

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

3/2018

BEVERAGES

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

CONDIMENTS

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

SYMBOL KEY

Heart Symbol next to a menu items 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**.

Orange Peel symbol next to an entrée means that it is **Vegetarian**.

EVERYDAY LUNCH & DINNER OFFERINGS

Build Your Own Sandwich

Choice of Bread:

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

Choice of Filling:

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

Pasta

Choice of Pasta:

- ✓ Spaghetti
- ✓ Penne
- ✓ Macaroni & Cheese

Choice of Sauce:

- ✓ Marinara
- ✓ Alfredo
- ✓ Low Sodium Meatballs

Add:

- Meatballs
- ✓ Chicken

Pizza

Cheese Pizza

Additional Toppings:

- Mixed Vegetables
- Pepperoni
- Sausage

From the Grille

Grilled Cheese Sandwich

- Heart Black Bean Burger
- ✓ Grilled Chicken Sandwich
- Hot Dog

Hamburger Deluxe

includes lettuce & tomato

Chicken Fingers

Salads (Choose side or entrée size)

Choice of Bread:

- ✓ Greek Salad
- ✓ Wheat Wrap
- Heart Garden Salad
- ✓ Julienne Salad

Sides

Starches:

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

Soups:

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

Pasta

Choice of Pasta:

- ✓ Beef Gravy
- ✓ Turkey Gravy
- ✓ Spaghetti
- ✓ Penne

Choice of Sauce:

- ✓ Marinara
- ✓ Alfredo
- ✓ Low Sodium Meatballs

Add:

- Meatballs
- ✓ Chicken

Pizza

Cheese Pizza

Additional Toppings:

- Mixed Vegetables
- Pepperoni
- Sausage

Dessert

Chocolate Chip Cookie

- ✓ Orange Ice
- ✓ Lime Gelatin
- ✓ Sugar Cookie
- ✓ Oatmeal Raisin Cookie
- ✓ Apple Crisp
- ✓ Angel Food Cake
- ✓ Vanilla Ice Cream
- ✓ Chocolate Ice Cream
- ✓ Lemon Ice

Sugar Cookie

- ✓ Orange Gelatin
- ✓ Strawberry Gelatin
- ✓ Diet Gelatin
- ✓ Chocolate Pudding*
- ✓ Vanilla Pudding*
- ✓ Vanilla Pudding*

Oatmeal Raisin Cookie

- ✓ Sugar-free option available

Apple Crisp

- ✓ Diet Gelatin

Angel Food Cake

- ✓ Chocolate Pudding*

Vanilla Ice Cream

- ✓ Vanilla Pudding*

Chocolate Ice Cream

- ✓ Sugar-free option available

Lemon Ice

- ✓ Sugar-free option available



BREAKFAST SPECIALS

SUNDAY

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

TUESDAY

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

MONDAY

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

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
✓ Hard Boiled Egg

✓ Low-Cholesterol Eggs

Sides

Bacon
Pork Sausage Patty
♥ Chicken Sausage Link

Home Fries
Cottage Cheese

Fruit Platter

✓ Fresh Fruit with Cottage Cheese and a Blueberry Muffin

Lighter Fare

✓ Grits
✓ Oatmeal
✓ Cream of Wheat
✓ Corn Flakes
✓ Cheerios
✓ Frosted Flakes
✓ Rice Krispies
✓ Granola

✓ Raisin Bran
✓ Rice Chex
✓ Fruited Yogurt
✓ Greek Yogurt
✓ Bagels
✓ English Muffin
✓ Blueberry Muffin

Fruit (Served all day)

✓ Sliced Pears
✓ Sliced Peaches
✓ Melon Cup
✓ Grapes

✓ Pineapple
✓ Banana
✓ Apple
✓ Applesauce

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- ✖ Symbol next to an entrée means that it is **Vegetarian**.



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

Dinner Entrée Options:
✓ Chicken French
✓ Haddock Italiano
Meatball Sandwich

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