







Room Service Dining

Call 341-6363



Please keep this menu throughout your hospital stay.

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About Bronson Room Service

Call 341-6363 to Order

Bronson is pleased to offer room service to our patients. Bronson Room Service gives you more control over what you eat and when during your hospital stay. To order your meal or snack, please look at the menus inside this booklet. Remember that you may be placed on a special diet during your stay. Once you have decided what you want to eat, dial 341-6363 from your room phone anytime between 7 a.m. and 7 p.m. We will deliver your order within 45 minutes. Remember to wash your hands before and after your meal.

Eating the Right Diet to Help You Heal

While you're in the hospital, your care team might have you on a special diet. The diet you're on is designed to help you heal best. When choosing your meals or snacks, be sure to make your selection from the menu your care team has prescribed.

The correct menu for you is:

_____	_____
Menu	Date
_____	_____
Menu	Date
_____	_____
Menu	Date

Special Situations

Do you have allergies or other special dietary needs? Call 341-6363. We want to make sure you have healthy food options during your stay. Kosher meals are available for patients upon request.

From Farm to Hospital Table

We want only the healthiest and most nutritious meals for our patients, visitors and staff. That's why nearly half the food and every egg we serve comes fresh from local producers. We've also partnered with Kalamazoo Valley Community College to create the Bronson Healthy Living Campus. The campus teaches nutrition, food production and sustainability, all while bringing locally sourced foods and the skills to prepare them to people in our community. That's good for everyone's health!

To read stories about our commitment to sourcing fresh, local food, visit bronsonpositivity.com.

Get to Know Some of Our Local Vendors

Carlson Farms

Bronson sources many of our eggs, chicken, beef and pork products from Carlson Farms, owned and operated by Norm and Karen Carlson in Lawton, Michigan. Since 1988, the family-run farm has been committed to providing those in southwest Michigan with fresh, local, all-natural products.

Crisp Country Acres

Crisp Country Acres is a family farm located in Holland, Michigan. The farm grows over 120 acres of fresh produce. They provide many of the fresh fruits and vegetables you enjoy in your meals while in the hospital.

Kalamazoo Valley Community College Food Hub

Also known as ValleyHub, they buy fresh food from growers and supply it to us, already washed, peeled, chopped or frozen. This way, we can focus on creating your delicious and healthy meals with less in-house preparation.

Joe's Farm

Joe's Farm is another source of the eggs we serve in patient rooms and in the cafeteria. Joe Koopsen started his farm in Three Rivers, Michigan when he was 15 years old. The farm offers high quality, locally grown produce, fresh pastured eggs and meat.

Pease Packing

Thinking about ordering a hamburger from the menu? You can feel confident knowing that you're getting healthy, fresh beef was raised humanely close to home. All the burger patties we serve come from Pease Packing in Scotts, Michigan. Pease's goal is to offer a local "start to finish" product.

Sarkozy Bakery

Did you know that some national bread brands contain nearly 20 different ingredients? Not at Sarkozy Bakery in downtown Kalamazoo! Judy Sarkozy and her team supply Bronson with freshly baked, all-natural whole wheat and oatmeal breads.

Liquid Diet Menu – Clear Liquid Diet

Juice 4oz

Cranberry (17g)

Apple (14g)

Cold Drinks 8oz

Crystal Light® – Orange Sunrise, Raspberry Ice

Sugar-free lemonade

Iced tea

Hot Drinks 8oz

Coffee – regular, decaf

Hot tea – regular, decaf

Herbal tea – lemon, green, orange spice, cranberry, apple, mint medley

Condiments: sugar (3g), Equal®, Splenda®, lemon, honey (12g)

Broth 8oz

chicken, beef, vegetable

Popsicle – regular (15g), sugar-free (14g)

Sugar-free lemon sorbet (5g)

Gelatin – regular (15g), sugar-free

Liquid Diet Menu – Full Liquid Diet

On the full liquid diet, you may choose from any items on the clear liquid diet menu, as well as the following items.

Milk 8oz

Skim milk (13g)

2% milk (12g)

Whole milk (12g)

Chocolate milk (20g)

Rice milk – original (23g), vanilla (26g)

Soy milk – original (7g), vanilla (18g), chocolate (25g)

Lactose-free milk (12g)

Amounts in parentheses are grams of carbohydrates.

Liquid Diet Menu – Full Liquid Diet

On the full liquid diet, you may choose from any items on the clear liquid diet menu, as well as the following items.

