

BEVERAGES



- | | | | |
|------------------------|------------------------|--------------------|------------------|
| ✓6 2% Milk | ♥✓13 Apple Juice | ♥✓31 Pepsi | ♥✓32 Orange Soda |
| ♥✓6 Skim Milk | ♥✓12 Orange Juice | ♥✓ Diet Pepsi | ♥✓ Tea |
| ♥✓6 Whole Milk | ♥✓13 Cranberry Juice | ♥✓30 Sierra Mist | ♥✓21 Hot Cocoa |
| ✓20 Chocolate Milk | ♥✓13 Grape Juice | ♥✓26 Ginger Ale | |
| ♥✓12 Lactose-Free Milk | ♥✓ Unsweetened Tea | ♥✓ Diet Ginger Ale | |
| ♥✓12 Soy Milk | ♥✓22 Raspberry Ice Tea | ♥✓27 Lemonade | |

CONDIMENTS



- | | | | |
|--------------|-------------------|---------------------|-------------------|
| ♥ Salt | ✓ Butter | ♥✓ Parmesan Cheese | ♥✓5 Peanut Butter |
| ♥✓ Mrs. Dash | ♥✓ Margarine | ♥✓ Ketchup | ✓ Cream Cheese |
| ♥✓ Pepper | ♥✓9 Jelly | ♥✓ Mustard | ♥✓ Tartar Sauce |
| ♥✓4 Sugar | ♥✓ Hot Sauce | ♥✓10 Honey Mustard | ♥12 Brown Sugar |
| ♥✓30 Syrup | ♥✓11 Sweet & Sour | ♥✓10 Barbecue Sauce | ♥✓12 Honey |

Have Guests? Get their meal delivered, too!

Your visitors can dine with you—right in your room—with our convenient guest tray program. For \$7.50 (plus tax), guests can receive an entrée, side dish, vegetable, dessert and beverage delivered right to your door.

How it Works: Guests should purchase meal vouchers in advance at the Cafe 601 at Strong Cafeteria, located on the first floor of the hospital. If they plan to dine with you often, they can buy as many as they like—vouchers never expire and are 100% refundable. A cafeteria attendant will staple a receipt to each voucher as proof of purchase.

Ready to eat? Call **x7-3663** to place the guest's order or place your order with the Diet Tech using this room service menu. *Be sure to have the voucher number ready when you call.* Our staff will deliver your meal to your bedside. Hand them the meal voucher/stapled receipt, then enjoy! Breakfast available 7-9:30am. Lunch available 11:00-2:00pm. Dinner available 4:30-7:30pm

EVERYDAY LUNCH & DINNER OFFERINGS

Deli Sandwiches

- ✓31 Turkey and American Cheese on Bulky Roll
- ♥✓41 Peanut Butter and Jelly on White Bread 🍴
- ♥✓23 Chicken Salad Sandwich on Wheat Bread

Pasta

- ✓66 Macaroni and Cheese
- ♥✓31 Spaghetti with Marinara Sauce
- ✓51 Penne with Alfredo Sauce
- 7 Add Meatballs

From the Grille

- ✓27 Hamburger
- 27 Cheeseburger
- 24 Grilled Cheese Sandwich 🍴
- ♥✓30 Grilled Chicken Sandwich
- 24 Hot Dog
- 39 Chicken Fingers

Salads (Choose side or entrée size)

- ♥✓24 Garden Salad 🍴
Small size (12)
- ✓8 Greek Salad 🍴
Small size (4)
- ♥18 Chicken Caesar Salad
Small size (8)
- ♥7 Julienne Salad
Small size (3)

Dessert

- ✓51 Chocolate Chip Cookies
- ✓40 Sugar Cookies
- ✓49 Oatmeal Raisin Cookies
- ♥✓22 Apple Crisp
- ♥✓28 Angel Food Cake
- ✓16 Vanilla Ice Cream
- ✓16 Chocolate Ice Cream
- ♥✓15 Lemon or Orange Ice
- ♥✓17 Lime, Orange or Strawberry Gelatin
- ♥✓0 Diet Gelatin
- ♥✓24 Chocolate Pudding
- ♥✓21 Vanilla Pudding
- ♥✓10 Sugar-Free Pudding

Pizza

- 57 Cheese Pizza
- 60 Veggie Pizza
- 57 Pepperoni Pizza
- 81 Gluten Free Pizza

Sides

Starches:

- ♥✓17 Mashed Potatoes
- ♥✓23 Rice
- ♥✓16 Dinner Roll
- 28 French Fries

Soups:

- ♥✓18 Chicken Noodle Soup
- ♥✓0 Chicken Broth
- ♥✓0 Vegetable Broth 🍴
- ♥✓0 Beef Broth
- 16 Cream of Tomato

