# Create-a-Meal Selections

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Potatoes/Rice/Pasta</th>
<th>Sides</th>
<th>Desserts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
<td>Mashed Potatoes</td>
<td>Potato Chips</td>
<td>Fruit</td>
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<tr>
<td>Baby Carrots</td>
<td>Baked Potato</td>
<td>Pretzels</td>
<td>Yogurt</td>
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<tr>
<td>Broccoli</td>
<td>Mashed Sweet Potatoes</td>
<td>Dinner Cheese</td>
<td>Frosted Brownie</td>
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<td></td>
<td></td>
<td>Sliced Bread</td>
<td>Apple Pie</td>
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<td></td>
<td></td>
<td>String Cheese</td>
<td>Lemon Meringue Pie</td>
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<td></td>
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<td></td>
<td>Chocolate Chip Cookie</td>
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<td></td>
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<td></td>
<td>Vanilla Wafers</td>
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<td></td>
<td></td>
<td></td>
<td>Gelatin</td>
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</tbody>
</table>

- Green Beans
- Small Tossed Salad
- Fresh Vegetable Plate
- Ranch dip optional
- Rice
- Stuffing
- Macaroni and Cheese
- Spaghetti
- Ice Cream
- Chocolate, vanilla
- Sherbet
- Raspberry, lime
- Water Ice
- Lemon, orange, cherry
- Pudding
- Chocolate: regular & reduced sugar
- Vanilla: regular & reduced sugar

# Vegetarian Featured Meals

**Monday**
- **Lunch:** Southwestern Wrap
- **Dinner:** Eggplant Parmesan

**Tuesday**
- **Lunch:** Tofu Ravioli with Tomato Sauce
- **Dinner:** Cheese Tortellini with Tomato Sauce

**Wednesday**
- **Lunch:** Vegetarian Chili over Brown Rice
- **Dinner:** Vegetarian Lasagna

**Thursday**
- **Lunch:** Hummus Platter
- **Dinner:** Pasta Primavera

**Friday**
- **Lunch:** Black Bean Burger
- **Dinner:** Stuffed Shells

**Saturday**
- **Lunch:** Grilled Portobello Sandwich
- **Dinner:** Cheese Pizza

**Sunday**
- **Lunch:** Macaroni & Cheese
- **Dinner:** Vegetable Stir Fry

# Create-a-Meal

- Choose what you want to eat from our menu
- To place your order, call 37951 (option 1) from your hospital phone

# Guest Meal Program

For your convenience, we offer a guest meal program for lunch and dinner. Your guest’s meal will be delivered along with yours, allowing you and your guest to enjoy meals together.

**What Can Be Ordered**
- Either the Featured Meal of the Day or items from Create-A-Meal selections

**How To Order**
1. Guest goes to the cafeteria on the 1st level and pays for their meal at the cashier (cash or credit cards accepted); the cashier will give the guest a receipt
2. The guest goes to the Diet Office (Room 107, around the corner from the cafeteria) and places their order, using their receipt as proof of purchase

**When To Order**
- **Lunch:** before 10:45 am
- **Dinner:** before 3:30 pm

**Cost of a Guest Meal:** $7.00

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# Patient Menu

We offer two (2) different meal selection options.

**Option A**
- Complete meal including entrée, sides, and beverage
- No action required; your meal will be delivered automatically

**Option B**
- Choose what you want to eat from our menu
- To place your order, call 37951 (option 1) from your hospital phone

**Breakfast**
- Call before 6:30 pm the previous night

**Lunch**
- Call before 10:45 am

**Dinner**
- Call before 3:30 pm

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# Specific Needs

- Food selections if you are placed on a modified diet
- Food allergies or intolerances
- Specific food preferences such as Kosher, vegetarian, and gluten free food options
WEEKLY MENU