Juice 4oz

Orange (15g)

Prune (25g)

Vegetable (7g)

Hot Drinks (8oz)

Hot chocolate – regular (25g), no sugar added (10g)

*Condiments: sugar (3g), Equal®, Splenda®, lemon, honey (12g),
creamer, non-dairy creamer (2g)*

Hot Cereal

Oatmeal (25g)

Cream of Wheat® (20g)

*Condiments: brown sugar (15g), syrup (30g), sugar-free syrup (4g),
jelly (10g), sugar-free jelly (3g)*

Soup

Cream of mushroom (6g)

Cream of chicken (7g)

Tomato (20g)

Desserts

Vanilla yogurt – regular (22g)

Pudding – chocolate (30g), vanilla (25g), sugar-free (10g)

Ice cream – chocolate (17g), vanilla (16g)

Fat-free – chocolate (18g), vanilla (20g)

Freshly-made smoothies

Sherbet – orange (30g), raspberry (25g)

Magic cup – chocolate, butter pecan, orange

Popsicle – regular (15g), sugar-free (14g)

Sugar-free lemon sorbet (5g)

Gelatin – regular (15g), sugar-free

XFrost – strawberry (17g), mint (17g)

General Diet Menu — Breakfast

Breakfast Grill items available until 2pm

A la Carte

Fresh fruit – apple (15g), banana (30g), orange (20g), grapes (15g)

Applesauce (15g)

Diced fruit – peaches (15g)

Mixed fruit cup (15g) – cantaloupe, honeydew and grapes

Regular yogurt – vanilla (22g), strawberry (25g)

Greek yogurt – blueberry (13g), strawberry (13g), black cherry (13g)

Chobani® yogurt (21g) – coconut Strawberry, coconut vanilla

Bread & Bakery

Toast – white (15g), whole wheat (16g), cinnamon raisin (20g)

Bagels – plain (47g), whole wheat (55g)

Muffins – blueberry (30g), apple cinnamon (29g)

English muffin (22g)

Cold Cereals

Cheerios (12g), **Corn Flakes** (18g), **Raisin Bran** (34g), **Shredded Wheat**

(28g), **Frosted Flakes** (25g), **Fruit Loops** (24g), **Rice Krispies** (22g),

All-Bran Original (37g)

Hot Cereals

Oatmeal (20g)

Cream of Wheat® (18g)

Sides

Bacon

Turkey sausage

Hash browns (8g)

Condiments: Smart Balance® spread, salt, pepper, Mrs. Dash®, jelly (10g), sugar-free jelly (3g), peanut butter (5g), honey (12g), cream cheese (1g), sugar (3g), brown sugar (15g), Equal®, Splenda®, raisins (15g), syrup (31g), sugar-free syrup (4g), ketchup (3g), hot sauce

Morning Specialties

All made with farm-fresh eggs

Omelet bar – choice of cheese, ham, turkey sausage, onion, peppers, mushrooms, tomatoes, spinach

Scrambled eggs

Sunrise sandwich – available on an English muffin (22g) or bagel (47g) with egg, cheese and/or ham

French toast (23g)

Buttermilk pancake (31g)

Mixed fruit (30g) & **cottage cheese** (5g) – served with a muffin (30-35g)

General Diet Menu — Lunch and Dinner

Salads (*side salads available*)

Chicken Caesar salad

Fresh greens (5g) tossed with grilled chicken, parmesan cheese and croutons (5g)

Chef salad

Fresh greens, tomatoes and cucumber (5g) tossed with ham, turkey, shredded cheese, egg and croutons (5g)

Garden salad

Fresh greens tossed with cucumber, carrots, tomatoes and peppers (5g)

Dressings: French (9g), ranch (3g), Caesar (4g), Italian (3g), oil & vinegar

Fat-Free Dressings: French (14g), ranch (14g), Italian (4g),

raspberry vinaigrette (9g)

Hot Sides

Potato – mashed Idaho potatoes (15g), mashed sweet potatoes (25g)

White rice (30g)

Broccoli florets (5g)

Corn (15g)

Green beans (5g)

Spinach (5g)

Vegetarian refried beans (20g)

Vegetable egg roll (23g)

Cold Sides

Original hummus (10g) – served with whole grain crackers (5g), sliced carrots (10g) or celery sticks

Pretzels (47g)

Potato chips – regular (23g), baked (26g)

Carrot sticks (10g)

Celery sticks (10g)

Amounts in parentheses are grams of carbohydrates.

