

## BEVERAGES


- ✓ 2% Milk ②
- ✓ Skim Milk ②
- ✓ Whole Milk ②
- ✓ Chocolate Milk ①
- ✓ Lactaid ①
- ✓ Soy Milk ①
- ✓ Apple Juice ①
- ✓ Orange Juice ①
- ✓ Cranberry Juice ①
- ✓ Prune Juice ①
- ✓ Grape Juice ①
- ✓ Unsweetened Tea ②
- ✓ Raspberry Iced Tea ①
- ✓ Gatorade ①
- ✓ Pepsi ③
- ✓ Diet Pepsi ②
- ✓ Sierra Mist ②
- ✓ Ginger Ale ②
- ✓ Diet Ginger Ale ②
- ✓ Lemonade ②
- ✓ Coffee ②
- ✓ Decaf Coffee ②
- ✓ Hot Cocoa ①
- ✓ Tea ②
- ✓ Decaf Tea ②
- ✓ Green Tea ②

## CONDIMENTS

- ✓ Salt ②
- ✓ Mrs. Dash ②
- ✓ Pepper ②
- ✓ Sugar (5 packets = ①)
- ✓ Sugar Substitute ②
- ✓ Syrup ②
- ✓ Diet Syrup ②
- ✓ Butter ②
- ✓ Margarine ②
- ✓ Jelly ①
- ✓ Diet Jelly ②
- ✓ Hot Sauce ②
- ✓ Honey Mustard ①
- ✓ Barbecue Sauce ①
- ✓ Sweet & Sour ①
- ✓ Salsa ②
- ✓ Parmesan Cheese ②
- ✓ Ketchup ②
- ✓ Mustard ②
- ✓ Peanut Butter ②
- ✓ Cream Cheese\* ②
- ✓ Relish ②
- ✓ Brown Sugar ①
- ✓ Honey ①
- ✓ Lemon Packet ②
- ✓ Mayonnaise\* ②
- ✓ Soy Sauce ②
- ✓ Hummus ①
- Dressings:**
- Caesar ②
- Balsamic Vinaigrette ②
- ✓ Blue Cheese ②
- ✓ French\* ②
- ✓ Italian\* ②
- ✓ Ranch\* ②
- ✓ Oil and Vinegar ②

\*Low-fat or fat-free option available

## SYMBOL KEY

- ♥ Symbol next to a menu item means that it can be ordered on a **Low Fat Diet.**
- ✓ Symbol next to a menu item means that it can be ordered on a **Low Sodium Diet.**
-  Symbol next to an entrée means that it is **Vegetarian.**
- ① Carbohydrate Serving/exchange is equal to 15 grams of carbohydrates.



## EVERYDAY LUNCH & DINNER OFFERINGS

### Build Your Own Sandwich

#### Choice of Bread:

- ♥ White ②
- ♥ Wheat ②
- ♥ Rye ②
- ♥ Kaiser Roll ②
- ✓ Wheat Wrap ②

#### Choice of Filling:


- ♥ Ham ②
- ✓ Turkey ②
- ♥ Roast Beef ②
- Bacon ②
- ✓ Chicken Salad ②
- ✓ Egg Salad ② 
- ♥ Tuna Salad ②
- ✓ PB & J ②
- ♥ Hummus ① 
- ♥ Swiss ②
- American ②
- Provolone ②

### Pasta

#### Choice of Pasta:

- ✓ Spaghetti ③
- ✓ Penne ③
- ✓ Macaroni & Cheese   
Whole ② / Half ②

#### Choice of Sauce:

- ♥ Marinara ② 
- ✓ Alfredo ② 

#### Add:

- Meatballs ②
- ✓ Chicken ②
- ♥ Low Sodium Meatballs ②



### Pizza

- Cheese Pizza ④ 

#### Additional Toppings:

- Mixed Vegetables ②
- Pepperoni ②
- Sausage ②

### From the Grille

- Grilled Cheese Sandwich ② 
- ✓ Hamburger Deluxe ②  
includes lettuce & tomato
- Chicken Fingers ③
- ♥ Black Bean Burger ③ 
- ✓ Grilled Chicken Sandwich ②
- Hot Dog ②

### Salads (Choose side or entrée size)



- ♥ Garden Salad ①
- ✓ Greek Salad ②
- ♥ Chicken Caesar Salad ①
- ♥ Julienne Salad ②

### Sides

#### Starches:

- ♥ Mashed Potatoes ①
- ♥ Rice ②
- French Fries ②
- ✓ Dinner Roll ①

#### Soups:

- ✓ Chicken Noodle Soup ①
- ✓ Cream of Tomato Soup ① 
- ✓ Chicken Broth ②
- ✓ Vegetable Broth ② 
- ✓ Beef Broth ②

