

Your Choice: Personalize Your Meal

*Please note: Some menu options are not acceptable for various therapeutic diets.

Breakfast Options

Cereals Raisin Bran Cheerios Corn Flakes Rice Krispies Oatmeal Cream of Rice Cream of Wheat	Breads Toast (White or Wheat) English Muffin (White or Wheat) Blueberry Muffin	Hot Items Scrambled Eggs or Egg Whites Hard Boiled Eggs French Toast Pancakes Hash Brown Patty Meatless Sausage Burrito (Egg, Cheese, Potato)
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Lunch and Dinner Options

Hot Items Mediterranean, or Teriyaki Grain Bowl Choice of Tofu or Vegetable Burger *Option of Cheese (Vegan) Personal Pizza Choice of Cheese or Vegetable Grilled Cheese Cheese Quesadilla Pasta with Marinara Macaroni and Cheese Sauteed Tofu	Soups & Salads Lentil Vegetarian Soup Tomato Soup Vegetable Soup Caesar Salad *Option of Chick'n Side Salads Mixed Side Salad with Tomatoes and Cucumbers Scoop of Egg Salad	Desserts & Fruits Brownie Sugar or Chocolate Chip Cookie Pudding (Vanilla or Chocolate) Ice Cream (Vanilla or Chocolate) Fruit Ice (Lemon, Cherry or Orange) Fruit and Cottage Cheese Plate Yogurt & Fruit Plate Apple Slices Fresh Fruit Cup
Build Your Own Sandwich Your Choice of White, Wheat, Tortilla or Ciabatta Bread Peanut Butter and Jelly Hummus Choice of cheese: Vegan Cheddar 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 Broccoli Steamed Carrots Grilled Mixed Vegetables	Beverages Milk Coffee Tea Juice Water	

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



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

Vegetarian Diet

Food and Nutrition Services



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

French Toast

Served with Scrambled Eggs, Original Cheerios and Orange Juice

Monday

Cheese Omelet

Served with Seasoned Home Fries, Cheerios and a Fresh Banana

Tuesday

Scrambled Eggs

Served with a Buttermilk Biscuit and Blueberry Yogurt

Wednesday

Italian Vegetable Frittata

Served with Hasbrown Patty and Orange Wedges

Thursday

French Toast

Served with Scrambled Eggs, Original Cheerios and Orange Juice

Friday

Cheese Omelet

Served with Seasoned Home Fries, Cheerios and a Fresh Banana

Saturday

Scrambled Eggs

Served with a Buttermilk Biscuit and Blueberry Yogurt

Served with coffee and milk

Lunch



Sunday

Vegan Stir Fry

Served with White Rice, Seasoned Green Beans, Rustic Apple Crisp

Monday

Vegan Burger

Served with Ketchup, Mustard, Mayonnaise, Steamed Broccoli, and Shortbread Cookies

Tuesday

Three Cheese Stuffed Shells with Marinara

Served with Asparagus, Warm Garlic Bread, and Vanilla Pudding

Wednesday

Sauteed Tofu

Served with Savory Gravy, Steamed Carrots, Homestyle Mashed Potatoes, and Chocolate Pudding

Thursday

Vegan Stir Fry

Served with White Rice, Seasoned Green Beans, Rustic Apple Crisp

Friday

Vegan Burger

Served with Ketchup, Mustard, Mayonnaise, Steamed Broccoli, and Shortbread Cookies

Saturday

Three Cheese Stuffed Shells with Marinara

Served with Asparagus, Warm Garlic Bread, and Vanilla Pudding

Served with milk

Dinner



Sunday

Penne Pasta with Marinara Sauce and Vegan Chick'n

Served with Garden Salad, Warm Garlic Bread and a Mixed Fruit Cup

Monday

Vegan Chick'n

Served with Savory Gravy, Aromatic Rice Pilaf, Oven Roasted Zucchini, Country-Style Peach Crisp

Tuesday

Vegan BBQ Chick'n

Served with Seasoned Green Beans, Slow Cooked Pinto Beans, Corn Muffin and Tropical Fruit Cup

Wednesday

Teriyaki Glazed Vegan Chick'n

Served with Sesame Scallion Brown Rice, Seasoned Steamed Broccoli, and a Pineapple Cup

Thursday

Penne Pasta with Marinara Sauce and Vegan Chick'n

Served with Garden Salad, Warm Garlic Bread and a Mixed Fruit Cup

Friday

Vegan Chick'n

Served with Savory Gravy, Aromatic Rice Pilaf, Oven Roasted Zucchini, Country-Style Peach Crisp

Saturday

Vegan BBQ Chick'n

Served with Seasoned Green Beans, Slow Cooked Pinto Beans, Corn Muffin and Tropical Fruit Cup

Served with water