General Diet Menu — Lunch and Dinner

Custom Sandwiches

Choose your bread:

Bread (2 slices) - white (30g), whole wheat (32g)

Kaiser roll (40g)

Wheat wrap (30g)

Choose your fillings:

Meat – turkey, grilled chicken, ham, tuna salad, chicken salad, egg salad

Cheese – American, cheddar, mozzarella, Swiss

Topplings – lettuce, spinach, tomato, cucumber, pickles, sliced red onions, black olives, peppers, guacamole (6g), hummus (14g)

Peanut butter & jelly sandwich (61g)

Entrées

Substitutions and half portions available

Garlic herb chicken breast

Lightly seasoned and flame-broiled

Kraft® Macaroni & cheese (45g)

Pot roast

Naturally juicy and slowly roasted until tender

Chefs Featured Fish

Ask diet office for daily special & nutritionals

Asian stir-fry

Asian-style vegetables (10g) stir-fried in an orange ginger sauce (15g), served with white rice (30g) (available with chicken or tofu)

Vegan Chicken Nugget (4pc) (18g)

Homestyle meatloaf (10g)

Topped with savory mushroom gravy (5g)

Condiments: salt, pepper, Mrs. Dash®, butter, Smart Balance® spread, sour cream (4g), Parmesan cheese, tartar sauce, soy sauce, hot sauce, oil & vinegar, mayonnaise, mustard, steak sauce (3g), BBQ sauce (5g), ketchup (3g), fat-free Miracle Whip® (2g)

General Diet Menu — Lunch and Dinner

Soups & Breads

Chicken noodle soup (10g)

LS chicken noodle soup (8g)

Garden vegetable soup (10g)

LS Broth – beef, chicken (8g)

Tomato soup (5g)

Vegetarian chili (35g)

Dinner roll (30g), **Breadstick** (25g), **Crackers** (5g), **LS crackers** (5g)

Pasta Bar

Served as a side dish (20g) or entrée (45g)

Choose your pasta – spaghetti

Choose your sauce – marinara (10g), meat (5g), garlic herb

Pizza

Personal size pizza (65g) Limit six toppings

Choose your meat – pepperoni, ham, chicken

Choose your vegetables – mushrooms, tomatoes, green pepper, onion, black olives, spinach

From the Grill

Flame-broiled burger (35g)

Ope's™ organic veggie burger (35g)

Grilled chicken sandwich (35g)

Grilled cheese sandwich (32g)

Cheese Quesadilla (28g)

Gluten-free tortilla (48g) with cheddar cheese, served with your choice of salsa (3g), sour cream (4g) or guacamole (4g) – Available with chicken

Additional toppings: cheese, lettuce, spinach, tomato, pickle, onion

Condiments: ketchup (3g), mustard, mayonnaise,

fat-free Miracle Whip® (2g), BBQ sauce (5g), relish (3g), guacamole (6g)

Amounts in parentheses are grams of carbohydrates.

General Diet Menu — Beverages & Desserts

Milk 8oz

Skim milk (13g)

2% milk (12g)

Whole milk (12g)

Chocolate milk (20g)

Rice milk – original (23g), vanilla (26g)

Soy milk – original (7g), vanilla (18g), chocolate (25g)

Lactose-free milk (12g)

Juice 4oz

Apple (14g)

Orange (15g)

Cranberry (17g)

Prune (25g)

Vegetable – regular (7g), low-sodium (7g)

Cold Drinks 8oz

Crystal Light® – Orange Sunrise, Raspberry Ice

Sugar-free lemonade

Iced tea

Hot Drinks 8oz

Coffee – regular, decaf

Hot chocolate – regular (25g), no sugar added (10g)

Hot tea – regular, decaf

Herbal tea – lemon, green, orange & spice, cranberry apple, mint medley

Condiments: sugar (3g), Equal®, Splenda®, creamer, non-dairy creamer (2g), lemon, honey (12g)

General Diet Menu — Beverages & Desserts

Bakery

Chocolate fudge brownie (35g)

Carrot cake (30g)

Angel food cake (35g) – with strawberry sauce (55g)

Cookies – chocolate chip (25g), oatmeal raisin (25g)

On the Lighter Side

Fresh fruit – apple (15g), banana (30g), orange (20g), mixed fruit cup (15g), grapes (15g)

Applesauce (15g)

Diced fruit – peaches (15g)

Pudding – chocolate (30g), vanilla (25g), sugar-free (10g)

Gelatin – regular (15g), sugar-free

Frozen Delights

Ice cream – chocolate (17g), vanilla (16g)

Fat-free – chocolate (18g), vanilla (20g)

Sherbet – orange (30g), raspberry (25g)

Sugar-free lemon sorbet (5g)

Popsicles – regular (15g), sugar-free (5g)

XFrost – strawberry (17g), mint (17g)

Magic cup (40g) – chocolate, butter pecan, orange

Freshly-made Smoothies

Limit one per meal. Ask your diet office associate for flavor options.

