

ORDERING YOUR MEAL

You will receive one of our featured entrees served with sides, dessert and a beverage. If you prefer a specific selection please call us at 4-3663 or 7-3663.

Please call before these times to allow us to prepare and deliver your meal:

Breakfast – the evening prior

Lunch – before 11am

Dinner – before 4pm

HAVE GUESTS?

Guests can purchase meal vouchers in advance at Café 601 or online.

Call 4-3663 or 7-3663 when you are ready to order. Our staff will deliver the guest tray to the unit.



NUTRITION SERVICES

If you have questions about your therapeutic diet and what you can order, the PMA can assist you or contact a Registered Dietitian to explain further.

WE WOULD LOVE YOUR FEEDBACK!

Please scan the QR code to complete a survey on your meal service here.



PATIENT MENU

For Regular Diet Orders

Hospital Locations:
WCC7, WCC6, WCC5, 312, 314, 316, 336, 318/328

BREAKFAST

ENTREES

- ♥✓① Scrambled Eggs
- ♥③ Buttermilk Pancakes
- ♥✓③ Cinnamon French Toast
- ① Cheese Omelet
- ② Breakfast Sandwiches
- Sausage, Egg & Cheese Croissant or Egg and Cheese English Muffin*

BREADS

- ♥✓② Blueberry Muffin
- ② Croissant
- ② Danish

CEREALS

- ♥✓① Grits
- ♥✓② Oatmeal
- ♥✓① Corn Flakes
- ♥✓① Cheerios
- ♥✓② Frosted Flakes
- ♥✓① Rice Krispies
- ♥✓① Raisin Bran
- ♥✓① Rice Chex

SIDES

- ① Bacon
- ① Pork Sausage
- ♥① Chicken Sausage Links
- ② Home Fries
- ♥✓① Greek Yogurt (Plain or Blueberry)
- ♥✓① Cherry Vanilla Yogurt

BEVERAGES

- ♥✓① Coffee
- ♥✓① Decaf Coffee
- ♥✓① Hot Chocolate
- ♥✓① Tea
- ♥✓② 2% Milk
- ♥✓② Skim Milk
- ♥✓② Whole Milk
- ♥✓① Lactaid
- ✓② Chocolate Milk
- ♥✓① Apple Juice
- ♥✓① Orange Juice
- ♥✓① Cranberry Juice
- ♥✓① Prune Juice
- ♥① V8 Juice

SOUPS & SIDES

- ♥✓① Side Salad
- ② Macaroni & Cheese
- ♥✓① Mashed Potatoes
- ♥✓① Brown Rice
- ♥✓① White Rice
- ♥✓① Beef Gravy
- ♥✓① Vegetable of the Day
- ① Cream of Tomato Soup
- ♥✓① Chicken Broth
- ♥✓① Beef Bone Broth

DAILY SOUP SPECIALS

- ♥✓① **Sunday:** Beef Noodle
- ② **Monday:** Italian Wedding
- ♥✓① **Tuesday:** Chicken and Rice
- ✓① **Wednesday:** Cream of Broccoli
- ♥① **Thursday:** Beef Barley
- ♥✓① **Friday:** Tuscan Bean
- ♥✓① **Saturday:** Minestrone

LUNCH & DINNER

ENTRÉES

- ② Chicken and Biscuits
- ♥✓② Beef Stew over Rice
- ♥✓① Lemon Baked Fish
- ✓① Meatloaf
- ② Pizza
- ④ Chicken Parmesan (served w/pasta)
- ⑤ Penne & Meatballs
- ② Fish Fry (Friday Only)

FROM THE GRILL

- ③ Chicken Tenders
- ✓② Hamburger
- ② Hot Dog
- ② Grilled Cheese
- ♥✓① Grilled Chicken

BUILD YOUR OWN SANDWICH

Bread White, Wheat, Rye or Wrap
Protein: Turkey, Ham, Chicken Salad, Egg Salad, Tuna Salad or Hummus
Cheese: Provolone, American, Swiss or Pepperjack
Toppings: Lettuce, Tomato, Banana Peppers, Onions, Cucumbers
Dressing: Mayo, Chipotle Mayo, Mustard

BUILD YOUR OWN ENTRÉE SALAD

Protein: Turkey, Ham, Tuna Salad, Grilled Chicken, Tofu
Cheese: Feta, Cheddar Jack
Toppings: Tomato, Banana Peppers, Onions, Cucumbers, Olives, Bell Peppers, Croutons
Chickpeas, Artichokes
Dressing: Caesar, Italian, Balsamic Vinaigrette, Ranch, French

FEATURED ENTRÉE SALADS

- ① **Chef Salad:** Turkey, Ham, Cheddar Jack Cheese, Tomato, Onion, Cucumber
- ♥✓① **Garden Salad:** Tomato, Cucumbers, Bell Peppers and Red Onion
- ♥✓① **Greek Salad:** Artichokes, Cucumber, Tomato, Onion, Olives and Feta

FRUIT & DESSERT

- ♥✓① Apple Crumble
- ✓② Brownie
- ③ Variety of Cookies
- ① Ice Cream
- ♥✓① Gelatin
- ♥✓① Pudding
- ♥✓① Orange or Lemon Ice
- ✓① Cheesecake Parfait (Monday Only)
- ♥✓① Banana
- ♥✓① Apple Slices
- ♥✓① Peaches
- ♥✓① Pears
- ♥✓① Fruit Cup

PLANT FORWARD CHOICES

- ④ Eggplant Lasagna
- ③ Black Bean Burger
- ② Beyond Burger
- ♥✓③ Veggie Chili over Rice
- ♥✓① Gardein Chick'n' Tenders
- ♥⑤ Vegan Bolognese

We are also pleased to offer food choices for Halal and Kosher diet requests. Ask your menu assistant for more information or call x73663.

- ♥ 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 carbohydrate.
- ① The Constant Carbohydrate Diet allows items noted by a green circle; choose a total of 5 servings (75 grams of carbs) per meal.