cup** (17)

**Fruit Cocktail** (13) Ⓐ 15mg — **Pears** (13) Ⓐ 15mg

**Peaches** (13) Ⓐ 15mg — **Applesauce** (18) Ⓐ 8mg

**Stewed Prunes** (28) *\*not available on soft diet*

## CEREAL

**Oatmeal** (29) — **Cream of Wheat®** (17) Ⓐ 2mg  
**Grits** (32)

brown sugar (27) and raisins (22) available on some diets

**Rice Krispies®** (16) Ⓐ 105mg — **Rice Chex** (24) Ⓐ 230mg

**Raisin Bran** (28) Ⓐ 120mg

*\*not available on soft diet*

**Cheerios®** (14) Ⓐ 95mg

**Corn Flakes** (18) Ⓐ 150mg

**Frosted Flakes®** (25) Ⓐ 130mg

## YOGURT

**Low Fat Vanilla** (22) Ⓐ 90mg

**Light Peach** (13) Ⓐ 75mg

**Low Fat Yogurt Parfait** (35) Ⓐ 102mg

Vanilla yogurt mixed with fresh strawberries and blueberries and topped with whipped cream

*\*not available on soft diet*

## ENTRÉES

**Low Cholesterol Scrambled Eggs** Ⓐ 168mg

**Low Sodium French Toast** (14) Ⓐ 24mg

Served with margarine and syrup (28) Ⓐ 24mg

**Heart Healthy Pancake** (38) Ⓐ 37mg

Served with margarine and syrup (28) Ⓐ 24mg

**Sunrise Sandwich** (20) Ⓐ 334mg

Low cholesterol egg and sodium reduced cheese on a toasted English muffin

**Create Your Own Omelet** Ⓐ 168mg

(Made with low cholesterol eggs)

Sodium reduced shredded cheddar cheese Ⓐ 80mg, green peppers, mushrooms, onion, spinach, tomato

**Each vegetable you include in the omelet contains** (1)

*\*some vegetables will be limited on soft diet*

## SIDES

**Diced Skillet Potatoes** (17) Ⓐ 110mg

**Wheat Toast** (14) Ⓐ 150mg — **Sodium Reduced White Toast** (13) Ⓐ 0mg

**Toasted English Muffin** (25) Ⓐ 199mg

Margarine Ⓐ 45mg, regular (9) or sugar-free (6) jelly, peanut butter (6) Ⓐ 86mg, lite (2) cream cheese Ⓐ 84mg

## BEVERAGES

**Decaf Coffee**

**Decaf Hot Tea**

**Decaf Iced Tea**

**Juice**

Orange (13) Ⓐ 13mg, apple (14), prune (22), cranberry (15) Ⓐ 13mg

**Milk**

2% (13) Ⓐ 125mg, Skim (13) Ⓐ 130mg, soy (8) Ⓐ 115mg, lactose free (13) Ⓐ 130mg

**Sugar** (6), **creamer** (2) Ⓐ 4mg, **sugar substitute**, **honey** (10),  
**lemon wedge** and **lemon juice** available upon request

For Diabetic Patients – Grams of Carb are listed in the Brackets (20) Ⓐ = Salt





# LUNCH AND DINNER

available 10:30 a.m. to 7:30 p.m.

**\*Choose only ONE cold OR hot Entrée\***

## SOUPS & STARTERS

Chicken Noodle (8) 100mg — Vegetarian Vegetable (9) 102mg — Cream of Chicken (10) 169mg  
Cottage Cheese and Peaches (3) 141mg — Crackers (5) 30mg

## COLD ENTRÉE

**\*No salads or wraps available on soft diets**

Garden Side Salad (4) 32mg

**\*Choose your dressing:** FF Ranch (4) 80mg, Golden Italian (1) 130mg, Creamy French (2) 105mg

Market Chopped Turkey Salad (18) 263mg

(\*Tuna salad 387mg or tofu (2) 8mg in place of turkey upon request)

Seasonal greens tossed with roast turkey, pasta, tomato, green onion, garbanzo and black beans, roast corn, carrot, beets, shredded reduced sodium cheddar cheese

**\*Choose your dressing:** FF Ranch (4) 80mg, Golden Italian (1) 130mg, Creamy French (2) 105mg

Grilled Chicken Salad (6) 206mg

(\*Tuna salad 387mg or tofu (2) 8mg in place of chicken upon request)

Sliced herb-grilled chicken breast on mixed greens with roasted red pepper, grape tomato, reduced sodium cheddar cheese

