There are 3 ways 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 your host is unavailable, please contact the Diet Office at 889-2351.

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
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 889-2351.

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.

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>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liberalized</td>
<td>3-5 carbs</td>
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<tr>
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<tr>
<td>High</td>
<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)
Mandarin Oranges ♥ (1 carb)
Stewed Prunes ♥ (1 carb)

HOT AND COLD CEREALS
Oatmeal ♥ (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)
Cheerios® ♥ (1 carb)
Rice Chex® ♥ (1½ 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 Créme ♥ (1½ carbs)
- Strawberry ♥ (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)
Blueberry Crumb Cake (2 carbs)
Apple Cinnamon Muffin (2 carbs)

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

All breakfast items are offered 7 days a week.
Sunday

LUNCH

Soup of the Day
Stuffed Pepper Soup (½ carb)

Salad
Coleslaw (½ carb)

Your Choice of Entrée
Roast Turkey Breast with Gravy ♥ (½ carb)
Traditional Chef Salad (½ carb)
Turkey Chef Salad ♥ (½ carb)

Sides
Bread Stuffing (1½ carbs)
Mashed Potatoes ♥ (1 carb)
Green Beans ♥ (½ carb)

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

DINNER

Soup of the Day
Stuffed Pepper Soup (½ carb)

Salad
Garden Salad ♥

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)
Lite Coconut Pudding (½ carb)

Monday

LUNCH

Soup of the Day
Potato Chowder (½ carb)

Salad
Applesauce ♥ (1 carb)

Your Choice of Entrée
Breaded Chicken Breast ♥ (1 carb)
Tuna Salad with Mixed Greens ♥

Sides
Potato and Cheese Pierogies (1½ carbs)
Capri Blend Vegetables ♥ (½ carb)
Roasted Sweet Potatoes (1 carb)

Desserts
Chocolate Pudding ♥ (1½ carbs)
Tropical Fruit Cup ♥ (1 carb)

DINNER

Soup of the Day
Potato Chowder (½ carb)

Salad
Spinach Salad ♥

Your Choice of Entrée
Meatloaf with Gravy (1 carb)
Ranch Turkey Wrap (1½ carbs)

Sides
Parslied Potatoes ♥ (1 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)

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)
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 ♥

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

Sides
Chopped Spinach ♥

Desserts
SnackWell’s® Vanilla Cookies ♥ (1 carb)
Applesauce ♥ (1 carb)
Lite Banana Cream Cup ♥ (½ carb)

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

Salad
Tropical Fruit Cup ♥ (1 carb)

Your Choice ofEntrée
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 ♥ (1½ carbs)
Prince Charles 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 ♥
Your Choice of Entrée
Beef Pot Roast ♥
  Grilled Chicken Caesar Salad (1 carb)
  Grilled Chicken Salad ♥ (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 (½ carb)

**Salad**
Greek Salad

**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 (½ carb)

**Salad**
Garden Salad ♥

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

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

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

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**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)

**SIDES**
Mashed Potatoes ♥ (1 carb)
Steamed Rice ♥ (1 carb)
Steamed Carrots ♥ (½ carb)
Cut Green Beans ♥ (½ carb)
Garden Salad ♥

**COLD ENTREES**
Traditional Chef Salad ♥ (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** (2 carbs)
Hamburger
Cheeseburger
Hot Dog (1½ carbs)
Garden Burger on a Wheat Bun (2½ carbs)
Grilled Cheese
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 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 (3 carbs)

BAKERY
Dinner Roll ♥ (1 carb)
Slice of Whole Wheat Bread ♥ (1 carb)
Slice of White Bread ♥ (1 carb)
Plain Bagel ♥ (2 carbs)
Saltine Crackers (3 packets = 1 carb)
Club Crackers ♥ (3 packets = 1 carb)
Apple Cinnamon Muffin (2 carbs)

SNACKS
Peanut Butter and Crackers (1 carb)
Cheese and Crackers (1 carb)
White Cheddar Popcorn (1/2 carb)
Potato Chips (1 carb)
Pretzels (1 carb)
SnackWell’s® Vanilla Cookies ♥ (1 carb)
Shortbread Cookies (1 1/2 carbs)
Nabisco® Fig Newtons ♥ (2 1/2 carbs)
Carrots and Celery Sticks ♥ (1/2 carb)

FRUIT
Applesauce ♥ (1 carb)
Peach Slices ♥ (1 carb)
Mandarin Oranges ♥ (1 carb)
Banana ♥ (2 carbs)
Red Grapes ♥ (1 carb)
Fresh Fruit Cup ♥ (1 carb)

YOGURT
Fruited Yogurt
Strawberry ♥ (1 1/2 carbs)
Harvest Peach ♥ (1 1/2 carbs)
Light Yogurt ♥ (1 carb)
Vanilla ♥ (1 carb)
Strawberry Banana ♥ (1 carb)

Greek Yogurt
Vanilla ♥ (1/2 carb)
Strawberry ♥ (1 carb)

Yogurt Whips
Strawberry ♥ (1 1/2 carbs)
Orange Crème ♥ (1 1/2 carbs)

GELATIN
Orange ♥ (1 1/2 carbs)
Strawberry ♥ (1 1/2 carbs)
Diet Orange ♥
Diet Strawberry ♥

PUDDING
Vanilla ♥ (1 1/2 carbs)
Diet Chocolate ♥ (1 carb)
Chocolate ♥ (1 1/2 carbs)
Vanilla Custard ♥ (1 1/2 carbs)
Tapioca ♥ (1 1/2 carbs)

FROZEN DESSERTS
Ice Cream
Vanilla (1 carb)
Chocolate (1 carb)
Strawberry (1 carb)

Frozen Yogurt
Vanilla ♥ (1 carb)

Sherbet
Orange ♥ (1 1/2 carbs)
Raspberry ♥ (2 carbs)

Fruit Ice
Orange ♥ (1 1/2 carbs)
Raspberry ♥ (2 carbs)
Lemon ♥ (1 1/2 carbs)
## 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
- Assorted Jelly (½ carb)
- Assorted Diet Jelly

## Dressings

- Italian
- Ranch
- French
- Greek
- Lite Italian
- Lite Ranch (½ carb)
- Fat-free Raspberry Vinaigrette (½ carb)

## 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)
- 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