#### Sauces:

- ♥ Beef Gravy ②
- ♥ Turkey Gravy ②

#### Fruit:

- ♥ Sliced Pears ①
- ♥ Sliced Peaches ①
- ♥ Melon Cup ①
- ♥ Grapes ①
- ♥ Pineapple ①
- ♥ Banana ①
- ♥ Apple ①
- ♥ Applesauce ①

#### Snacks:

- Cheese and Crackers ①
- ♥ Baked Chips ①
- ♥ Pretzels ①
- ✓ String Cheese ②

### Dessert

- ✓ 2 Chocolate Chip Cookies ③
- ✓ 2 Sugar Cookies ③
- ✓ 2 Oatmeal Raisin Cookies ③
- ✓ Apple Crisp ①
- ♥ Angel Food Cake ②
- ✓ Vanilla Ice Cream ①
- ✓ Chocolate Ice Cream ①
- ♥ Lemon Ice ①
- ♥ Orange Ice ①
- ♥ Lime Gelatin ①
- ♥ Orange Gelatin ①
- ♥ Strawberry Gelatin ①
- ♥ Diet Gelatin ②
- ✓ Chocolate Pudding\* ②
- ✓ Vanilla Pudding\* ①

\*Sugar-free option available

# PATIENT MENU

FOR REGULAR, LOW FAT AND LOW SODIUM DIETS

## 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

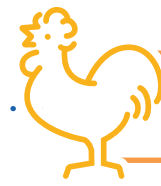
## Nutrition Services

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



UR  
MEDICINE

STRONG  
MEMORIAL HOSPITAL



## BREAKFAST SPECIALS

### SUNDAY

Two Buttermilk Pancakes\* (♥✓③🍳) with Peaches (♥✓①) and Two Chicken Sausage Links (♥②).

### MONDAY

Sunrise Frittata with Swiss Cheese, Mushrooms, Onions, and Tomatoes (♥✓②) and Mandarin Oranges (♥✓①).

### TUESDAY

Two French Toast Slices\* (♥④🍳) with Melon (♥✓①) and Bacon (②).

### WEDNESDAY

Two Buttermilk Pancakes\* (♥✓③🍳) with a Pork Sausage Patty (②) and a Fresh Banana (♥①✓).

### THURSDAY

Belgian Waffle\* (✓③🍳) with Strawberry Topping (♥✓①) and Bacon(②).

### FRIDAY

Two French Toast Slices\* (♥④🍳) with Mandarin Oranges (♥✓①) and Two Chicken Sausage Links (♥②).

### SATURDAY

Homestead Frittata (Ham, Sausage, Potatoes and Pepper Jack Cheese) (✓①). Served with a Blueberry Muffin (♥✓②).

\*Served with butter (②)and syrup (②).

## EVERYDAY BREAKFAST OFFERINGS

### Breakfast Sandwiches

- Egg and Cheese on an English Muffin ②
- Bacon, Egg and Cheese on an English Muffin ②
- Sausage, Egg and Cheese on an English Muffin ②

### Omelets

- Cheese Omelet ②
- Ham and Cheese Omelet ②

### Eggs

- ♥✓ Scrambled Eggs ②
- ♥✓ Low-Cholesterol Eggs ②
- ♥✓ Hard Boiled Egg ②

### Sides

- Bacon ②
- Pork Sausage Patty ②
- ♥ Chicken Sausage Link ②
- Home Fries ②
- ♥✓ Cottage Cheese ②

### Fruit Platter

- ♥✓ Fresh Fruit with Cottage Cheese and a Blueberry Muffin ④🍳

### Lighter Fare

- ♥✓ Grits ①
- ♥✓ Oatmeal ①
- ♥✓ Cream of Wheat ①
- ♥✓ Corn Flakes ①
- ♥✓ Cheerios ①
- ♥✓ Frosted Flakes ②
- ♥✓ Rice Krispies ①
- ♥✓ Raisin Bran ②
- ♥✓ Rice Chex ①
- ♥✓ Fruited Yogurt ①
- ♥✓ Greek Yogurt ①
- ♥ Bagels ④
- ♥✓ English Muffin ②
- ✓ Blueberry Muffin ②

### Fruit (Served all day)

- ♥✓ Sliced Pears ①
- ♥✓ Sliced Peaches ①
- ♥✓ Melon Cup ①
- ♥✓ Grapes ①
- ♥✓ Pineapple ①
- ♥✓ Banana ①
- ♥✓ Apple ①
- ♥✓ Applesauce ①



## LUNCH & DINNER SPECIALS

Choose your entrée, side, and dessert.