Heart Healthy Menu — Breakfast

Breakfast Grill items available until 2pm

A la Carte

Fresh fruit – apple (15g), banana (30g), orange (20g), grapes (15g)

Applesauce (15g)

Diced fruit – peaches (15g)

Mixed fruit cup (15g) – cantaloupe, honeydew and grapes

Regular yogurt – vanilla (22g), strawberry (25g)

Greek yogurt – blueberry (13g), strawberry (13g), black cherry (13g)

Chobani® yogurt (21g) – coconut strawberry, coconut vanilla

Bread & Bakery

Toast – white (15g), whole wheat (16g), cinnamon raisin (20g)

Bagels – plain (47g), whole wheat (55g)

Muffins – blueberry (30g), apple cinnamon (29g)

English muffin (22g)

Cold Cereals

Cheerios (12g), **Corn Flakes** (18g), **Raisin Bran** (34g), **Shredded Wheat** (28g),

Frosted Flakes (25g), **Fruit Loops** (24g), **Rice Krispies** (22g),

All-Bran Original (37g)

Hot Cereals

Oatmeal (20g)

Cream of Wheat® (18g)

Morning Specialties

All made with farm-fresh eggs

Omelet bar – LS cheese, turkey sausage*, onion, peppers, mushrooms, tomatoes, spinach

Scrambled eggs

Sunrise sandwich – available on an English muffin (22g) or bagel (47g) with egg and LS cheese

French toast (23g)

Buttermilk pancake (31g)

Sides

Hash browns (8g)

Turkey sausage*

*Condiments: Smart Balance® spread, pepper, Mrs. Dash®, Equal®, Splenda®, *light cream cheese, syrup (30g), sugar-free syrup (4g), *ketchup (3g), jelly (10g), sugar-free jelly (3g), *peanut butter (5g), honey (12g), sugar (3g), brown sugar (15g), raisins (15g)*

Heart Healthy Menu — Lunch & Dinner

Salads *(Side salads available)*

All salads served with oil & vinegar dressing

Chicken Caesar salad

Fresh greens (5g) tossed with grilled chicken and Parmesan cheese

Garden salad

Fresh greens tossed with cucumber, carrots, tomatoes and peppers (5g)

Chef salad

Fresh greens (5g) tossed with ham, turkey, shredded cheese, egg, tomato and cucumber

Fresh Sides

Original hummus (10g) – served with whole grain crackers (5g), carrot sticks (10g) or celery sticks

Mixed fruit cup (15g) – cantaloupe, honeydew and grapes

Sides

Potato – mashed sweet potatoes (25g), mashed Idaho potatoes (15g)

White rice (30g)

Broccoli florets (5g)

Spinach (5g)

Carrot slices (10g)

Green beans (5g)

Corn (15g)

Cardiac

LS = Low Sodium

*Limited to one per meal

Amounts in parentheses are grams of carbohydrates.

Heart Healthy Menu — Lunch & Dinner

Custom Sandwiches

Choose your bread:

Bread (2-slices) – white (30g), whole wheat (32g)

Kaiser roll (40g)

Wheat wrap (30g)

Choose your fillings:

Meat – turkey, grilled chicken, tuna salad, chicken salad, egg salad

Cheese – mozzarella, Swiss

Choose your toppings:

lettuce, spinach, tomato, cucumber, sliced red onions, peppers, guacamole (6g), hummus (14g)

*Peanut Butter & Jelly Sandwich (61g)

*Condiments: *ketchup (3g), *mustard, fat-free Miracle Whip® (2g), oil & vinegar*

Soups & Breads

LS soup – chicken noodle (8g), garden vegetable (14g), tomato (23g)

LS broth – chicken, beef

Dinner roll (30g)

Breadstick (25g)

LS crackers (5g)

Cardiac

LS = Low Sodium

*Limited to one per meal

Amounts in parentheses are grams of carbohydrates.

Heart Healthy Menu — Lunch & Dinner

Entrées

Substitutions and half portions available

Garlic-herb chicken breast

Lightly seasoned and flame broiled

Pot roast

Naturally juicy and slowly roasted until tender

Chefs Featured Fish

Ask diet office for daily special & nutritionals

Asian stir-fry

Asian-style vegetables (10g) stir-fried in an orange ginger sauce (15g), served with white rice (30g) (available with chicken or tofu (2g)

Homestyle meatloaf (10g)

Topped with savory mushroom gravy (5g)

Vegetarian chili (35g)

Pasta Bar

Served as a side dish (20g) or entrée (45g)

Choose your pasta – spaghetti

Choose your sauce – marinara (10g), meat (5g), garlic herb

From the Grill

Flame-broiled burger (35g)