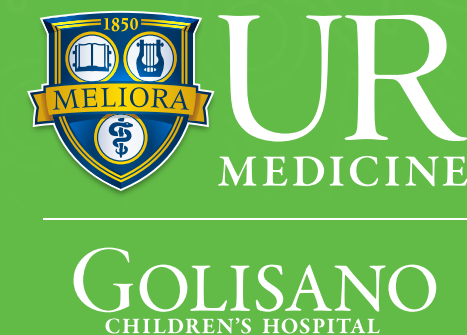
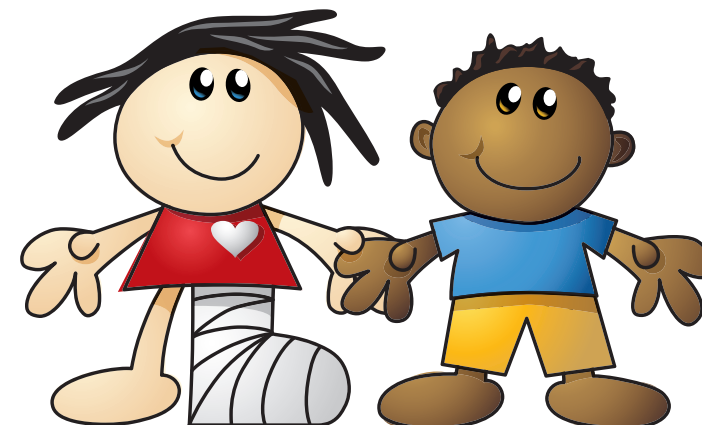
Snacks:

- ♥✓20 Baked Chips
- ♥22 Pretzels
- ✓0 String Cheese
- 16 Cheese and Crackers
- ♥✓0 Baby Carrots*

Fruit:

- ♥✓15 Sliced Pears
- ♥✓10 Sliced Peaches
- ♥✓14 Melon Cup
- ♥✓20 Grapes*
- ♥✓18 Pineapple
- ♥✓22 Banana
- ♥✓20 Apple*

*Non-compliant for pediatric diets under 3 years.



10/2018

PATIENT MENU

FOR PEDIATRIC PATIENTS

AGES 1 YEAR & UP

The Menu

We are pleased to offer daily specials for each meal with a recommended side to create a balanced selection. If you do not find what you like from the specials menu please refer to the everyday offerings page for more options.

Ordering your Meal

Your Diet Technician will visit to assist you with making menu selections. Some items may not be allowed on your diet. Please allow us to help you select an appropriate alternative.

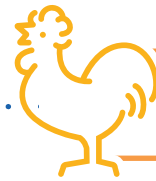
Dining Hours

Each meal time is determined by your current hospital unit

Nutrition Services

If you have any questions your Diet Technician can assist you or contact a Registered Dietitian to explain further.





BREAKFAST SPECIALS

SUNDAY

One Pancake (♥✓✓19), Peaches (♥✓✓10) and a Sausage Patty.

MONDAY

Sunrise Fritatta with Mushrooms, Onions, and Tomatoes (♥✓✓6) and Mandarin Oranges (♥✓✓9)

TUESDAY

One French Toast Slice (♥✓✓33) with Melon (♥✓✓14) and Bacon Strips (0).

WEDNESDAY

One Pancake (♥✓✓19) with a Sausage Patty (0) and a fresh Banana (♥✓✓22).

THURSDAY

Waffle with Strawberry Topping (✓✓40) and Bacon Strips (0).

FRIDAY

One French Toast Slice (♥✓✓33), Mandarin Oranges (♥✓✓9) and a Sausage Patty.

SATURDAY

Homestead Fritatta (Ham, Sausage, Potatoes and Pepper Jack Cheese) (✓✓9) and a Blueberry Muffin (✓✓24)



LUNCH & DINNER SPECIALS

Choose your entrée, side, and dessert.

SUNDAY

Lunch Entrée:

37 Crispy Chicken Sandwich

Dinner Entrée:

✓38 Macaroni and Cheese

Choice of Side:

♥23 Corn
♥✓3 Bean and Carrot Medley

Dessert:

♥✓10 Peaches
30 Chocolate Cake



Soup of the Day: ♥✓7 Beef Noodle Soup

MONDAY

Lunch Entrée:

28 Stuffed Shells with Blush Sauce

Dinner Entrée:

24 Grilled Cheese Sandwich

Choice of Side:

♥✓8 Green Beans
♥✓5 Carrots

Dessert:

✓53 Lemon Meringue Pie
♥✓15 Pears



Soup of the Day: 11 Italian Wedding Soup

TUESDAY

Lunch Entrée:

57 Cheese Pizza

Dinner Entrée:

✓24 Vegetable Enchilada Casserole

Choice of Side:

♥✓0 Broccoli
♥✓24 Mashed Sweet Potatoes

Dessert:

22 Apple Crisp
♥✓14 Melon



Soup of the Day: ♥✓12 Chicken and Rice

WEDNESDAY

Lunch Entrée:

54 Meatball Sandwich

Dinner Entrée:

♥✓30 Grilled Chicken Sandwich

Choice of Side:

