

BEVERAGES



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

CONDIMENTS



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

*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 an entrée means that it is Vegetarian . |
| ✓✓ Symbol next to a menu item means that it can be ordered on a Low Sodium Diet . | |

EVERYDAY LUNCH & DINNER OFFERINGS

Build Your Own Sandwich

Choice of Bread:

- | | |
|----------|----------------|
| ✓✓ White | ✓✓ Kaiser Roll |
| ✓✓ Wheat | ✓ Wheat Wrap |
| ✓✓ Rye | |

Choice of Filling:

- | | |
|------------------|---------------|
| ✓ Ham | ✓✓ Tuna Salad |
| ✓✓ Turkey | ✓✓ PB&J |
| ✓ Roast Beef | ✓✓ Hummus 🌿 |
| Bacon | ✓✓ Swiss |
| ✓✓ Chicken Salad | American |
| ✓✓ Egg Salad 🌿 | Provolone |

Pasta

Choice of Pasta:

- | | |
|--------------|-----------------------|
| ✓✓ Spaghetti | ✓ Macaroni & Cheese 🌿 |
| ✓✓ Penne | |

Choice of Sauce:

- | | |
|---------------|-------------|
| ✓✓ Marinara 🌿 | ✓ Alfredo 🌿 |
|---------------|-------------|

Add:

- | | |
|------------|-------------------------|
| Meatballs | ✓✓ Low Sodium Meatballs |
| ✓✓ Chicken | |

Pizza

Cheese Pizza 🌿

Additional Toppings:

- | | |
|------------------|-----------|
| Mixed Vegetables | Pepperoni |
| | Sausage |

From the Grille

- | | |
|---|-----------------------------|
| Grilled Cheese Sandwich 🌿 | ✓ Black Bean Burger 🌿 |
| ✓ Hamburger Deluxe
includes lettuce & tomato | ✓✓ Grilled Chicken Sandwich |
| Chicken Fingers | Hot Dog |

Salads (Choose side or entrée size)

- | | |
|-----------------|------------------------|
| ✓✓ Garden Salad | ✓ Chicken Caesar Salad |
| ✓ Greek Salad | ✓ Julienne Salad |

Sides

Starches:

- | | |
|--------------------|----------------|
| ✓✓ Mashed Potatoes | French Fries |
| ✓✓ Rice | ✓✓ Dinner Roll |

Soups:

- | | |
|------------------------|----------------------|
| ✓✓ Chicken Noodle Soup | ✓✓ Chicken Broth |
| Cream of Tomato Soup 🌿 | ✓✓ Vegetable Broth 🌿 |
| | ✓✓ Beef Broth |

Sauces:

- | | |
|---------------|-----------------|
| ✓✓ Beef Gravy | ✓✓ Turkey Gravy |
|---------------|-----------------|

Fruit:

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

Snacks:

- | | |
|---------------------|-----------------|
| Cheese and Crackers | ✓ Pretzels |
| ✓✓ Baked Chips | ✓ String Cheese |

Dessert

- | | |
|-------------------------|------------------------------|
| ✓ Chocolate Chip Cookie | ✓✓ Orange Ice |
| ✓ Sugar Cookie | ✓✓ Lime Gelatin |
| ✓ Oatmeal Raisin Cookie | ✓✓ Orange Gelatin |
| ✓✓ Apple Crisp | ✓✓ Strawberry Gelatin |
| ✓✓ Angel Food Cake | ✓✓ Diet Gelatin |
| ✓ Vanilla Ice Cream | ✓✓ Chocolate Pudding* |
| ✓ Chocolate Ice Cream | ✓✓ Vanilla Pudding* |
| ✓✓ Lemon Ice | *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

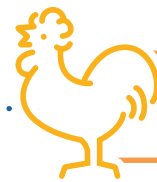
Each meal time is determined by your current hospital unit

Nutrition Services

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



STRONG
MEMORIAL HOSPITAL



BREAKFAST SPECIALS

SUNDAY

Two Buttermilk Pancakes (♥✓🍳) with Peaches (♥✓) and Two Chicken Sausage Links (♥). *Served with butter and syrup.*

MONDAY

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

TUESDAY

Two French Toast Slices (♥🍳) with Melon (♥✓) and Bacon. *Served with butter and syrup.*

