

# Your Choice: Personalize Your Meal

**\*Please Note:** The **Fiber Restricted Diet** limits fiber to less than 13 grams per day. Not all food options below are acceptable based on your prescribed diet order.

## Breakfast Options

### Cereals

Cheerios  
Corn Flakes  
Rice Krispies  
Cream of Rice  
Cream of Wheat

### Breads

Toast (White)  
English Muffin (White)  
Blueberry Muffin

### Hot Items

Scrambled Eggs or Egg Whites  
Hard Boiled Eggs  
French Toast  
Pancakes  
Hash Brown Patty  
Sausage

## Lunch and Dinner Options

### Hot Items

Grilled Chicken Sandwich  
Seasoned Chicken Breast  
Chicken Tenders  
Baked Salmon  
Pasta Ditalini w/ Olive Oil & Garlic  
Macaroni & Cheese

### Build Your Own Sandwich

Chicken Salad  
Egg Salad  
Tuna  
Turkey | Ham | Roast Beef  
(can be served with Cheddar cheese)

### Sides

Mashed Potatoes and Gravy  
White Rice  
Steamed Green Beans  
Steamed Carrots  
Peaches  
Apple Sauce

### Soups & Salads

Carrot Ginger Soup  
Chicken Noodle Soup  
Cottage Cheese and Fruit Plate  
Yogurt and Fruit Plate  
Scoop of Chicken Salad, Egg Salad or Tuna

### Desserts

Ice Cream (Vanilla or Chocolate)  
Pudding (Vanilla or Chocolate)  
Fruit Ice (Cherry, Orange or Lemon)  
Gelatin (Orange or Strawberry)

### Beverages

Milk  
Coffee  
Tea  
Juice  
Water

## Your health is our priority.

At CommonSpirit Health, Food and Nutrition Services strives to provide delicious, wholesome & nutritious meals that help to build healthier communities. By delivering culinary excellence, along with evidence-based clinical nutrition care, we are better able to nourish those we serve. Our vision is to optimize the health and wellness of our patients, guests & team members through the delivery of quality meals and excellent clinical nutrition care.

## Our promise.

When you feel sick, few things feel better than a good home cooked meal.

We want to help all our patients, with any condition, feel that comfort of a home cooked meal during their stay with us.

Our menus provide flavorful comfort foods while maintaining a healthy nutritional balance.

**You can receive our standard house menu or build your own.**



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# Patient Menu

## Fiber Restricted Diet

Food and Nutrition Services



\*Additional personal choice options may be available. Your Nutrition Service Team can assist in making selections.

The Fiber Restricted Diet decreases stool weight, fecal output, and frequency, by limiting dietary fiber. This diet may be used for short term treatment of acute ulcerative colitis, Crohn’s disease, acute diverticulitis; or for patients recovering from surgery of the GI tract; and as necessary for bowel rest.

To show our care, we have provided some customized menu options for you. Please see the back of the menu.

\*Please note: Depending on your health needs and preferences, your personal menu may vary. Ask a Food and Nutrition Services team member if you have questions about your specific menu.

Call our Food and Nutrition Services office at extension

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to share your preferences. If we don’t hear from you, we will send you our daily chef selection.

Please call before:  
5:30 AM for breakfast changes  
10:30 AM for lunch changes  
3:30 PM for dinner changes

## Breakfast



<b>Sunday</b> <b>Cinnamon French Toast</b> Served with Scrambled Eggs, Savory Pork Sausage Links and Refreshing Orange Juice
<b>Monday</b> <b>Cheddar Stuffed Cheese Omelet</b> Served with Steamed Diced Potatoes and Apple Juice
<b>Tuesday</b> <b>Scrambled Eggs</b> Served with Buttermilk Biscuit, Blueberry Yogurt and Apple Juice
<b>Wednesday</b> <b>Scrambled Eggs</b> Served with a Hash Brown Patty and Refreshing Orange Juice
<b>Thursday</b> <b>Cinnamon French Toast</b> Served with Scrambled Eggs, Savory Pork Sausage Links and Refreshing Orange Juice
<b>Friday</b> <b>Cheddar Stuffed Cheese Omelet</b> Served with Steamed Diced Potatoes and Apple Juice
<b>Saturday</b> <b>Scrambled Eggs</b> Served with Buttermilk Biscuit, Blueberry Yogurt and Apple Juice
Served with decaf coffee and milk

## Lunch



<b>Sunday</b> <b>Traditional Oven Roasted Turkey</b> Served with Homestyle Gravy, Mashed Red Potatoes, Seasoned Carrots, and Applesauce
<b>Monday</b> <b>Tomato Glazed Hearty Meatloaf</b> Served with Brown Gravy, Mashed Potatoes, Steamed Carrots, and Lorna Doone Cookies
<b>Tuesday</b> <b>Cheese Stuffed Shells with Pesto Sauce</b> Served with Asparagus, Warm Garlic Bread and Vanilla Pudding
<b>Wednesday</b> <b>Tender Beef Pot Roast</b> Served with Savory Gravy, Steamed Carrots, Homestyle Mashed Potatoes, Chocolate Pudding
<b>Thursday</b> <b>Traditional Oven Roasted Turkey</b> Served with Homestyle Gravy, Mashed Red Potatoes, Seasoned Carrots, and Applesauce
<b>Friday</b> <b>Tomato Glazed Hearty Meatloaf</b> Served with Brown Gravy, Mashed Potatoes, Steamed Carrots, and Lorna Doone Cookies
<b>Saturday</b> <b>Cheese Stuffed Shells with Pesto Sauce</b> Served with Asparagus, Warm Garlic Bread and Vanilla Pudding
Served with milk

## Dinner



<b>Sunday</b> <b>Ditalini Pasta with Alfredo Sauce</b> Served with Steamed Carrots, Warm Garlic Bread, and Peaches
<b>Monday</b> <b>Seared Chicken Breast with Lemon Herb Sauce</b> Served with Steamed White Rice, Oven Roasted Zucchini, and Peaches
<b>Tuesday</b> <b>Smoked BBQ Pulled Pork</b> Served with Seasoned Carrots, Steamed White Rice, and Applesauce
<b>Wednesday</b> <b>Teriyaki Glazed Chicken Breast</b> Served with Steamed White Rice, Seasoned Carrots, and Fruit Cocktail
<b>Thursday</b> <b>Ditalini Pasta with Alfredo Sauce</b> Served with Steamed Carrots, Warm Garlic Bread, and Peaches
<b>Friday</b> <b>Seared Chicken Breast with Lemon Herb Sauce</b> Served with Steamed White Rice, Oven Roasted Zucchini, and Peaches
<b>Saturday</b> <b>Smoked BBQ Pulled Pork</b> Served with Seasoned Carrots, Steamed White Rice, and Applesauce
Served with water