Beverages

Juices (1): Orange ♥ Apple R ♥ Grape R ♥
Milk: Skim R ♥ 2% R Whole R
Coffee R ♥ Hot Tea R ♥ Iced Tea R ♥
Sugar Free Hot Chocolate ♥ (1)
Lemonade R ♥ (1)

breakfast chef specials

(Available 7:00 a.m. – 8:30 a.m.)

Sunday
Home-style Scrambled Eggs* Served with Peaches and Oatmeal R (2)
Monday
Cornflakes Served with Grapes and English Muffin R ♥ (4)
Tuesday
Home-style Scrambled Eggs* Served with Sliced Peaches and Oatmeal R (2)
Wednesday
Pancakes with Scrambled Eggs* Served with Peach Slices R (3)
Thursday
Home-style Scrambled Eggs* Served with Ritz Crackers and Fruit Cup R (2)
Friday
Cheerios Served with Fruit Cup and Toasted Bagel R ♥ (4)
Saturday
Home-style Scrambled Eggs* Served with Oatmeal and Sliced Peaches R (2)

lunch chef specials

(Available 11:30 a.m. – 1:00 p.m.)

Sunday
Pesto Penne Pasta Tossed with Grilled Chicken Served with House Salad R ♥ (2)
Monday
Meatloaf with Mushroom Gravy Served with Red Skin Whipped Potatoes and Steamed Broccoli R (2)
Substitute Rice for Potatoes on Renal Diet
Tuesday
Grilled Chicken Pita Served with Green Beans and Garden Salad R ♥ (2)
Wednesday
Braised Eye Round of Beef Served with Mashed Potatoes and Sautéed Zucchini with Pimento R ♥ (2)
Substitute Rice for Potatoes on Renal Diet
Roast Turkey with Dressing Served with Cut Green Beans R ♥ (2)
Thursday
Turkey & Roasted Red Pepper Wrap Served with a Mixed Greens Salad R ♥ (2)
Friday
Herbed Turkey Breast Served with Red Skin Whipped Potatoes and Seasoned Broccoli R ♥ (2)
Substitute Noodles for Potatoes on Renal Diet
Saturday

dinner chef specials

(Available 4:30 p.m. – 6:00 p.m.)

Sunday
Hamburger Steak Served with a Whipped Potato and Cut Green Beans R ♥ (1)
Substitute Rice for Potato on Renal Diet
Monday
Oven Fried Chicken Served with Baked Macaroni & Cheese and Greens R (2)
Substitute Buttered Noodles & Carrots for Renal Diet
Tuesday
Breaded Chicken Breast Served with Yellow Rice and California Blend Vegetables R ♥ (1)
Wednesday
Herb Roasted Style Chicken Served with Rotini Pasta and Sugar Snap Peas R ♥ (2)
Thursday
Asian Beef Pepper Steak over Steamed Rice Served with a Garden Green Salad R ♥ (2)
Friday
Fresh Catch of the Day Served with Garlic Roasted Potatoes and a Medley of Vegetables R (1)
Substitute Buttered Noodles for Renal Diet
Saturday
Shepherds Pita Served with a Healthy Garden Salad R ♥ (2)

To Place Your Request
Please Dial 840

Your Order should Arrive within 45 minutes
Hours of Service: 7:00 a.m. until 7:30 p.m.

SO THAT YOU ARE ALWAYS SATISFIED WE’RE HERE TO CATER TO YOU.
Some foods may be restricted due to your diet prescription
Main Fare

**Entrée**
- Sliced Roast Turkey R
- Marinated Grilled Chicken Breast R
- Chopped Steak R
- Fresh Catch of the Day R
- Hot Meatloaf Sandwich R (2)
- Vegetable Stir Fry R (1)
- Chicken Stir Fry R (1)
- Kabsa - Halal (2)
- Spaghetti with Meat Balls (3)
- Spaghetti with Marinara Sauce (3)

