

DESSERT

Chocolate Chip Cookie (1.5)
 Sugar Cookie (1.5) ♡
 Oatmeal Raisin Cookie (1.5)
 Fresh Fruit Cup (1) ♡
 Whole Banana (2) ♡
 Fresh Orange (1) ♡
 Fresh Apple (1) ♡
 Applesauce (1) ♡
 Chilled Peaches (1) ♡
 Chilled Pears (1) ♡
 Mandarin Oranges (1) ♡
 Fruit Cocktail (1) ♡
 Butter Pound Cake (1) ♡
 Apple Crisp (1) ♡
 Chocolate Cupcake (2)
 Gelatin (1) ♡
 Diet Gelatin (0) ♡
 Ice Cream (1)
 Fruit Ice (1.5) ♡
 Sherbet (1.5) ♡
 Vanilla Pudding
 Regular (2), Sugar Free (1) ♡
 Chocolate Pudding
 Regular (2), Sugar Free (1) ♡
 Vanilla Wafers (1) ♡

BEVERAGES

4 oz. juice or 8 oz. milk (1)
 8 oz. juice or 8 oz. soda (2)
 Orange Juice ♡
 Apple Juice ♡
 Cranberry Juice ♡
 Grape Juice ♡
 Tomato Juice (0.5)
 Prune Juice ♡
 Coffee
 Regular ♡, Decaf ♡
 Hot Tea
 Regular ♡, Decaf ♡, Herbal ♡
 Iced Tea ♡
 Hot Chocolate ♡
 Sugar Free Hot Chocolate (0)
 Milk
 Skim ♡, 1%, Whole, Soy,
 Low Fat Chocolate (1.5)
 Cola
 Diet Cola (0)
 Ginger Ale ♡
 Lemon Lime Soda ♡
 Diet Lemon Lime Soda (0) ♡



Information about your diet.

Below is general information about common diet orders that may be prescribed by your physician. A registered dietitian is available if you would like more information about your diet.

Regular. A Regular diet is a nutritionally balanced diet with no dietary restrictions. We encourage you to choose a variety of foods, including fruit, vegetables, and whole grains.

Consistent Carbohydrate. The Consistent Carbohydrate diet helps to control blood sugar levels and health problems associated with diabetes. This diet aims to provide a moderate amount of carbohydrate at each meal by counting carbohydrate servings. One carbohydrate count equals 15 grams of carbohydrate. The number of carbohydrate counts for each menu item is listed.

Heart Healthy. A Heart Healthy diet is designed to decrease the risk of cardiovascular disease and reduce blood lipid levels. This diet limits total fat, saturated fat and sodium. Suggested Heart Healthy menu items are identified by the ♡ symbol.

Low Sodium. A Low Sodium diet is typically prescribed to help control blood pressure and to avoid fluid retention. A Low Sodium diet limits foods high in salt, such as processed meats, cheese, and sauces.

Renal. A Renal diet is typically prescribed to help control or prevent kidney disease. This diet limits sodium, potassium, and phosphorus. Your physician may also order a specific amount of protein intake. Suggested Renal menu items are identified by the ♡ symbol.

Soft/Bland. This diet may be prescribed by your physician to minimize gastrointestinal distress and irritation. The Soft/Bland diet consists of foods that are easily digestible and mildly seasoned. High fiber foods, raw fruits and vegetables, greasy foods and caffeine are omitted.

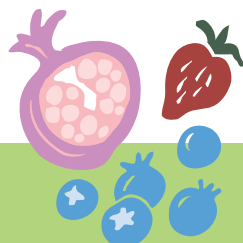


Hours are 6:30 a.m. to 7 p.m.

Please call extension 3663 to place your order and allow 45 minutes for delivery.



Liquid options



CLEAR LIQUID

Starters

Chicken Broth ♡
 Beef Broth ♡
 Vegetable Broth ♡

Sweets

Fruit Ice (1.5) ♡
 Gelatin (1) ♡

Condiments

Sugar ♡
 Sugar substitute ♡

Beverages

4 oz. juice (1)
 8 oz. juice or 8 oz. soda (2)

Apple Juice ♡
 Cranberry Juice ♡,
 Grape Juice ♡
 Ginger Ale ♡
 Lemon Lime Soda ♡,
 Diet Lemon Lime Soda (0) ♡
 Hot Tea
 Regular ♡, Decaf ♡,
 Herbal ♡
 Iced Tea ♡

FULL LIQUID

Includes items in clear liquid diet plus the following

Starters

Cream of Wheat (1) ♡
 Pureed Chicken Noodle Soup (1) ♡
 Pureed Cream of Mushroom Soup (1)
 Tomato Soup (1)

