

BREAKFAST

BREAKFAST SIDES

A LA CARTE

Scrambled Eggs
Hardboiled Egg
Bacon, Ham (6g), or Sausage (1g)
Turkey Sausage
Country Potatoes (19g)
French Toast – white (21g) · wheat (22g)

BREADS & GRAINS

White (21g), Multi Grain (22g)
Sourdough (20g)
Assorted Bagels (65g)
Blueberry Muffin (38g)
Mini Pumpkin Muffin (13g)
Bran Muffin (33g)
English Muffin (25g)

CEREAL

Assorted Cold Cereal (17-26g)
Steel Cut Oatmeal (13g)
Cream of Rice (17g)
Cream of Wheat (16g)
Choice of Toppings:
Almonds (2g), Brown Sugar (13g), Sugar

FRUIT & MORE

Fresh Fruit Cup (12g)
Fresh Fruit Bowl (30g)
Seasonal Fresh Fruit (15-25g)
Canned Fruit (13-18g)
Yogurt (10g)
Greek Yogurt (11g)
Custard (13g)
Cottage Cheese (5g)
Fruit Yogurt Parfait (17g)

HOW TO PLACE YOUR ORDER

ROOM SERVICE HOURS

Breakfast is served from 7:00am to 10:00am
Lunch & Dinner are served from 10:30am to 7:00pm.

- 1. To place your order between the hours of 7:00am and 7:00pm, please call 33663 (3-FOOD).
- 2. If you have been prescribed a special diet, your menu selections will be modified to fit within your diet order with the assistance of our call center.
- 3. Your meal will be freshly prepared and delivered to your room within 45 minutes.
- 4. If you are receiving medication that needs to be taken before or with your meal, please notify your nurse by using your call button.
- 5. Please ask the call center about guest meal services which can be provided at a minimal charge.
- 6. If you have any questions or requests, please contact the call center at 33663. If for any reason you are unable to make selections for a meal period, you will be provided with the Chef’s Special of the Day.
- 7. Vegan Menu available upon request.

PATIENT MENU



BREAKFAST

BREAKFAST ENTRÉES

Lemon Blueberry Crepes (32g)
Two thin French-style pancakes filled with a cream cheese and ricotta spread, topped with warm blueberry compote

Healthy Beginnings Breakfast
Steel cut oatmeal (13g) with your choice of toppings: brown sugar (13g) or almonds (2g). Served with our signature fresh fruit cup (12g), and yogurt (10g)

The Classic Breakfast
Country potatoes (19g), scrambled eggs, choice of sausage (1g), or bacon, and a fresh fruit cup (12g)

Breakfast Sandwich
Toasted English muffin with scrambled egg, cheese and your choice of sausage (27g), ham (28g), or bacon (26g)

Breakfast Burrito
Country potatoes, scrambled egg, cheese and your choice of onion, bell peppers, tomatoes, mushrooms, sausage (48g), ham (51g) or bacon (47g), rolled in a warm flour tortilla

Omelet
Build your own omelet with your choice of fillings: spinach · onion · bell pepper · tomatoes mushrooms · sausage (1g) · ham (6g) · bacon · cheese

Classic French Toast
Hearty bread dipped in cinnamon egg batter, cooked golden brown – white (21g) · wheat (22g)

Pancakes
Choose from whole wheat (16g) or buttermilk (21g) pancakes

Biscuit & Gravy (45g)
Fresh biscuit served with house-made sausage gravy

SYMBOL KEY

Please contact your Unit Host to place your order. Not all items will be available for modified or restricted diets.

() Grams of carbohydrates in parenthesis.

LUNCH & DINNER

ENTRÉES

Select your choice of entrée, starch and vegetable:

Home-Style Meatloaf (7g)
Savory beef meatloaf

Vegetarian Baked Ziti (31g)
Pasta with sautéed yellow squash, zucchini, onions, tomatoes, and spinach tossed in tomato sauce and topped with cheese

House-Roasted Pork Carnitas (1g)
Latin-inspired, slow roasted pork

Charbroiled Salmon (4g)
Topped with tropical salsa

Seared Beef Tips (4g)
Sautéed in a wild mushroom demi-glace

Asian Stir Fry
Served with steamed rice, Asian stir fried vegetables, with your choice of chicken (31g), beef (32g), or tofu (32g)

Street Tacos
Two corn (17g) or one flour (34g) tortilla filled with your choice of chicken tinga, carne asada, or pork carnitas. Topped with your choice of cilantro, onion, or cabbage

Grilled Chicken Breast
Served with your choice of poultry gravy (3g), marinara (3g), alfredo (4g), or BBQ sauce (26g)

Pizza (Regular Diet Only) (77g)
Baked with your choice of toppings:
Pepperoni • Canadian Bacon • Pineapple • Mushrooms • Olives

Authentic Asian Chicken (7g)
Lemongrass and cilantro poached boneless chicken thigh

() Grams of carbohydrates in parenthesis.