Ope's™ organic veggie burger (35g)

Grilled chicken sandwich (35g)

Grilled cheese sandwich (32g)

Cheese Quesadilla (28g)

Gluten-free tortilla (48g) with cheddar cheese, served with your choice of salsa (3g), sour cream (4g) or guacamole (4g) – Available with chicken

Toppings – LS cheese, lettuce, spinach, tomato, onion

*Condiments: *ketchup (3g), *mustard, fat-free Miracle Whip® (2g), guacamole (6g), pepper, Mrs. Dash®, Smart Balance® spread, low fat sour cream (4g), parmesan cheese*

Heart Healthy Menu — Beverages & Desserts

Milk 8oz

Skim milk (13g)

2% milk (12g)

Chocolate milk (20g)

Rice milk – original (23g), vanilla (26g)

Soy milk – original (7g), vanilla (18g), chocolate (25g)

Lactose-free milk (12g)

Juice 4oz

Apple (14g)

Orange (15g)

Cranberry (17g)

Prune (25g)

Vegetable – regular (7g), low-sodium (7g)

Cold Drinks 8oz

Crystal Light® – Orange Sunrise, Raspberry Ice

Sugar-free lemonade

Decaf iced tea

Hot Drinks 8oz

Decaf coffee

Hot chocolate – regular (25g), no sugar added (10g)

Decaf hot tea

Herbal tea – lemon, orange & spice, cranberry apple, mint medley

*Condiments: sugar (3g), Equal®, Splenda®, non-dairy creamer (2g),
lemon, honey (12g)*

LS = Low Sodium

*Limited to one per meal

Amounts in parentheses are grams of carbohydrates.

Heart Healthy Menu — Beverages & Desserts

On the Lighter Side

Fresh fruit – apple (15g), banana (30g), orange (20g), mixed fruit cup (15g)

Applesauce (15g)

Diced fruit – peaches (15g)

Pudding – chocolate (30g), vanilla (25g), sugar-free (10g)

Gelatin – regular (15g), sugar-free

Frozen Delights

Ice cream – chocolate (17g), vanilla (16g)

Fat-free – chocolate (18g), vanilla (20g)

Sherbet – orange (30g), raspberry (25g)

Sugar-free lemon sorbet (5g)

Popsicles – regular (15g), sugar-free (5g)

XFrost – strawberry (17g), mint (17g)

Desserts

Chocolate fudge brownie (30g)

Angel food cake (35g) – with strawberry sauce (55g)

Oatmeal raisin cookie (25g)

Freshly-made smoothies

Renal Diet Menu – Breakfast

Breakfast Grill items available until 2pm

A la Carte

- Fresh apple** (15g)
- Fresh grapes** (15g)
- Applesauce** (15g)
- Diced fruit** – peaches (15g)
- Regular yogurt** – vanilla (22g), strawberry (25g)
- Greek yogurt** – blueberry (13g), strawberry (13g), black cherry (13g)
- Chobani® yogurt** (21g) – coconut Strawberry, coconut vanilla

Bread & Bakery

- Toast** – white (15g), cinnamon raisin (20g)
- Bagel** – plain (47g)
- Muffins** – blueberry (30g), apple cinnamon (29g)
- English muffin** (22g)

Cold Cereals

- Corn Flakes** (18g), **Frosted Flakes** (25g), **Fruit Loops** (24g),
- Rice Krispies** (22g)

Milk

- Regular milk** 4 oz (5g) – Skim, 2%, whole
- Lactose-free milk** 8oz (12g)
- Rice milk** 8oz – original (23g), vanilla (26g)

Hot Cereals

- Oatmeal** (20g)
- Cream of Wheat** (18g)

Morning Specialties

All made with farm-fresh eggs

Omelet bar – Choose from LS cheese, *turkey sausage, onion, peppers

Scrambled eggs

Sunrise sandwich – available on an English muffin (22g) or bagel (47g) with egg and LS cheese

French toast (23g)

Buttermilk pancake (31g)

***Turkey sausage**

*Condiments: *cream cheese (1g), Smart Balance® spread, pepper, Mrs. Dash®, jelly (10g), sugar-free jelly (3g), honey (12g), syrup (30g), sugar-free syrup (4g), sugar (3g) brown sugar (15g), Equal®, Splenda®*

Renal Diet Menu – Lunch & Dinner

Salads (*Side salads available*)

All salads served with oil & vinegar dressing

Chicken Caesar salad

Fresh greens (5g) tossed with grilled chicken, Parmesan cheese and croutons (5g)

Garden salad

Fresh greens tossed with cucumber, carrots, red onion and peppers (5g)