Sweets

Vanilla Yogurt (1) ♡
 Vanilla Pudding
 Regular (2), Sugar Free (1) ♡
 Ice Cream (1)
 Sherbet (1.5) ♡
 Vanilla Health Shake (3)

Condiments

Non-dairy creamer ♡

Beverages

4 oz. juice or 8 oz. milk (1)
 8 oz. juice (2)

Hot Chocolate (1) ♡
 Sugar Free Hot Chocolate (0)
 Orange Juice ♡
 Milk
 Skim ♡, 1%, Whole, Soy,
 Low Fat Chocolate (1.5)

Please call extension 3663 to place your order and allow 45 minutes for delivery.

Number in parenthesis (#) indicates carbohydrate count.
(1 serving = 15 grams carbohydrate)

♥ Heart Healthy selection ♦ Renal selection



Breakfast Served all day!

SPECIALTIES

Cheese Omelet

Two eggs folded over melted cheddar cheese. Choice of toppings: bell peppers, mushrooms

Heart Healthy Omelet ♥♦

Low cholesterol eggs. Choice of toppings: bell peppers, mushrooms

Ham, Egg, & Cheese Breakfast Sandwich (1.5)

Light and fluffy scrambled eggs served with ham and cheese on a whole wheat English muffin.

Whole Grain

Buttermilk Pancakes (1.5) ♥♦

Traditional syrup (2) or diet syrup (0)

Whole Grain French Toast (3)

Dipped in egg and milk mixture. Traditional syrup (2) or diet syrup (0)

Fresh Fruit, Yogurt & Granola Parfait (3.5) ♥

Seasonal fresh fruit layered with creamy yogurt and crunchy granola.

EGGS & SIDES

- Scrambled eggs ♥♦
- Hard boiled eggs ♦
- Bacon
- Sausage links
- Turkey sausage
- Hash browned potatoes (1) ♥
- Salsa ♥

A LA CARTE & FRUIT

- Whole wheat flour tortilla (1.5)
- Cream cheese
- Light cream cheese
- Applesauce (1) ♥♦
- Pears (1) ♥♦
- Peaches (1) ♥
- Orange (1) ♥
- Banana (2) ♥
- Apple (1) ♥
- Fresh fruit cup (1) ♥
- Prunes (1) ♥

YOGURT (1)

- Strawberry ♥
- Peach ♥
- Vanilla ♥
- Lemon ♥

BREAKFAST BREADS

- White toast (1) ♥♦
- Wheat toast (1.5) ♥
- Plain bagel (3)
- Whole wheat English muffin (1)
- Biscuit (2)
- Soft roll (1.5)
- Muffins (2)
- Blueberry, Bran, Corn

CEREAL

- Oatmeal (1.5) ♥
- Cream of Wheat (1) ♥♦
- Rice Krispies (1) ♥♦
- Special K (1) ♥♦
- Cheerios (1) ♥♦
- Corn flakes (1) ♥♦
- Raisin bran (2) ♥
- Rice Chex (1) ♥♦
- Granola (1.5)

CEREAL TOPPINGS

- Raisins (2) ♥
- Brown sugar (2) ♥♦
- Syrup (2) ♥♦
- Diet syrup (0) ♥♦

Lunch & Dinner Served all day!



STARTERS

Soup

- Chicken Noodle Soup (1) ♥♦
- Cream of Mushroom Soup (1)
- Garden Vegetable Soup (0.5)
- Tomato Soup (1)
- Rice Porridge
- Plain (2) ♥♦, Chicken (1) ♥♦

Clear Broth

- Beef ♥♦
- Chicken ♥♦
- Vegetable ♥♦

Soft Fruit & Cottage Cheese Plate (1.5)

Peaches, pears, Mandarin oranges, creamy cottage cheese.

Mixed Garden Salad ♥♦

Fresh garden greens, sliced cucumbers, tomatoes, choice of salad dressing.

Vegetable Snack Plate ♥♦

Fresh carrot and celery sticks with your choice of dressing.

Fresh Fruit Cup (1) ♥

Dressings

Italian, Diet Italian ♥♦, Ranch, Low-Fat Ranch (0.5), Blue Cheese, Sesame Ginger (0.5), Balsamic Vinaigrette, Low-Fat French ♥♦, Caesar

HOT OFF THE GRILL

Classic Hamburger (2) ♦

Cheeseburger (2)

Turkey Burger (2)

Garden Burger (3)

Grilled Chicken Sandwich (2) ♥

Grilled Vegetables on French Roll (2). Grilled eggplant, red peppers, red onion, zucchini and mushrooms with Swiss cheese and balsamic vinaigrette.

