

Additional Selections

BREAKFAST

Entrées: Scrambled eggs, buttermilk pancakes, French toast, biscuit and gravy, breakfast potatoes, turkey sausage, bacon

Breads: Bagel, muffins, English muffin or toast

Cereals: 10 Grain Hot Cereal, Cream of Wheat, Cheerios, Frosted Flakes, Rice Krispies or Total Raisin Bran

Fruits: Fresh fruit plate or fresh fruit and cottage cheese plate

LUNCH AND DINNER ENTREES

Entrées: Grilled seasoned chicken 🐔 breast ■ Roasted salmon ■ Ground turkey tacos ■ Hot roast beef sandwich ■ Chicken 🐔 strips ■ Macaroni and cheese ■ Fresh fruit plate ■ Fresh fruit and cottage cheese plate

Pasta (torchiette or gluten-free spaghetti noodles) and choice of sauce: Marinara, Alfredo or lemon herb sauce

Burger: Hamburger 🍔, cheeseburger 🍔, turkey burger, garden burger

Pizza: Cheese or pepperoni

Sandwich: Peanut butter and jelly, vegetarian, turkey, roast beef, grilled cheese or grilled ham and cheese

Salad: Chicken 🐔 Caesar, vegetarian taco, ground turkey taco salad, chef salad, or vegetarian entrée salad

SIDE ITEMS/VEGETABLES

Potato: Mashed potatoes with gravy or French fries

Rice: Brown rice or jasmine rice

Dinner roll: White or wheat

Chips: Doritos or Baked Lay's

Fruit: Apple slices, red grapes, fresh pineapple, oranges, bananas, fresh melon cup; canned peaches, mandarin oranges or applesauce

Veggies: Baby carrots, broccoli, zucchini, side salad with choice of dressing (ranch, Italian, Caesar or Thousand Island)

Soups: Chicken noodle, tomato or broth

DESSERTS

Sorbet, Italian ice, Jell-O or pudding, shortbread or animal cookies

Ask your nurse about available snacks!

PATIENT MENU

Pediatric Diet



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.

Pediatric 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.

Breakfast, lunch, and dinner are served with milk. Soup will be served upon request.

SUNDAY

Breakfast: Buttermilk pancakes, maple syrup, and peach yogurt

Lunch: Cheese quesadilla, baby carrots, and a peach cup

Dinner: Chicken 🐔 teriyaki, jasmine rice, broccoli, and yogurt

Soup of the Day: Chicken 🐔 noodle

MONDAY

Breakfast: Scrambled eggs or quiche Lorraine, breakfast potatoes, and yogurt

Lunch: Vegetable alfredo pasta with roasted vegetables and fruit

Dinner: Lemon cream chicken 🐔, mashed potatoes, and broccoli

Soup of the Day: Red lentil

TUESDAY

Breakfast: French toast, maple syrup, and yogurt

Lunch: Chicken tinga tacos 🐔, black beans, flour tortillas

Dinner: Meatloaf 🐮, mashed potatoes and gravy, and baby carrots

Soup of the Day: Chicken 🐔 gumbo

WEDNESDAY

Breakfast: Scrambled eggs, breakfast potatoes, and yogurt

Lunch: Homestyle 🐔 chicken, roasted red potatoes, zucchini, and apple slices

Dinner: Grilled cheese sandwich, roasted vegetables, and a peach cup

Soup of the Day: Seasonal soup

THURSDAY

Breakfast: Buttermilk pancakes, maple syrup, and yogurt

Lunch: Roast turkey, Yukon Gold mashed potatoes with gravy, roasted vegetables, and a peach cup

Dinner: Chicken 🐔 chile verde, house-made refried beans, Spanish rice, and zucchini

Soup of the Day: Chicken 🐔 tortilla

FRIDAY

Breakfast: Scrambled eggs, breakfast potatoes, and yogurt

Lunch: Pasta with bolognese sauce, roasted vegetables, and applesauce

Dinner: BBQ chicken 🐔 sandwich with slaw, baby carrots, and peach cup

Soup of the Day: Clam chowder

SATURDAY

Breakfast: French toast, maple syrup, and yogurt

Lunch: Hamburger 🐮 on a white bun, lettuce, onion, tomato, pickle, mayonnaise, ketchup, mustard, sweet potato fries, and apple slices

Dinner: Oven fried chicken 🐔, mashed potatoes and gravy, steamed vegetables, and a pineapple cup

Soup of the Day: Minestrone

BEVERAGES

Milk: Skim, low-fat, whole, lactose-free, chocolate, soy, or almond

Juice: Orange, apple, prune, cranberry, cran-grape or diet cranberry

Hot beverage: Hot chocolate (regular or sugar-free)

Bottled water

🐔 = No antibiotic chicken 🐮 = Grass-fed beef