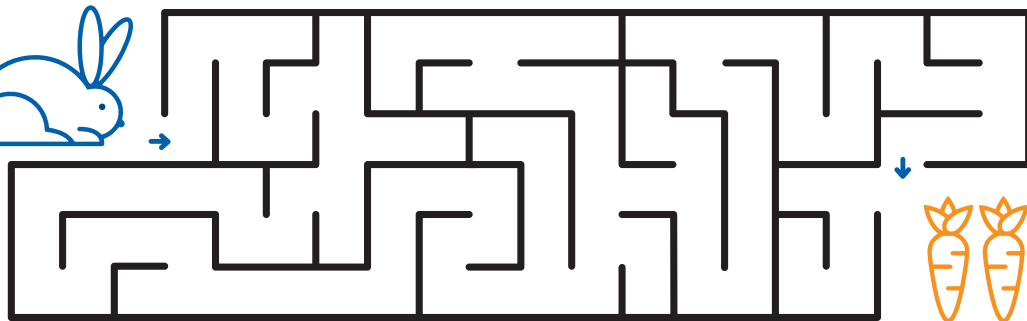
♥✓16 Peas
♥✓7 Cauliflower Blend

Dessert:

✓34 Cheesecake Tart
♥✓15 Peaches



Soup of the Day: ✓7 Cream of Broccoli



LUNCH & DINNER SPECIALS

Choose your entrée, side, and dessert.

THURSDAY

Lunch Entrée Options:

✓27 Hamburger or Cheeseburger

Dinner Entrée Options:

♥✓40 Roasted Turkey with Dressing and Mashed Potatoes

Choice of Side:

♥✓32 Prince Edward Blend
♥✓5 Carrots

Dessert:

✓36 Brownie
♥✓13 Applesauce



Soup of the Day: ♥9 Beef Barley

FRIDAY

Lunch Entrée:

60 Pasta with Meatballs and Marinara Sauce

Dinner Entrée:

♥✓11 Lemon Baked Fish

Choice of Side:

♥23 Corn
♥✓8 Green Beans

Dessert:

♥✓18 Pineapple
✓39 Apple Pie



Soup of the Day: 16 Cream of Tomato

SATURDAY

Lunch Entrée:

39 Chicken Fingers

Dinner Entrée:

✓58 Garden Alfredo Pasta

Choice of Side:

♥✓24 Mashed Sweet Potatoes
♥✓0 Broccoli
♥✓16 Dinner Roll

Dessert:

✓37 Carrot Cake
♥✓20 Fresh Apple



Soup of the Day: ♥✓21 Minestrone

WORD SEARCH

Can you find all the hidden words in this word search?

CHICKEN MILK
BREAD CAKE
FRIES APPLE
CARROTS PIZZA
CHIPS JUICE

F F J Y E E C T C M I L K C Z
C X J B F B R W A O D M Q C R
V H J R R K G P K S I W S S G
U V I L G E H E E V E G M D Y
N E R C F X A K E C X C P P Z
S O L Q K U A D K L Y Z I T X
X C I Q C E H C H I P S Z U Q
D A X E H J N A Z S U P Z H J
Z A L S T O R R A C I B A E T
V P V A P H N K L U W T E G B

EVERYDAY BREAKFAST OFFERINGS

Breakfast Sandwiches

- 31 Breakfast Sandwich with Egg and American Cheese on an English Muffin (Add Bacon)
- 29 Sausage, Egg and American Cheese on an English Muffin

Eggs

- ♥✓0 Scrambled Eggs
- ♥✓0 Hard Boiled Egg
- ♥✓0 Low-Cholesterol Eggs
- ♥✓0 Egg and Cheese Omelet
- ♥0 Egg, Cheese, and Ham Omelet

Cereal

- ♥✓15 Grits
- ♥✓17 Oatmeal
- ♥✓18 Cream of Wheat
- ♥✓25 Frosted Flakes
- ♥✓19 Corn Pops
- ♥✓20 Cheerios
- ♥✓15 Rice Krispies
- ♥✓23 Lucky Charms

Fruit (Served all day)

- ♥✓15 Sliced Pears
- ♥✓10 Sliced Peaches
- ♥✓14 Melon Cup
- ♥✓20 Grapes*
- ♥✓18 Pineapple
- ♥✓22 Banana
- ♥✓20 Apple*

*Non-compliant for pediatric diets under 3 years.

Sides

- 0 Bacon
- 0 Chicken Sausage Link*
- 0 Sausage Patty
- 27 Home Fries

Yogurt

- ♥✓20 Fruited Yogurt
- ♥✓10 Greek Yogurt
- ♥✓0 Cottage Cheese

Breakfast Breads

- 65 Bagel
- ✓28 English Muffin
- ✓23 Blueberry Muffin
- 34 French Toast Sticks

SYMBOL KEY

- ♥ Symbol next to a menu items means that it can be ordered on a **Low Fat Diet**.
- ✓ Symbol next to a menu items means that it can be ordered on a **Low Sodium Diet**.
- 12 Grams of Carbohydrate for each item are shown as a number before a food.
- Symbol next to an entrée means that it is **Vegetarian**.