Fresh Sides

Carrot sticks (10g) & **celery sticks**

Custom Sandwiches

Build your own deli-style sandwich

Choose your bread:

White – 2 slices (30g) Kaiser roll (40g)

Choose your meat:

Meat – turkey, grilled chicken, tuna salad, chicken salad

Cheese – Swiss

Choose your toppings – lettuce, cucumber, sliced red onions, peppers

Soups & Breads

LS chicken noodle soup (8g)

LS Broth – beef, chicken

Dinner roll (30g)

Breadstick (25g)

LS crackers (5g)

*Condiments: *mustard, fat-free Miracle Whip® (2g), oil & vinegar*

LS = Low Sodium

*Limited to one per meal

Amounts in parentheses are grams of carbohydrates.

Renal Diet Menu – Lunch & Dinner

Entrées

Substitutions and half portions available

Garlic herb chicken breast

Lightly seasoned and flame-broiled

Pot roast

Naturally juicy and slowly roasted until tender

Chefs Featured Fish

Ask diet office for daily special & nutritionals

Garlic herb pasta

Spaghetti pasta (45g), topped with a light garlic herb sauce

Homestyle meatloaf (10g)

Topped with savory mushroom gravy (5g)

Condiments: pepper, Mrs. Dash®, Smart Balance® spread, lemon

From the Grill

Flame-broiled burger (35g)

Grilled chicken sandwich (35g)

Cheese Quesadilla (28g)

Gluten-free tortilla (48g) with cheddar cheese, served with your choice of salsa (3g), sour cream (4g) or guacamole (4g) – Available with chicken

Toppings: LS cheese, lettuce, onion, peppers, cucumbers

*Condiments: *mustard, mayonnaise, fat-free Miracle Whip® (2g)*

Sides

White rice (30g)

Broccoli (5g)

Carrot sticks (10g)

Green beans (5g)

Corn (15g)

Renal Diet Menu – Beverages & Desserts

Milk

Regular milk 4oz (5g) – Skim, 2%, whole

Lactose-free milk 8oz (12g)

Rice milk 8oz – original (23g), vanilla (26g)

Juice 4oz

Apple (14g)

Cranberry (17g)

Cold Drinks 8oz

Crystal Light® – Orange Sunrise, Raspberry Ice

Sugar-free lemonade

Decaf iced tea

Hot Drinks 8oz

Coffee – regular, decaf

Hot tea – regular, decaf

Herbal tea – lemon, green, orange & spice, cranberry apple, mint medley

Desserts

Bakery

Angel food cake (35g) – with strawberry sauce (55g)

Carrot cake (30g)

Cookie – chocolate chip (25g), oatmeal raisin (25g), vanilla wafers (15g),

Lorna Doone® shortbread (19g)

On the Lighter Side

Fresh apple (15g)

Fresh grapes (15g)

Applesauce (15g)

Diced fruit – peaches (15g)

Vanilla pudding (25g)

Gelatin – regular (15g), sugar-free

Frozen Delights

Ice cream – chocolate (17g), vanilla (16g)

Fat-free – chocolate (18g), vanilla (20g)

Sherbet – orange (30g), raspberry (25g)

Popsicle – regular (15g), sugar-free (5g)

XFrost – strawberry (17g), mint (17g)

Gluten-Free Menu – Beverages

Milk 8oz

Skim milk (13g)

2% milk (12g)

Whole milk (12g)

Chocolate milk (20g)

Soy milk – original (7g), vanilla (18g), chocolate (25g)

Rice milk – original (23g), vanilla (26g)

Juice 4oz

Apple (14g)

Orange (15g)

Cranberry (17g)

Prune (25g)

Vegetable – regular (7g), low-sodium (7g)

Cold Drinks 8oz

Crystal Light® – Orange Sunrise, Raspberry Ice

Sugar-free lemonade

Iced tea

Hot Drinks 8oz

Coffee – regular, decaf

Hot chocolate – no sugar added (10g)

Hot tea – regular, decaf

Herbal tea – lemon, orange & spice, cranberry apple, mint medley

A la Carte

Fresh fruit – apple (15g), banana (30g), orange (20g), grapes (15g)

Applesauce (15g)

Diced fruit – peaches (15g)

Mixed fruit cup (15g) – cantaloupe, honeydew and grapes

Regular yogurt – vanilla (22g), strawberry (25g)

Greek yogurt – blueberry (13g), strawberry (13g), black cherry (13g)

Chobani® yogurt (21g) – coconut strawberry, coconut vanilla

Gluten-Free Menu – Breakfast & Lunch

Breakfast Grill items available until 2pm

Cottage cheese (5g)

