

# Your Choice: Personalize Your Meal

**\*Please Note:** The **Heart Healthy Diet** restricts sodium (salt) to 2.2 grams per day, as well as limiting total fat (<35% calories), and trans fat. Not all food options below are acceptable based on your prescribed diet order.

## Breakfast Options

Cereals	Breads	Hot Items
Cheerios	Toast (White or Wheat)	Scrambled Eggs or Egg Whites
Corn Flakes	Blueberry Muffin	Hard Boiled Eggs
Raisin Bran	English Muffin (White or Wheat)	Pancakes
Rice Krispies	Bagel	French Toast
Cream of Rice		Hash Brown Patty
Cream of Wheat		Sausage
Oatmeal		

## Lunch and Dinner Options

Hot Items	Soups & Salads
Mediterranean, or Teriyaki Grain Bowl	Chicken Noodle Soup
Choice of Chicken, Salmon, Tofu or Vegetable	Lentil Vegetarian Soup
Burger *Option of Cheese (Beef or Vegan)	Tomato Soup
Grilled Chicken Sandwich	Caesar Salad *Option of Chicken
Grilled Cheese	Chef Salad
Seasoned Chicken Breast	Cottage Cheese and Fruit Plate
Baked Salmon	Scoop of Chicken Salad, Egg Salad or Tuna Salad
Quesadilla *Option of Chicken	
Pasta with Marinara	

### Build Your Own Sandwich

- Your Choice of White, Wheat or Ciabatta Bread
- Chicken Salad
- Egg Salad
- Tuna Salad
- Turkey
  - Choice of cheese: American, Cheddar, and Swiss
  - Choice of Toppings: Lettuce, Tomato, Pickle, and Onion
  - Choice of Condiments: Ketchup, Mayo, Mustard

### Sides

- Mashed Potatoes and Gravy
- Rice (White or Brown)
- Steamed Green Beans
- Steamed Carrots
- Steamed Broccoli
- Grilled Mixed Vegetables

### Beverages

- Milk
- Coffee
- Tea
- Juice
- Water

### Desserts & Fruits

- Sugar or Chocolate Chip Cookie
- Brownie
- Pudding (Vanilla or Chocolate)
- Fruit Ice (Orange, Lemon or Cherry)
- Gelatin (Orange, or Strawberry)
- Ice Cream (Vanilla or Chocolate)
- Cottage Cheese and Fruit Plate
- Yogurt and Fruit Plate
- Apple Slices
- Fresh Fruit Cup



## 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.**



# Patient Menu

## Heart Healthy Diet

Food and Nutrition Services



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

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

256279

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



**Sunday**  
**Cinnamon French Toast**  
Served with Scrambled Eggs and Refreshing Orange Juice

**Monday**  
**Cheddar Stuffed Cheese Omelet**  
Served with Seasoned Home Fries, Original Cheerios and a Fresh Banana

**Tuesday**  
**Scrambled Eggs**  
Served with Hearty Oatmeal, Buttermilk Biscuit, and Blueberry Yogurt

**Wednesday**  
**Garden Vegetable Frittata**  
Served with a Hash Brown Patty, Original Cheerios, and Orange Wedges

**Thursday**  
**Cinnamon French Toast**  
Served with Scrambled Eggs and Refreshing Orange Juice

**Friday**  
**Cheddar Stuffed Cheese Omelet**  
Served with Seasoned Home Fries, Original Cheerios and a Fresh Banana

**Saturday**  
**Scrambled Eggs**  
Served with Hearty Oatmeal, Buttermilk Biscuit, and Blueberry Yogurt

Served with coffee and milk

## Lunch



**Sunday**  
**Traditional Oven Roasted Turkey**  
Served with Homestyle Gravy, Mashed Red Potatoes, Seasoned Green Beans, Apple Slices

**Monday**  
**Tomato Glazed Hearty Meatloaf**  
Served with Brown Gravy, Roasted Baby Potatoes, Steamed Broccoli, and Mandarin Oranges

**Tuesday**  
**Three Cheese Stuffed Shells with Marinara**  
Served with Steamed Asparagus, Warm Garlic Bread, Vanilla Pudding

**Wednesday**  
**Tender Beef Pot Roast**  
Served with Savory Gravy, Steamed Carrots, Homestyle Mashed Potatoes, and Pears

**Thursday**  
**Traditional Oven Roasted Turkey**  
Served with Homestyle Gravy, Mashed Red Potatoes, Seasoned Green Beans, Apple Slices

**Friday**  
**Tomato Glazed Hearty Meatloaf**  
Served with Brown Gravy, Roasted Baby Potatoes, Steamed Broccoli, and Mandarin Oranges

**Saturday**  
**Three Cheese Stuffed Shells with Marinara**  
Served with Steamed Asparagus, Warm Garlic Bread, Vanilla Pudding

Served with milk

## Dinner



**Sunday**  
**Penne Pasta with Hearty Meat Sauce**  
Served with Garden Salad, Warm Garlic Bread, Mixed Fruit Cup

**Monday**  
**Seared Chicken Breast with Lemon Herb Sauce**  
Served with Aromatic Rice Pilaf, Oven Roasted Zucchini, and Peaches

**Tuesday**  
**Smoked BBQ Pulled Pork**  
Served with Seasoned Green Beans, Cornbread Muffin, Tropical Fruit Cup

**Wednesday**  
**Teriyaki Glazed Chicken Breast**  
Served with Sesame Scallion Brown Rice, Seasoned Steamed Broccoli, and Pineapple Cup

**Thursday**  
**Penne Pasta with Hearty Meat Sauce**  
Served with Garden Salad, Warm Garlic Bread, Mixed Fruit Cup

**Friday**  
**Seared Chicken Breast with Lemon Herb Sauce**  
Served with Aromatic Rice Pilaf, Oven Roasted Zucchini, Country-Style Peach Crisp

**Saturday**  
**Smoked BBQ Pulled Pork**  
Served with Seasoned Green Beans, Cornbread Muffin, Tropical Fruit Cup

Served with water