**Entrée Salads**
- Grilled Chicken Caesar Salad R
- Chef Salad ♥
- Fruit & Cottage Cheese Plate with a Roll ♥ (2)

**Salad Dressings:** Italian R or Caesar R

**Fat-Free Dressings:** Ranch ♥, Italian R ♥

**On the Side**
- Tossed Salad ♥ (1)
- Flavored Gelatin ♥ (1)
- Vegetable (1)
- Tomato (1)
- Pasta Salad (1)
- Fruited Gelatin ♥ (2)
- Chicken Noodle (1)
- Chicken Broth (1)
- Coleslaw (1)
- Humus ♥
- Low Sodium of the Day R ♥ (1)
- Cabbage (1)
- Pita Bread ♥ (2)

**Accompaniments**
- Mashed Potatoes ♥ (1)
- Seasoned Carrots R ♥
- Seasoned Green Beans R ♥
- Dinner Roll ♥ (1)
- Rice ♥ (1)
- Vegetable Medley R ♥
- Cornbread (1)

**Fresh Deli Made**
- Halal Chicken Pita R ♥ (2)
- Italian Sub Sandwich (3)
- Roasted Vegetable Wrap R ♥ (2)
- Turkey on Wheat R ♥ (2)
- Roast Beef & Cheddar on a Kaiser Roll R ♥ (2)

**Finishing Touches**

**Dessert**
- Orange Sherbet ♥ (2)
- Chocolate Cake (3)
- Strawberry Shortcake ♥ (2)
- Chocolate Ice Cream (1)
- Chocolate Brownie (2)
- Vanilla Pudding ♥ (2)
- Home-style Cookies (2)
- Chocolate Pudding (2)
- Sugar-Free Jello ♥ (1)
- Fruit Cobbler R (3)
- Sliced Pears ♥ (1)

**Fruits**
- Orange ♥ (1)
- Apple ♥ (1)
- Banana ♥ (1)
- Applesauce R ♥ (1)
- Peaches ♥ (1)
- Seasonal Fresh
- Fruit Cup ♥ (1)

*Your meal includes one Entree, Soup or Salad, two Accompaniments, Dessert and two Beverages.*

**Guest Trays ($6.00) are available when ordering a Patient Meal.**
**Guest Tray cards may be purchased in the Cafe located on the first floor. Please present it to the server when your tray is delivered.**

♥ = Cardiac  
R = Renal  
( ) = Number of Carbohydrates

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Eye Openers

**Cereals And Yogurt**
- Grits ♥ (1)
- Oatmeal ♥ (1)
- Rice Krispies ♥ (1)
- Corn Flakes ♥ (1)
- Fruited Yogurt (1)
- Cheerios ♥ (1)
- Puffed Rice ♥ (1)
- Raisin Bran ♥ (2)
- Frosted Flakes ♥ (2)

**Bakery And Breads**
- Biscuit (1)
- Plain Bagel ♥ (1)
- Cinnamon Raisin Bagel ♥ (1)
- Blueberry Muffin R (2)
- Banana Bread (2)
- Bran Muffin (2)
- English Muffin R ♥ (2)
- White Toast ♥ (1)
- Wheat Toast ♥ (1)
- Pita Bread ♥ (2)

**Breakfast Entrees**
- Scrambled Eggs ♥
- Pancakes ♥ (2)
- French Toast ♥ (2)
- Healthy Breakfast Sandwich ♥ (2)
- Biscuit with Gravy (2)
- Bacon Strips
- Sausage
- Hash Browns ♥ (1)

**Create Your Own Omelet**
- Ham
- Mushrooms ♥
- Green Peppers ♥
- Onions ♥
- Cheddar Cheese
- Mozzarella Cheese ♥

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<th>Per Meal</th>
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<tr>
<td>1400 - 1600 Calories</td>
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<td>2100 - 2200 Calories</td>
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<tr>
<td>2600 - 2800 Calories</td>
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*Egg Substitute available on request ♥

**Hot Picks**

**Fresh From The Grill**
- Grilled Chicken Sandwich R ♥ (2)
- Grilled Hamburger ♥ (2)
- Grilled Cheeseburger (2)
- Fried Chicken Tenders (2)
- Gyro - Lamb or Chicken (2)
- Veggie Burger ♥ (3)
- Fish Sandwich R (2)
- French Fries (2)

**Create Your Own Personal Pizza R (3)**
- Cheese
- Pepperoni
- Veggie

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