

Additional Selections

BREAKFAST ENTRÉES

Entrées: Scrambled eggs (1g), buttermilk pancakes (14g each), French toast (25g each), fresh fruit plate (57g)

Cereals: 10 Grain Hot Cereal (32g), Cream of Wheat (16g), Cheerios (14g), Frosted Flakes (31g), Rice Krispies (21g), Total Raisin Bran (28g)

Breads: Bagel (34g for half), toast (14g), English muffin (24g), bran muffin (31g), or blueberry muffin (34g)

Potatoes: Breakfast potatoes (22g)

LUNCH AND DINNER ENTRÉES

Entrées: Grilled seasoned chicken 🐔 breast (2g) ▪ Chicken strips ▪ Pasta (torchiette (21g), macaroni noodles (21g), or gluten-free spaghetti noodles (31g), and choice of sauce: lemon herb butter (5g), alfredo sauce (2g) or marinara (3g) ▪ Ground turkey tacos (39g) ▪ Roasted salmon (0g)

Burgers: Hamburger 🍔 (34g), garden burger (55g), turkey burger (34g)

Sandwiches: Vegetarian (48g), turkey (28g), roast beef (28g), grilled cheese (29g), egg salad (43g), and tuna (44g)

Salads: Chicken 🐔 Caesar (18g), ground turkey taco salad (26g), or chef salad (8g)

Fruits: Fresh fruit plate (57g)

LUNCH AND DINNER SIDE ITEMS

Sides: Mashed potatoes (18g) and gravy (2g), brown rice (22g), jasmine rice (24g), or French fries (28g)

Dinner rolls: White (19g) or wheat (19g)

Fruits: Apple slices (8g), red grapes (19g), orange slices (13g), bananas (23g), fresh melon cup (15g), canned peaches (11g), mandarin oranges (13g), or applesauce (13g)

Veggies: Baby carrots (10g), broccoli (10g), zucchini (6g), side salad (3g) with choice of diet ranch (3g) or diet Italian dressing (1g)

Soups: Chicken noodle (22g), tomato (7g), or broth (1g) (all low sodium)

DESSERTS

Sorbet (21g), frozen yogurt (17g), Italian ice (20g), Jell-O (22g) or pudding (21g), shortbread cookies (18g) or animal cookies (23g)

PATIENT MENU

Low Sodium Diet

Includes grams of carbohydrates listed in parentheses



MEAL DELIVERY TIMES

Breakfast: 6:45 a.m. – 9:30 a.m.

Lunch: 11 a.m. – 2 p.m.

Dinner: 4:45 p.m. – 7:30 p.m.

HOW TO MAKE SELECTIONS

1. Please review the menu daily so you are ready with your selections.
2. A Dietetic Assistant will call or visit you daily to get your menu choices.
3. The Daily Special will be automatically delivered if you do not make selections.

Please note, menu items may need to be adjusted to meet special diet needs prescribed by your doctor. Some items may be restricted.

Please keep this menu
throughout your stay.

Low Sodium Diet

Food and Nutrition Services offers a menu of fresh, seasonal, locally-grown foods and ingredients. Chicken breasts and thighs are local and “no antibiotics ever.” Beef for the hamburgers is local and grass-fed. Beef for the meatloaf is grass-fed.

Daily breakfast options may include Total Raisin Bran (25g), orange juice (14g), low fat milk (12g) and coffee.

SUNDAY

Breakfast: Scrambled eggs (1g) and breakfast potatoes (22g)

Lunch: Beef stroganoff (3g), rotelle pasta (21g), and baby carrots (10g)

Dinner: Chicken 🐔 teriyaki (12g), spicy broccoli (6g), jasmine rice (24g), and strawberry sorbet (16g)

Soup of the Day: Chicken 🐔 noodle (21g)

MONDAY

Breakfast: Scrambled eggs (1g), breakfast potatoes (22g), and a peach yogurt (28g)

Lunch: Alfredo pasta and vegetables (36g), roasted vegetables (5g), and apple slices (8g)

Dinner: Lemon cream chicken 🐔 (4g), roasted potatoes (18g), cauliflower and carrots (8g), and mango sorbet (16g)

Soup of the Day: Red lentil (21g)

TUESDAY

Breakfast: French toast (25g), scrambled eggs (1g), Cream of Wheat (16g), and a banana (23g)

Lunch: Chicken 🐔 tinga tacos (3g), black beans (14g), corn tortillas (31g), cilantro rice (27g)

Dinner: Meatloaf 🐮 (7g), mashed potatoes (19g) with gravy (3g), broccoli (10g), and mango sorbet (16g)

Soup of the Day: Chicken gumbo (12g)

WEDNESDAY

Breakfast: Veggie scrambled eggs (15g), breakfast potatoes (22g), and a peach yogurt (28g)

Lunch: Homestyle 🐔 chicken (1g), mashed potatoes (19g), roasted vegetables (3g), and apple slices (8g)

Dinner: Parmesan 🐔 chicken (13g), torchiette pasta with marinara (24g), roasted vegetables (5g), and lemon ice (21g)

Soup of the Day: Seasonal soup

THURSDAY

Breakfast: Buttermilk pancake (14g), scrambled eggs (1g), breakfast potatoes (22g)

Lunch: Roast turkey (0g), mashed potatoes (19g) with gravy (2g), roasted vegetables (9g), and a banana (23g)

Dinner: Chicken 🐔 chile verde (3g), Spanish rice (30g), zucchini (6g), salad with diet Italian dressing (2g), Lemon Italian Ice (20g)

Soup of the Day: Chicken 🐔 noodle (21g)

FRIDAY

Breakfast: Vegetable frittata (14g), breakfast potatoes (22g), Cream of Wheat (16g), and a banana (23g)

Lunch: Pasta with Portobello bolognese sauce (31g), roasted vegetables (5g) 🐔

Dinner: BBQ chicken sandwich with slaw (53g), broccoli (10g), and kiwi-strawberry sorbet (16g)

Soup of the Day: Chicken noodle 🐔 (21g)

SATURDAY

Breakfast: French toast (25g), scrambled eggs (1g), and Cream of Wheat (16g)

Lunch: Hamburger 🐮 (34g) with tomato, lettuce, onion (5g), and French fries (28g)

Dinner: Lemon herb salmon (4g) or oven fried chicken 🐔 (13g), jasmine rice (24g), fresh vegetables (7g), and mango sorbet (16g)

Soup of the Day: Minestrone (17g)

BEVERAGES

Milk: Skim (13g), low fat 1% (13g), whole (11g), chocolate (30g), lactose-free (13g), soy (12g) or almond (1g)

Juice: Orange (14g), apple (14g), prune (20g), cranberry (16g), cran-grape (16g), or diet cranberry (2g)

Hot beverage: Decaf coffee, decaf tea, or decaf herbal tea, hot chocolate (17g)

Bottled water

🐔 = No antibiotics ever 🐮 = Grass-fed beef

Grams of carbohydrates are listed in parentheses