LIQUID DIETS

CLEAR LIQUID DIET
- Broth (Vegetable, Celery, Chicken)
- Hot Tea (Black or Decaf)
- Ice Tea (Unsweetened or Sweetened)
- Jugo Cristal, Cranberry or Apple
- Gelatin (Strawberry, Lemon or SF Citrus)
- Italian Ice (Cherry, Lemon or Orange)
- Popsicle

FULL LIQUID DIET
- Include all Clear Liquid Items plus the following:
  - Oatmeal
  - Soup (Tomato Base or Green of Chicken)
  - Orange Juice
  - Hot Chocolate (Rg or SF)
  - Milk ( skim, 1% or whole)
  - Pudding (Nagar SF) (Vanilla or Chocolate)
  - Assorted Yogurts
  - Sherbet (Vanilla or Orange)
  - Ice Cream (Vanilla, Chocolate or Strawberry)

Room Service Dining for Guests of Patients

$5.99 includes one entree, two side dishes, one dessert and beverage.

Debit Card and Credit Card payment only. (Visa, MasterCard, Discover and American Express accepted)

Allow a minimum of 45 minutes to receive your meal. Call 956.5055 for placing orders or questions.

Explanation of your “Doctor Ordered Diet”

House Select Diet
- No diet restrictions. You may select foods as desired.

Consistent Carbohydrate Diet
- A balanced diet to control blood sugar levels. A specific number of carbohydrate choices are allowed for each meal depending on your personal needs. This number of carbohydrate choices are assigned when ordering.

Neutropenic Precaution
- Patients on Neutropenic Precautions may order anything from the menu except fresh strawberries.

Pristine Diet
- A diet in choicest form of low fat and sodium. When you place your order, the number of calories, fat and sodium will be listed in the event that prescribed limits are exceeded, the Customer Service Representative can help you with substitutions.

Clear/Fall Liquid Diet
- A transitional diet of liquids and semi-solids, such as yogurt, pudding, etc.

Mechanical Soft Diet
- A diet that includes soft foods that are easier to chew and swallow.

Prescribed or Dissolved (Pured) Diet
- A diet that controls the amount of potassium, phosphorus, sodium and protein in the diet for your kidneys. In the event that prescribed limits are exceeded, the Customer Service Representative can help you with substitutions.

BREAKFAST FOR YOU

FRUIT
- Peaches + Pears
- Mandarin Oranges
- Cranberries
- Blackberries
- Apricots
- Bananas
- Cantaloupe
- Seasonal Fresh Fruit
- Fresh Fruit Cup/Cabineted Cantaloupe, Honey Dew, Pineapple or Grapes

YOGURT
- Low Fat Yogurt
- Vanilla or Strawberry

Create Your Favorites
- Choose your favorite fruit, yogurt and donut or with or without granola.

CEREALS - COLD
- Cheerios®
- Raisin Bran®
- Frosted Flakes®
- Corn Flakes®
- Frosted Loops®
- Rice Krispies®

CEREALS - HOT
- Add Bananas or Cherries
- Grills (Ry or Cheese)

BEVERAGES
- HOT
  - Hot Tea (Black or Decaf)
  - Green Tea
  - Coffee (Regular or Decaf)
- Hot Chocolate (Rg or SF)
- MILK
- Skim or 1% or Whole
- Low Fat Chocolate Soy Lactose Free

Beverages
- COLA
  - Cola (Regular or Diet)
- Lemon Lime Soda (Rg or Diet)
- Diet Coke (Regular or Diet)
- Tab (Regular or Diet)
  - Diet Sprite (Regular or Diet)
  - Crystal Light Lemonade

JUICES
- Grape + Cranberry
- Apple + Orange + Prune

FRESHLY PREPARED SOUPS
- Broth (Vegetable, Beef or Chicken)
- Tomato Basil (Rg or SF)
- Vegetable (Rg or SF)
- Chicken Noodle (Rg or SF)
- Cream of Chicken

DELI CREATIONS
- Cold or Grilled
  - Choice of: Lettuce, Tomato, Sliced Cheese, MUSTARD, Mayonnaise

BREADS
- White + Wheat
- White or Wheat + White

MEATS AND SPREADS
- Tuna Salad: Chicken Salad - Ham or - Smoked Turkey - Roast Beef - Ham or
- Beef + Goat Cheese + Jelly (on a choice of bread)

SOUTH OF THE BORDER
- QUESADILLA(S)
  - Grilled with your choice of:
    - Onions + Tomato + Cheese + Chicken + Beef + Corn

ITALIAN CUISINE
- PENNE PASTA WITH CHOICE OF SAUCE
  - Marinara + Meat
  - Entrée
    - Chicken Francaise (baked or grilled)

PERSONAL PAN CHEEZE PIZZA
- Additional Toppings
  - Onions + Tomato + Green Pepper + Peppers + Chicken + Meat

ASIAN DELIGHTS
- A medley of fresh vegetables stir-fried with your choice of sauce and meat, served over rice

CHOICE OF SAUCE
  - General Tso + Teriyaki Sauce $6

CHOICE OF PROTEIN
  - Chicken $6

CONDIMENTS
- Sugar + Spicy + Brown Sugar + Creamer + Salt + Pepper + Salt-Free Seasoning
- Fresh Lemon Slice + Ketchup + Mustard + Honey Mustard + Mayonnaise
- Tater Sauce + BBQ Sauce + Hot Sauce + Salsa + Ranch Dressing + Frisch Peanut Butter
- Malt Vinegar + Sour Cream + Cream Cheese (Rg or Light) + Margarine + Butter
- Jelly (Rg or SF) (Grape or Strawberries)

AMERICAN COMFORTS
- Baked Macaroni and Cheese + Grilled Meatloaf with Homemade Brown Gravy
- Baked Pot Roast + Crispy Herb Baked Chicken + Baked Tuna + Grilled Chicken

VEGETABLES, STARCHES & SIDES
- Green Beans
- Corn
- Carrots
- Broccoli
- Spinach
- Wrapped Potatoes
  - Baked with Brown Gravy
  - Baked Potter
- Sweet Potato
- Crinkle Cut Fries
- Fried Onions
- Fried Ziti

DESSERTS
- Angel Food Cake
- Sugar Cookie
- Chocolate Chip Cookie
- Vanilla Wafers
- Warm Apple Crisp
- CHOCOLATE (Chocolate or Carrot)
- Swedish Apple Pie

Desserts
- Gulkash (Strawberry, Lemon or SF Citrus)
- Pudding (Rg or SF) (Vanilla or Chocolate)
- Italian Ice (Cherry, Lemon or Orange)
- Popsicle
- Sherbet (Lime or Orange)
- Ice Cream (Vanilla, Chocolate or Strawberry)

Dial 6-5700 to place your food order.