

() indicates grams of carbohydrate * these foods contain <5g Carbohydrates

BREAKFAST

Breakfast is available all day.

HOT AND COLD CEREALS ^{bt} ^{cf}

- Oatmeal (30g)
- Cream of Wheat (25g)
- Cheerios[®] (15g)
- Total Raisin Bran[®]
- Rice Chex[®] (25g)
- Corn Flakes[®] (15g)

SIDES

- Cottage Cheese Cup (5g)
- Hard Boiled Egg *
- Seasoned Home Fries (20g) ^{bt} ^{cf}
- Bacon *
- Turkey Sausage Patty *

FRUITS ^{bt} ^{cf}

- Applesauce (20g)
- Fresh Apple (20g)
- Fresh Banana (30g)
- Fresh Fruit Salad (10g)
- Fresh Orange (15g)
- Red Grapes (10g)
- Sliced Peaches (10g)
- Sliced Pears (15g)

YOGURT

- Nonfat Strawberry Yogurt (10g)
- Nonfat Vanilla Yogurt (10g)
- Plain Greek Yogurt (5g)
- Vanilla Greek Yogurt (15g)

BREAKFAST ENTRÉES

- Scrambled Eggs *
- Cinnamon French Toast (30g)
- Home-Style Pancakes (45g)
- Egg, & Cheese on an English Muffin (25g)
- Sausage, Egg, & Cheese on an English Muffin (25g)
- Bacon, Egg, & Cheese on an English Muffin (25g)
- Plant Based Sausage, Egg & Cheese on English Muffin (35g)

BREAD

- English Muffin (25g) ^{bt} ^{cf}
(White or Whole Grain)
- Bread (White or Wheat) (15g) ^{bt} ^{cf}
- Plain Bagel (35g) ^{bt} ^{cf}
- Blueberry Muffin (30g)

BUILD YOUR OWN OMELETS

- Choose your Egg: *
- Regular
 - Heart Healthy

- Choose your Cheese: *
- Swiss
 - American
 - Cheddar

- Choose your Protein: *
- Bacon
 - Turkey Sausage

- Choose your Vegetables: ^{bt} ^{cf}
- Sautéed Mushrooms (5g)
 - Sautéed Onions *
 - Diced Tomatoes *
 - Diced Bell Peppers *
 - Mild Salsa *

Condiments are available upon request.

LUNCH & DINNER

Meals include an entree, sandwich or pizza with up to 2 sides, 1 starter or soup, 1 dessert, and up to 3 drinks

STARTERS ^{bt} ^{cf}

- Carrots & Celery (5g)
- Tossed Salad with Tomato & Cucumber (5g)

SOUPS

- Chicken Noodle Soup (10g)
- Black Bean Soup (25g)

BUILD YOUR OWN SANDWICH

Choose your Bread: ^{bt} ^{cf}

- Wheat or White Bread (15g)
- Flatbread (15g)

Choose your Protein:

- Roasted Turkey *
- Bacon *
- ABF Chicken Salad *
- Tuna Salad *

Choose your Cheese:

- Swiss* • Cheddar*
- American*

Choose your Toppings: ^{bt} ^{cf}

- Lettuce * • Tomato*
- Red Onion* • Pickle*

Condiments are available upon request.

BUILD YOUR OWN GRILL

Choose your Bread: ^{bt} ^{cf}

- Wheat or White Bun (30g)
- Flatbread (15g)

Choose your Protein:

- Beef Patty*
- Garden Burger (21g) ^{bt} ^{cf}
- ABF Chicken Breast*
- Bacon*

Choose your Cheese:

- Swiss* • Cheddar*
- American*

Choose your Toppings: ^{bt} ^{cf}

- Lettuce * • Tomato*
- Red Onion* • Pickle*
- Sautéed Onions*
- Sautéed Mushrooms (5g)

Condiments are available upon request.

ENTRÉES

- Meatloaf with Brown Gravy (15g)
- ABF Chicken Parmesan (15g)
- ABF Grilled Lemon-Rosemary Chicken *
- Cheese Tortellini with Spaghetti Sauce (30g)
- Oven Roasted Turkey *
- Baked Cod with Lemon Dill Sauce (5g)
- Cheddar Squash Cavatappi (45g)
- Pasta with Choice of Marinara or Meat Sauce (40g)
- Baked Macaroni & Cheese (40g)
- Teriyaki Tofu Bowl (20g) ^{bt} ^{cf}
- Caesar Salad (add ABF Grilled Chicken) (25g)
- Chipotle Black Bean & Cheese Bowl (70g)