Gluten-free oatmeal (29g) – apple cinnamon, maple raisin, banana maple

Gluten-free toast (12g)

Condiments: Equal®, Splenda®, creamer, non-dairy creamer (2g), brown sugar (15g), sugar (3g), lemon, honey (12g), Smart Balance® spread, butter, cream cheese, raisins (15g), jelly (10g), sugar-free jelly (3g), peanut butter (5g)

Morning Specialties

All made with farm-fresh eggs

Omelet bar – choose from cheese, ham, turkey sausage, onion, peppers, mushrooms, tomato, spinach

Scrambled eggs

Sunrise sandwich – egg, cheese and/or ham served on gluten-free bread (24g)

Mixed fruit (30g) & **cottage cheese** (5g)

Sides

Bacon

Turkey sausage

Hashbrowns (8g)

Salads (side salads available)

All salads served with oil & vinegar dressing

Chef Salad

Fresh greens (5g) tossed with ham, turkey, shredded cheese, egg, tomato and cucumber

Garden Salad

Fresh greens tossed with cucumber, carrots, tomatoes and peppers (5g)

Fresh Sides

Original hummus (14g)

Served with gluten-free crackers (5g), carrot sticks (10g) or celery sticks

Amounts in parentheses are grams of carbohydrates.

Gluten-Free Menu – Lunch & Dinner

Soups

Chicken noodle soup with gluten free noodles (10g)

Garden vegetable soup (10g)

Vegetarian chili (35g)

Gluten-free crackers (5g)

Custom Sandwiches

Choose Your Bread:

Gluten-free bread (2 slices) (24g)

Gluten-free tortilla wrap (24g)

Choose Your Fillings:

Meat – turkey, ham, tuna salad, chicken salad, egg salad

Cheese – American, cheddar, mozzarella, Swiss

Toppings – lettuce, spinach, tomato, cucumber, pickles, sliced red onions, black olives, peppers, guacamole (4g), hummus (10g)

Peanut butter & jelly sandwich (39g)

Condiments: ketchup (3g), mustard, mayonnaise, fat-free Miracle Whip® (2g), oil & vinegar

Entrées

Substitutions and half portions are available

Garlic Herb Chicken Breast

Lightly seasoned and flame-broiled

Chefs Featured Fish

Ask diet office for daily special & nutritionals

Pot Roast

Naturally juicy and slowly roasted until tender

Asian Stir-Fry

Asian-style vegetables (10g) stir-fried with garlic and olive oil, served with white rice (30g) (available with tofu or chicken)

Homestyle meatloaf (10g)

Topped with savory mushroom gravy (5g)

Amounts in parentheses are grams of carbohydrates.

Gluten-Free Menu – Dinner

Sides

Potatoes – Idaho mashed potatoes (15g), mashed sweet potatoes (25g)

White rice (30g)

Corn (15g)

Carrots (10g)

Broccoli (5g)

Spinach (5g)

Green beans (5g)

From the Grill

Grilled Cheese Sandwich

Gluten-free bread (24g) with your choice of cheese

Cheese Quesadilla

Gluten-free tortilla (48g) with cheddar cheese, served with your choice of salsa (3g), sour cream (4g) or guacamole (4g) – Available with chicken

Opes™ Organic Veggie Burger (10g)

Served on a gluten-free roll (20g) with your choice of toppings

Flame-Broiled Hamburger

Served on a gluten-free roll (20g) with your choice of toppings

Grilled Chicken Sandwich

Served on a gluten-free roll (20g) with your choice of toppings

Toppings: cheese, lettuce, spinach, tomato, cucumber, pickles, sliced red onions, black olives, peppers, guacamole (6g), hummus (14g)

Gluten-Free Menu – Desserts

Desserts

Gluten-free chocolate chip cookies (25g)

Gelatin – regular (15g), sugar-free

Ice cream – chocolate (17g), vanilla (16g)

Fat-free – chocolate (18g), vanilla (20g)

Sugar-free lemon sorbet (5g)

Popsicle – regular (15g), sugar-free (5g)

Freshly-made smoothies – ask your diet office associate for flavor options

XFrost – strawberry (17g), mint (17g)

Condiments: salt, pepper, Mrs. Dash®, butter, Smart Balance® spread sour cream (4g), soy sauce, hot sauce, BBQ sauce (5g), ketchup (3g), mustard, mayonnaise, relish, fat-free Miracle Whip® (2g), oil & vinegar

Surgical Soft/Low Fiber Menu — Breakfast

Breakfast Grill items available until 2pm

A la Carte

Applesauce (15g)

Diced fruit cup – peaches (15g)

Regular yogurt – vanilla (22g), strawberry (25g)