**\*Choose your dressing:** FF Ranch (4) 80mg, Golden Italian (1) 130mg, Creamy French (2) 105mg

Veggie Bistro Lettuce Wrap (13) 530mg

Roasted red pepper, cucumber, hummus, tomato and fresh mozzarella with balsamic glaze wrapped in lettuce

## Build Your Own Sandwich Choose whole or half

Available ingredients include:

Sodium Reduced White Bread (13) 0mg

Whole Wheat (14) 150mg — Marbled Rye (27) 210mg

Roast Turkey (1) 101mg — Roast Beef 181mg

Tuna Salad (3) 387mg — Chicken Salad (1) 302mg

Sodium Reduced Cheddar Cheese (1) 182mg — Sodium Reduced Swiss Cheese (1) 54mg

Sandwiches garnished with lettuce and tomato \*(tomato and onion not available on soft diet)

\*Onion available upon request

## HOT ENTRÉES

Grilled Cheese (26) 273mg

with sodium reduced cheddar cheese

Grilled Chicken Sandwich (26) 65mg

served on a low sodium bun with lettuce and tomato

Open Face Roasted Turkey Sandwich with Gravy (14) 87mg

Roasted turkey served atop reduced sodium white toast with gravy and fresh cranberry sauce

Crackers (5) 30mg, Pepper, Mrs Dash, Ketchup (3) 96mg, Light Mayonnaise (2) 60mg, Relish, Onion, Barbecue Sauce (10) 240mg, Honey Mustard Sauce (6) 207mg, Sweet and Sour Sauce (8) 75mg, Parmesan Cheese 92mg and Sour Cream (1) 33mg are available upon request



# LUNCH AND DINNER

available 10:30 a.m. to 7:30 p.m.



## HOT ENTRÉES *continued*

### **Meatloaf** (9) Ⓜ 207mg

Fresh ground sirloin and a special blend of herbs and spices,  
baked individually, topped with brown pan gravy  
(sautéed mushrooms available upon request)

### **Baked Macaroni & Cheese** (38) Ⓜ 277mg

Served bubbling hot in a rich and creamy casserole

### **Slow-Roasted Turkey** Ⓜ 62mg

Chef carved turkey, served with savory pan gravy and fresh cranberry sauce

### **Savory Chicken Marsala** (4) Ⓜ 239mg

Baked chicken with fresh herbs, atop marsala wine sauce  
(sautéed mushrooms available upon request)

### **Grilled Tilapia** Ⓜ 210mg

Char-broiled farm-raised tilapia with fresh herbs  
on roasted red pepper cream sauce and lemon

### **Baked Mostaccioli and Meatballs** (38) Ⓜ 407mg

Pasta, marinara sauce, mozzarella cheese topped with two meatballs

### **Vegetable Stir Fry** (59) Ⓜ 216mg

*\*not available on soft diet*

Wok-seared with peppers, mushrooms, matchstick carrots,  
pea pods, broccoli, orange glaze, **served over white rice**  
(grilled chicken (59) Ⓜ 137mg or tofu (61) Ⓜ 8mg available upon request)

### **Three Baked Chicken Tenders** Ⓜ 102mg

Seasoned baked chicken breast strips (no breading), your choice of BBQ (10) Ⓜ 240mg,  
Sweet and Sour (8) Ⓜ 68mg, Ketchup (3) Ⓜ 108mg or Honey mustard (6) Ⓜ 125mg

### **Entrée Loaded Baked Potato** (55) Ⓜ 120mg

*\*not available on soft diet*

Topped with broccoli and sodium reduced cheddar cheese,  
**sour cream** (1) and **margarine** Ⓜ 45mg available upon request.

## SIDES

**Macaroni & Cheese** (19) Ⓜ 138mg — **Mashed Potatoes with Gravy** (20) Ⓜ 20mg

**Plain Baked Potato** (46) Ⓜ 22mg *\*not available on soft diet*

**Whipped Sweet Potatoes** (34) Ⓜ 180mg — **Wild Rice** (12) Ⓜ 4mg *\*not available on soft diet*

**Steamed Rice** (16) — **Dinner Roll** (15) Ⓜ 150mg — **Carrots** (9) Ⓜ 66mg

**Broccoli** (9) Ⓜ 19mg *\*not available on soft diet* — **Green Beans** (7) — **Peas** (14) Ⓜ 72mg

Ⓜ = Salt mg

For Diabetic Patients - Grams of carbohydrate are listed in brackets (20)