WEDNESDAY

Two Buttermilk Pancakes (♥✓🍳) with a Pork Sausage Patty and a Fresh Banana (♥✓). *Served with butter and syrup.*

THURSDAY

Belgian Waffle (✓🍳) with Strawberry Topping (♥✓) and Bacon. *Served with butter and syrup.*

FRIDAY

Two French Toast Slices (♥🍳) with Mandarin Oranges (♥✓) and Two Chicken Sausage Links (♥). *Served with butter and syrup.*

SATURDAY

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

EVERYDAY BREAKFAST OFFERINGS

Breakfast Sandwiches

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

Omelets

Cheese Omelet Ham and Cheese Omelet

Eggs

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

Sides

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

Fruit Platter

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

Lighter Fare

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

Fruit *(Served all day)*

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

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LUNCH & DINNER SPECIALS

Choose your entrée, side, and dessert.

SUNDAY

Lunch Entrée Options:

✓ Crispy Chicken Sandwich
♥✓ Beef Chili over Rice
♥✓ Vegetarian Chili over Rice 🍳

Dinner Entrée Options:

♥ Roasted Turkey with Dressing and Gravy
✓ Macaroni and Cheese 🍳

Choice of Side:

♥ Corn
♥✓ Bean and Carrot Medley

Choice of Dessert:

✓ Chocolate Cake
♥✓ Peaches

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

MONDAY

Lunch Entrée Options:

✓ Stuffed Shells with Blush Sauce 🍳
✓ BBQ Pulled Pork Sandwich

Dinner Entrée Options:

♥ Roast Beef with Gravy
♥✓ Lemon Baked Fish

Choice of Side:

♥✓ Green Beans
♥✓ Carrots

Choice of Dessert:

♥✓ Lemon Meringue Pie
♥✓ Pears

🍲 **Soup of the Day:** Italian Wedding Soup

TUESDAY

Lunch Entrée Options:

✓ Herb Roasted Chicken
✓ Beef Stroganoff over Egg Noodles

Dinner Entrée Options:

♥✓ Chicken Marsala
✓ Vegetable Enchilada Casserole 🍳

Choice of Side:

♥✓ Broccoli
♥✓ Baked Sweet Potato

Choice of Dessert:

♥✓ Apple Crisp
♥✓ Melon

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

WEDNESDAY

Lunch Entrée Options:

♥✓ Chicken Stir Fry with Rice
♥✓ Vegetarian Stir Fry with Rice 🍳
Meatball Sandwich

Dinner Entrée Options:

✓ Chicken French
♥✓ Haddock Italiano

Choice of Side:

♥✓ Peas
♥✓ Cauliflower Blend

Choice of Dessert:

♥✓ Cheesecake Tart
♥✓ Peaches

🍲 **Soup of the Day:** ✓ Cream of Broccoli

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LUNCH & DINNER SPECIALS

Choose your entrée, side, and dessert.

THURSDAY

Lunch Entrée Options:

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

Dinner Entrée Options:

♥ Roasted Turkey with Dressing and Gravy
♥ Meat Lasagna
♥ Vegetarian Lasagna 🍳

Choice of Side:

♥✓ Prince Edward Blend
♥✓ Carrots

Choice of Dessert:

✓ Brownie
♥✓ Applesauce

🍲 **Soup of the Day:** ♥ Beef Barley

FRIDAY

Lunch Entrée Options:

Tortellini Mushroom Alfredo 🍳
♥✓ Hot Roast Beef on Kaiser Roll

Dinner Entrée Options:

Fish and Chips with Tartar Sauce and Coleslaw
✓ Lemon Dill Chicken

Choice of Side:

♥ Corn
♥✓ Green Beans

Choice of Dessert:

✓ Apple Pie
♥✓ Pineapple

🍲 **Soup of the Day:** Cream of Tomato

SATURDAY

Lunch Entrée Options:

♥✓ Meatloaf with Gravy
Chicken Fingers with Choice of Sauce

Dinner Entrée Options:

♥✓ Pork Loin with Gravy
Chicken Parmesan with Penne Pasta

Choice of Side:

♥✓ Mashed Sweet Potatoes
♥✓ Broccoli

Choice of Dessert:

✓ Carrot Cake
♥✓ Fresh Apple

🍲 **Soup of the Day:** ♥✓ Vegetarian Minestrone 🍳

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