Greek yogurt – blueberry (13g), strawberry (13g), black cherry (13g)

Bread & Bakery

Toast – white (15g)

Bagels – plain (47g), wheat (55g)

Muffins – apple cinnamon (29g)

English muffin (22g)

Cold Cereals

Cheerios (12g), **Corn Flakes** (18g), **Frosted Flakes** (25g),

Fruit Loops (24g), **Rice Krispies** (22g)

Hot Cereals

Oatmeal (20g)

Cream of Wheat® (18g)

Sides

Hash browns (8g)

Morning Specialties

All made with farm-fresh eggs

Scrambled eggs

Sunrise sandwich – available on an English muffin (22g) or bagel (47g) with egg, cheese and/or ham

Omelet bar – choice of cheese and/or ham

French toast (23g)

Buttermilk pancake (31g)

Cottage cheese (5g) **with fruit** (5g) – peaches

Entrées

Half portions available

Garlic herb chicken breast

Lightly seasoned and flame-broiled

Kraft® Macaroni & cheese (45g)

Pot roast

Naturally juicy and slowly roasted until tender

Vegan Chicken Nugget (4pc) (18g)

Homestyle meatloaf (10g)

Topped with savory mushroom gravy (5g)

Hot Sides

Potato – mashed Idaho potatoes (15g), mashed sweet potatoes (25g)

White rice (30g)

Green beans (5g)

Cold Sides

Potato chips – regular (23g), baked (26g)

Custom Sandwiches

Bread (2 slices) – White (30g)

Kaiser roll (40g)

Choose your fillings:

Meat – turkey, grilled chicken, ham, tuna salad, chicken salad, egg salad

Cheese – American, cheddar, mozzarella, Swiss

Toppings – lettuce, spinach, tomato, cucumber, pickles, sliced red onions, black olives, peppers, guacamole (6g), hummus (14g)

Peanut butter & jelly sandwich (61g)

Amounts in parentheses are grams of carbohydrates.

Surgical Soft/Low Fiber Menu — Lunch and Dinner

Soups

Chicken noodle soup (10g)

Garden vegetable soup (10g)

Tomato soup (5g)

Pasta Bar

Served as a side dish (20g) or entrée (45g)

Choose your pasta – spaghetti

Choose your sauce – marinara (10g), meat (5g), garlic herb

Pizza

Personal size pizza (65g) Limit six toppings

Choose your meat – ham, chicken

Choose your Vegetables – mushrooms, tomatoes, green pepper, onion, black olives, spinach

From the Grill

Flame-broiled burger (35g)

Grilled chicken sandwich (35g)

Grilled cheese sandwich (32g)

Cheese Quesadilla (28g)

Gluten-free tortilla (48g) with cheddar cheese, served with your choice of salsa (3g), sour cream (4g) or guacamole (4g) – Available with chicken

Condiments: ketchup (3g), mustard, mayonnaise, fat-free Miracle Whip® (2g), guacamole (6g)

Amounts in parentheses are grams of carbohydrates.

Surgical Soft/Low Fiber Menu — Beverage & Desserts

Milk 8oz

Skim milk (13g)

2% milk (12g)

Whole milk (12g)

Chocolate milk (20g)

Soy milk – original (7g),
vanilla (18g), chocolate (25g)

Rice milk – original (23g),
vanilla (26g)

Lactose-free milk – (12g)

Hot Drinks 8oz

Coffee – regular, decaf

Hot chocolate – no sugar added (10g)

Hot tea – regular, decaf

Herbal tea – lemon, orange & spice,
cranberry apple, mint medley

Bakery

Chocolate fudge brownie (35g)

Angel food cake (35g)

Chocolate chip cookie (25g)

On the Lighter Side

Banana (30g)

Applesauce (15g)

Diced fruit – peaches (15g)

Pudding – chocolate (30g), vanilla (25g), sugar-free (10g)

Gelatin – regular (15g), sugar-free

Frozen Delights

Ice cream – chocolate (17g), vanilla (16g)

Fat-free – chocolate (18g), vanilla (20g)

Sherbet – orange (30g), raspberry (25g)

Sugar-free lemon sorbet (5g)

Popsicle – regular (15g), sugar-free (5g)

Magic cup (40g) – chocolate, butter pecan, orange

Freshly-made smoothies – chocolate peanut butter

XFrost – strawberry (17g), mint (17g)

Juice 4oz

Apple (14g)

Orange (15g)

Cranberry (17g)

Prune (25g)

Vegetable – regular (7g),
low-sodium (7g)

Cold Drinks 8oz

Crystal Light® – orange
sunrise, raspberry

Sugar-free lemonade
Iced tea