### SUNDAY

#### Lunch Entrée Options:

- Crispy Chicken Sandwich ②
- ♥✓ Beef Chili ② over Rice ②
- ♥✓ Vegetarian Chili ② over Rice ②🍴

#### Dinner Entrée Options:

- ♥ Roasted Turkey with Dressing and Gravy ②
- ✓ Macaroni and Cheese Whole ② | Half ②🍴

#### Choice of Side:

- ♥ Corn ①
- ♥✓ Bean & Carrot Medley ②

#### Choice of Dessert:

- ✓ Chocolate Cake ②
- ♥✓ Peaches ①

🍲 Soup of the Day: ♥✓ Beef Noodle Soup ②

### MONDAY

#### Lunch Entrée Options:

- ✓ Stuffed Shells with Blush Sauce ③🍴
- ✓ BBQ Pulled Pork Sandwich ②

#### Dinner Entrée Options:

- ♥ Roast Beef with Gravy ②
- ♥✓ Lemon Baked Fish ①

#### Choice of Side:

- ♥✓ Green Beans ②
- ♥✓ Carrots ②

#### Choice of Dessert:

- ✓ Lemon Meringue Pie ④
- ♥✓ Pears ①

🍲 Soup of the Day: Italian Wedding Soup ①

### TUESDAY

#### Lunch Entrée Options:

- ✓ Herb Roasted Chicken ②
- ✓ Beef Stroganoff over Egg Noodles ②

#### Dinner Entrée Options:

- ♥✓ Chicken Marsala ②
- ✓ Vegetable Enchilada Casserole ②🍴

#### Choice of Side:

- ♥✓ Broccoli ②
- ♥✓ Baked Sweet Potato ②

#### Choice of Dessert:

- ♥✓ Apple Crisp ①
- ♥✓ Melon ①

🍲 Soup of the Day: ♥✓ Chicken and Rice ①

### WEDNESDAY

#### Lunch Entrée Options:

- ♥✓ Chicken Stir Fry with Rice ③
- ♥✓ Vegetarian Stir Fry with Rice ③🍴
- Meatball Sandwich ④

#### Dinner Entrée Options:

- ✓ Chicken French ①
- ♥✓ Haddock Italiano ①

#### Choice of Side:

- ♥✓ Peas ①
- ♥✓ Cauliflower Blend ②

#### Choice of Dessert:

- ✓ Cheesecake Tart ②
- ♥✓ Peaches ①

🍲 Soup of the Day: ✓ Cream of Broccoli ②

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## LUNCH & DINNER SPECIALS

Choose your entrée, side, and dessert.

### THURSDAY

#### Lunch Entrée Options:

- ♥✓ Honey-Glazed Chicken ① with Rice ②
- Grilled Steak Sandwich with Steak Sauce ③

#### Dinner Entrée Options:

- ♥ Roasted Turkey with Dressing and Gravy ②
- ♥ Meat Lasagna ②
- ♥ Vegetarian Lasagna ③🍴

#### Choice of Side:

- ♥✓ Prince Edward Blend ①
- ♥✓ Carrots ②

#### Choice of Dessert:

- ✓ Brownie ②
- ♥✓ Applesauce ①

🍲 Soup of the Day: ♥ Beef Barley ①

### FRIDAY

#### Lunch Entrée Options:

- Tortellini Mushroom Alfredo ②🍴
- ♥✓ Hot Roast Beef on Kaiser Roll ②

#### Dinner Entrée Options:

- Fish and Chips with Tartar Sauce and Coleslaw ③
- ✓ Lemon Dill Chicken ②

#### Choice of Side:

- ♥ Corn ①
- ♥✓ Green Beans ②

#### Choice of Dessert:

- ✓ Apple Pie ③
- ♥✓ Pineapple ①

🍲 Soup of the Day: Cream of Tomato ①

### SATURDAY

#### Lunch Entrée Options:

- ♥✓ Meatloaf with Gravy ①
- Chicken Fingers with Choice of Sauce ③

#### Dinner Entrée Options:

- ♥✓ Pork Loin with Gravy ②
- Chicken Parmesan with Penne Pasta ③

#### Choice of Side:

- ♥✓ Mashed Sweet Potatoes ②
- ♥✓ Broccoli ②

#### Choice of Dessert:

- ✓ Carrot Cake ③
- ♥✓ Fresh Apple ①

🍲 Soup of the Day: ♥✓ Vegetarian Minestrone ①🍴

## 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