LUNCH & DINNER

Panko Crusted Trout (17g)
Riverence Idaho Trout, pan fried with a Dijon mustard and herb panko bread crumb crust, served with grilled lemon

Pasta
Whole wheat or ziti pasta, with your choice of marinara (20g), alfredo (21g), or vegan béchamel (22g)

STARCHES	VEGETABLES
Mashed Potatoes (17g)	Spinach Sauté (4g)
Pinto Beans (16g)	Yellow Squash (3g)
Roasted Red Potatoes (24g)	Green Beans (6g)
Fries (18g)	Broccoli (5g)
Spanish Rice (27g)	Carrots (5g)
White Rice (20g)	Zucchini (3g)
Pilaf (17g)	Seasonal Vegetables (3g)
Dinner Roll (20g)	

ON THE LIGHTER SIDE

Salads also available as a wrap

Spinach Berry Salad (19g)
A bed of fresh baby spinach topped with seasonal berries, cucumber, crumbled feta cheese, sesame seeds, and balsamic vinaigrette with your choice of charbroiled salmon (19g), chicken (17g), or tofu (21g)

Garden Harvest Salad (8g)
A selection of seasonal field greens, cucumber, tomatoes, julienne carrots, and your choice of charbroiled chicken (8g), charbroiled salmon (9g), cranberry chicken salad (15g), or tuna salad (4g)

Sesame Chicken & Avocado Salad (10g)
Sesame-topped charbroiled chicken breast with mandarin oranges, avocado, carrots, and cucumber arranged over baby greens with lemon ginger dressing

DRESSINGS

Ranch
Oil & Vinegar
Lemon Ginger (5g)
Fat Free Balsamic Vinaigrette

LUNCH & DINNER

BUILD YOUR OWN SANDWICH

Sandwiches are available in ½ or whole portions.

BREADS (20-36g)
White (21g), Multi Grain (22g) , Sourdough (20g), Gluten Free (42g), or Wheat Wrap (35g)

SANDWICH FILLINGS
Ham (6g), Roast Beef, Bacon, Turkey, Tuna Salad, Cranberry Chicken Salad, Peanut Butter and Jelly (18g)

SANDWICH TOPPINGS
Lettuce, Tomato, Onion, Pickle, Mayo, Light Mayo, Mustard, Cheese (Pepper Jack, Cheddar, Swiss)

SOUPS

White Bean (16g)
Chicken Noodle (8g)
Beef & Rice (3g)

FROM THE GRILL

Fresh Grilled Burger
Chicken (31g), beef patty (30g), turkey patty (40g), salmon fillet (31g), or vegan burger (53g), with choice of toppings

Chicken Strips (21g)

Quesadilla
Your choice of cheese (38g), chicken tinga (38g), or carne asada (40g)

French Dip with Au Jus (37g)

Grilled Cheese (44g)
Pepper Jack, Cheddar, or Swiss



ANYTIME

BEVERAGES

Fruit Juices: Orange (14g), Apple (15g), Cranberry (13g)

Milk (11g)

Soy Milk (9g) / Almond Milk (7g)

Iced or Hot Tea

Coffee or Decaf Coffee

Hot Chocolate (16g)

Sugar Free Lemonade

Fruit Punch

DESSERTS

Assorted Fresh or Canned Fruit (6-34g)

Orange Sherbet (21g)

Italian Ice (20-24g)

Vanilla Wafers (16g)

Pudding (21-28g)

Jello (18g)

Angel Food Cake (23g)

Angel Food Cake with Strawberries (30g)

Chocolate Cake (40g)

Cheesecake with your choice of topping:
Chocolate (58g), Strawberry (31g), or Caramel (54g)

Lemon Bar (55g)

No Sugar Added Vanilla Ice Cream (20g)

Ice Cream (16-18g) • Milkshakes (65-93g)
Scoop of ice cream or home-made milkshake available in vanilla, chocolate, or strawberry