ABF= Antibiotic Free

^{bt} = Plant Forward

^{cf} = Cool Foods

SIDES

- Coleslaw (5g)
- Steamed Broccoli (5g) ^{bt} ^{cf}
- Steamed Green Beans (5g) ^{bt} ^{cf}
- Steamed Carrots (5g) ^{bt} ^{cf}
- Seasoned Zucchini (5g) ^{bt} ^{cf}
- Mashed Potatoes (20g)
- Baked French Fries (40g) ^{bt} ^{cf}
- Baked Potato Chips (20g) ^{bt} ^{cf}
- Macaroni & Cheese (30g)
- Buttery Whole Grain Penne (20g)
- Buttery Penne (20g)
- Brown Rice (25g) ^{bt} ^{cf}
- White Rice (25g) ^{bt} ^{cf}
- Poultry Gravy (5g)
- Brown Gravy (5g)
- Spaghetti Sauce (5g) ^{bt} ^{cf}

BUILD YOUR OWN PIZZA

Choose Your Crust: ^{bt} ^{cf}

- Traditional Crust (80g)
- Flatbread (15g)

Choose Your Toppings:

- Cheese* • Pepperoni * • Onion*
- Mushrooms* • Green Pepper*

SWEETS

- Chocolate Chip Cookie (35g)
- Pound Cake (20g)
- Vanilla Pudding (25g)
- Chocolate Pudding (25g)
- Red Gelatin (Reg or Diet) (15g/0g)
- Citrus Gelatin (Reg or Diet) (15g/0g)
- Vanilla Ice Cream (15g)
- Chocolate Ice Cream (15g)
- Orange Sherbet (25g)
- Cherry Ice (g) ^{bt} ^{cf}
- Diet Cherry Ice (g) ^{bt} ^{cf}

BREAD ^{bt} ^{cf}

- Dinner Roll (White or Wheat) (15g)
- Bread (White or Wheat) (15g)
- Saltine Crackers (Reg. or Unsalted) (5g)

FRUITS ^{bt} ^{cf}

- Applesauce (20g)
- Fresh Apple (20g)
- Fresh Banana (30g)
- Fresh Fruit Salad (10g)
- Fresh Orange (15g)
- Red Grapes (10g)
- Sliced Peaches (10g)
- Sliced Pears (15g)

BEVERAGES (for all Meals)

- Skim Milk (15g)
- 2% Reduced Fat Milk (15g)
- Whole Milk (15g)
- Chocolate 1% Lowfat Milk (30g)
- Vanilla Soy Milk (15g)
- Iced Tea *(Regular or Decaf) ^{bt} ^{cf}
- Orange Juice (15g) ^{bt} ^{cf}
- Apple Juice (15g) ^{bt} ^{cf}
- Grape Juice (20g) ^{bt} ^{cf}
- Cranberry Juice (15g) ^{bt} ^{cf}
- Diet Cranberry Juice (5g) ^{bt} ^{cf}
- Coffee* (Regular or Decaf) ^{bt} ^{cf}
- Tea* (Regular or Decaf) ^{bt} ^{cf}
- Herbal Tea* ^{bt} ^{cf}
- Hot Chocolate (Reg 15g or Diet 10g)



TREAT

YOURSELF

TO

SOMETHING SATISFYING

DIET INFORMATION

The Patient Menu is designed to meet the needs of a variety of therapeutic diet orders.

Some menu items may not be compatible with your diet order or may be offered in a modified portion size to meet the requirements of your diet order.

Our facilities contain items that are known allergens. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, gluten, tree nuts, peanuts, fish, or shellfish.

Your customer service representative will assist you.

LIQUID DIETS

CLEAR LIQUID

Broth (Chicken, Beef or Vegetable)

Juice (Apple, Grape or Cranberry)

Coffee (Regular or Decaf)

Tea (Regular or Decaf)

Iced Tea (Regular or Decaf)

Red Gelatin (Regular or Diet)

Citrus Gelatin (Regular or Diet)

Cherry Ice (Regular or Diet)

FULL LIQUID

(all items on Clear Liquid plus below)

Cream of Wheat

Nonfat Vanilla Yogurt

Greek Yogurt (Plain or Vanilla)

Milk (Skim, 2%, Whole or Chocolate)

Hot Chocolate

Pureed Chicken Noodle Soup

Pudding (Chocolate or Vanilla)

Ice Cream (Chocolate or Vanilla)

Orange Sherbet

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TREAT

YOURSELF

Room Service Dining Menu

The Patient Menu

To place an order, dial extension 3663 (FOOD) between 6:30 a.m. and 6:30 p.m.

Breakfast items are available all day. Lunch & dinner offerings begin at 11:00 a.m.

All meals are prepared to order and delivered within one hour.

For your convenience, you may also pre-order your meals and specify delivery times for the entire day.

 Endeavor HealthSM

TREAT

YOURSELF



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