**SUNDAY**

**Breakfast**
- French Toast
- Bacon, sausage, blueberry yogurt, orange juice, coffee

**Lunch**
- Caesar salad, garlic toast, fruit cup, milk

**Dinner**
- Chicken Parmesan Sandwich
tossed salad, tropical fruit cup, chocolate chip cookie

**MONDAY**

**Breakfast**
- Bagel
- Whole, rye

**Lunch**
- Tuna Salad

cucumber, tomato, lettuce, egg salad, vegetables, tortilla

**Dinner**
- French Toast
- Cottage Cheese and Fruit Platter

**TUESDAY**

**Breakfast**
- Pancakes
- Bacon, sausage, fruit cup, orange juice, coffee

**Lunch**
- Open-Faced Roast Beef Sandwich

tomato, lettuce, cucumber, onion, carrot

**Dinner**
- Macaroni and Cheese
- Fresh vegetable plate, fruit cup

**WEDNESDAY**

**Breakfast**
- Bagel
- Wheat, white, rye

**Lunch**
- Cheeseburger
- Garden Vegetable Burger

**Dinner**
- Garlic breadstick, tossed salad, fruit cup, milk

**THURSDAY**

**Breakfast**
- Bagel
- Wheat, white, rye

**Lunch**
- Grilled Chicken Sandwich
- Vegetable Medley

**Dinner**
- French Toast
- Strawberry yogurt, orange juice, coffee

**FRIDAY**

**Breakfast**
- French Toast
- Bacon, sausage, blueberry yogurt, orange juice, coffee

**Lunch**
- Open-Faced Roast Beef Sandwich
- Mashed potatoes, green beans, red peppers, vegetables

**Dinner**
- Chicken Marsala
- Rice, garlic mashed potatoes, corn, peach slices, sherbet, milk

**SATURDAY**

**Breakfast**
- French Toast
- Bacon, sausage, blueberry yogurt, orange juice, coffee

**Lunch**
- Open-Faced Roast Beef Sandwich
- Mashed potatoes, green beans, red peppers, vegetables

**Dinner**
- Chicken Marsala
- Rice, garlic mashed potatoes, corn, peach slices, sherbet, milk

**CALL 37951 (option 1) to place your order**

**BREAKFAST**
- must be ordered by 6:30 pm

**LUNCH**
- must be ordered by 10:45 am

**DINNER**
- must be ordered by 3:45 pm

**CREATE-A-MEAL ORDERING**

**You May Select One (1) of Each:**
- **Entrée**
- **Vegetable**
- **Potato/Rice/Pasta**
- **Soup**
- **Side or Soup**

**Does Not Contain Meat, Egg or Dairy**

**CREATE-A-MEAL SELECTIONS**

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**BREAKFAST**

**Sides**
- Home Fries
- Sausage
- Bacon

**Baked Goods**
- Toast
- Bagel
- English Muffin

**Fruit**
- Applesauce
- Blueberries

**Yogurt**
- Blueberry
- Peach

**Beverages**
- Milk
- Orange juice, coffee

**CEREAL**
- Honey Nut Cheerios
- Granola

**SIDES**
- Hard Boiled Egg

**Beverages**
- Café®
- Lactaid®

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**LUNCH & DINNER**

**CREATE-A-MEAL SELECTIONS**

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**Salad Platter**
- Tofu Ravioli with Tomato Sauce

**Soup**
- Cream of Tomato
- Savory Squash

**Hot Entrées**
- Chicken Breast
- Spaghetti with Meatballs

**Meat**
- Turkey, roast beef, ham
- Bacon Turkey Ranch Wrap

**Sandwich and Wrap Entrées**
- Hamburger
- Grilled Cheese

**Dessert**
- Peanut Butter and Jelly

**Personal Pizza Entrées**
- Pepperoni

**Beverages**
- Orange, Diet Sierra Mist®
- Diet Pepsi®, Sierra Mist®

**Sandwich with Cheese**
- California Turkey & Swiss
- Bacon Turkey Ranch Wrap

**Salad Entrées**
- Greek Salad with Tofu "Feta"
- Fresh greens, cucumber, tomatoes, lettuce, feta cheese

**Beverages**
- Orange juice, coffee

**CREATE-A-MEAL SELECTIONS**

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**Coffee**
- Regular, decaffeinated

**Create-A-Meal**
- Gluten Free

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**CREATE-A-MEAL SELECTIONS**

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**Dessert**
- Tofu Ravioli with Tomato Sauce

**Beverages**
- Regular, decaffeinated

**CREATE-A-MEAL SELECTIONS**

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**Coffee**
- Regular, decaffeinated

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**CREATE-A-MEAL SELECTIONS**

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**Dessert**
- Tofu Ravioli with Tomato Sauce

**Beverages**
- Regular, decaffeinated