PIZZA Your choice of Cheese (5), Vegetable (5) or Pepperoni (4)

DELI SANDWICHES

Breads

- White (1) ♥♦
- Wheat (0.5) ♥
- Multigrain (1) ♥
- Sourdough (1) ♥♦
- Kaiser roll (3)

Fillings

- Tuna salad ♥♦
- Egg salad ♦
- Roast beef
- Ham
- Turkey

Cheese

- Low fat Swiss
- Cheddar
- Provolone
- American

Garden

- Lettuce ♥♦
- Onion slice ♥♦
- Tomato slice ♥
- Cucumber ♥♦
- Dill pickle slice



Condiments

- Half and half
- Non-dairy creamer ♥♦
- Butter ♦
- Margarine ♥♦
- Sugar ♥♦
- Sugar substitute ♥♦
- Peanut butter
- Honey (0.5) ♥♦
- Cranberry sauce (0.5) ♥♦
- Jelly (0.5) ♥♦
- Diet jelly (0) ♥♦
- Syrup (2) ♥♦
- Diet syrup (0) ♥♦
- Ketchup
- Mustard
- Mayonnaise
- Salt
- Pepper ♥♦
- Soy sauce
- Herb seasoning ♥♦
- Lemon wedge ♥♦
- Cream cheese
- Light cream cheese
- Sour cream ♦

SIGNATURE SALADS & WRAPS

Available as a wrap in a whole wheat tortilla (1.5)

Chicken Caesar Salad (0.5)

Grilled chicken breast, Romaine lettuce, croutons, Parmesan cheese.

Tomato, Mozzarella & Basil Salad (0.5)

Sliced tomato, fresh mozzarella, balsamic vinaigrette, shredded fresh basil.

Southwest Chicken Salad (2) ♥

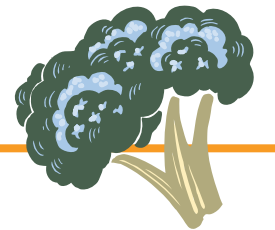
Crisp romaine, grilled chicken, black bean salsa, cheddar, baked tortilla strips and Ranch dressing.

Chinese Chicken Salad (2) ♥

Marinated chicken breast, bed of salad, carrots, bell peppers, Mandarin oranges, crispy noodles and sesame ginger dressing.

Cucumber Garbanzo Salad (1) ♥♦

Roasted vegetables tossed with garbanzo beans, cucumbers, celery and choice of dressing.



MAIN ENTREES Served after 11 a.m.

Spaghetti (2.5) ♥♦

- Pesto
- Marinara (0.5)
- Meat Sauce (0.5) ♥♦

Rigatoni (2) ♥♦

- Pesto
- Marinara (0.5)
- Meat Sauce (0.5) ♥♦

Roast Turkey & Poultry Gravy ♥♦

Cranberry sauce (0.5) available upon request.

Beef & Broccoli Stir Fry (1)

Lemongrass Tofu ♥♦

Sesame Ginger Chicken ♦

Baked Fish & Dill Sauce (2)

Homemade Chicken Pot Pie (2)

Housemade Meatloaf & Brown Gravy (0.5) ♦

Old Fashioned Pot Roast ♥♦

Sides

- Steak cut french fries (1.5)
- Oven roasted herb potatoes (1.5) ♥
- Mashed potatoes (1) ♥
- Potato chips (1)
- Poultry gravy
- White rice (2.5) ♥♦
- Brown rice (1.5) ♥
- Carrots (0.5) ♥
- Green beans (0.5) ♥
- Steamed broccoli (0.5) ♥
- Summer squash ♥♦

- Roasted vegetables (0.5) ♥
- Coleslaw (0.5) ♥♦
- Asian blend vegetables ♥
- Garlic bread (1.5)
- White bread (1) ♥♦
- Wheat bread (0.5) ♥
- Multigrain bread (1) ♥
- Sourdough bread (1) ♥♦
- Dinner roll (1.5)
- Crackers
- Unsalted crackers ♥♦

KID'S CORNER For big and little kids alike!

Hot Dog (2) All beef hot dog.

Cheese Quesadilla (2)

Grilled Cheese Sandwich (2)
Your choice of bread and cheese.

Chicken Tenders (1.5)

Macaroni & Cheese (2.5)

Peanut Butter & Jelly Sandwich (3.5)