

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.

VEGAN PATIENT MENU

Unit Host
CONCIERGE DINING SERVICES



 **Valleywise Health**
You're More to us.

Thomas
cuisine

VEGAN BREAKFAST

Steel Cut Oatmeal (13g)

Cream of Wheat (16g)

Cream of Rice (17g)

Almond Oatmeal Topping (2g)

Variety of Cold Cereals (17-26g)

Avocado & Tomato on Toasted English Muffin (25g)

White Toast (21g)

Toasted English Muffin (25g)

Bagel (65g)

Chorizo Seasoned Tofu Scramble (15g)

Country Potatoes (19g)

FRUIT

Fresh Fruit Bowl (30g)

Fresh Fruit Cup (12g)

Orange, Apple or Pear (15g)

Banana (25g)

Fresh Seasonal Fruit (15-25g)

BEVERAGES

Regular or Decaf Coffee

Cranberry (13g), **Orange** (14g) or
Apple Juice (15g)

Almond Milk (7g)

Soy Milk (9g)

VEGAN LUNCH & DINNER

Veggie Hummus Wrap (27g)

Vegan Burger (39g)

BBQ Pulled Jackfruit Burger (49g)

Asian Tofu Stir Fry with Rice (32g)

Calle (Street) Taco with Chorizo Seasoned Tofu – corn (22g) · **flour** (39g)

House-Made Chickpea Croquettes (18g)

Wheat or White Pasta with Marinara (20g)

PB&J Sandwich on White Bread (18g)

Avocado & Tomato on Toasted English Muffin (25g)

Vegan Fajita Salad (27g)

Garden Salad with Hummus (9g)

HOUSE MADE SOUPS

White Bean Soup (16g)

FRESH COOKED VEGETABLES

Spinach Saute (4g) **Yellow Squash** (3g)

Green Beans (6g) **Broccoli** (5g)

Carrots (5g) **Zucchini** (3g)

Seasonal Vegetable (3g)

SIDES

Roasted Red Potatoes (24g)

Pinto Beans con Cumino (16g)

Spanish Rice (27g)

White Rice (20g)

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.