# WELCOME TO SPRING VALLEY HOSPITAL

# BREAKFAST

#### BREADS AND BAKERY

Wheat Bread
White Bread
Bagel
Buttermilk Biscuit

## CEREALS 💋

# COLD

- <sup>15</sup> Corn Flakes<sup>®</sup>
   <sup>15</sup> Rice Krispies<sup>®</sup>
   <sup>15</sup> Cheerios<sup>®</sup>
   <sup>15</sup> Frosted Flakes<sup>®</sup>
- 💙 2 Raisin Bran®

#### MORNING FARE

Scrambled Eggs Cholesterol Free Scrambled Eggs 1 Orange Cinnamon French Toast Cheese Blintzes 1 Buttermilk Pancakes 15 Blueberry 16 Cinnamon Apple

# OMELET SHOPPE

MADE-TO-ORDER Eggs Cholesterol-Free Eggs

# YOGURT 🖉 🦊

YOGURT
Strawberry (Low Fat)
Peach (Low Fat)

2 English Muffin
 (regular or wheat)
 2 Blueberry Muffin

🧡 2 Apple Muffin

## НОТ

- 2 Cream of Wheat
   2 Oatmeal
- Carits

## SIDES

Hash Brown Potatoes
 Home Fries
 Bacon Slice
 Turkey Sausage Patty
 Pork Sausage Link

# OMELET EXTRAS

- Cheddar Cheese
- Onion
- 🛡 Tomato
- Mushrooms
- Green PepperSpinach
- Diced Ham

## **GREEK YOGURT**

- Vanilla
- Strawberry

# BEVERAGES

# JUICES ♥ 1 Apple ♥ 1 Cranberry ♥ 1 Grape ♥ 1 Orange ♥ 15 Prune Juice

# COLD

Iced Tea 2 Lemonade Diet Lemonade 15 Lemon Lime Soda Diet Lemon Lime Soda

## MILK



# Call Room Service at 6-3663 on your room phone to place an order.

# Guest trays are available for purchase for \$5 via a paid voucher/receipt from the cafe.

Your doctor may have prescribed a diet that requires certain nutrients to be restricted each day. Please discuss your meal choices with your Host/Hostess if you have questions.

# Carbohydrates

Carbohydrates have been calculated for patients who need help in controlling their blood sugars. Each serving is equivalent to 15 grams of carbohydrates. Most patients will require 4 servings per meal.





Heart healthy foods are lower in sodium, saturated fat and added sugars.

Gluten Free options available upon request



# MEDICAL CENTER

A Member of The Valley Health System<sup>\*</sup>





# LUNCH & DINNER

# **BROTHS & SOUPS** (Low sodium options available)

#### BROTH

**V**egetable

- 💙 Beef
- Chicken

### **COMPLEMENTS**

Wheat or White **Dinner Roll** 

### FROM THE GARDEN 💋 **SIDE SALADS**

🕈 5 Garden Salad <sup>3</sup> Hummus with Pita Bread

#### **ENTRÉE SALADS**

Caesar Salad with Chicken Chef Salad **Fresh Fruit Plate** with Cottage Cheese

# **GRILLE FAVORITES**

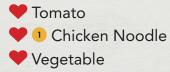
I Grilled Cheese Hamburger (1.5-3) Cheeseburger (1.5-3) Garden or Black Bean Burger

4 Quesadilla with Chicken

Burgers served with lettuce, tomato and onion on a white or wheat bun.

## **FAMILY FAVORITES**

♥ 1.5 Farmer's Meatloaf Yankee Pot Roast Asian Chicken Stir Fry 💋 4 Macaroni & Cheese



SOUP

15 Regular Potato Chips 🕈 🕫 Baked Potato Chips

- 1.5 Pretzels
- DRESSINGS
- Italian French Ranch **Balsamic Vinaigrette** Honey Mustard Caesar

# Chicken Wings or Tenders (1-1.5)

Grilled Chicken Breast Sandwich (2-3)

- - Roasted Turkey Breast
  - Chicken Parmesan
  - Z Eggplant Parmesan
  - Crispy Baked Cod

#### **PASTA BAR** PASTA CHOICES 🎔 🖉

- 15 Penne <sup>2</sup> Gluten Free Penne
- 15 Spaghetti

# **PIZZA**

Pepperoni

**DELI BAR** 

White

Wheat

Cheese

#### <sup>2</sup> TRADITIONAL <sup>2</sup> VEGGIE

BREADS MEATS AND

**FILLINGS** 

**Roast Beef** 

**Turkey** 

Chicken

Salad

Egg Salad

Tuna Salad

Peanut Butter

Ham

Jelly

# Onions Mushrooms **Green Peppers**

## **SAUCE CHOICES 7** Primavera

Marinara Bolognese

# <sup>2</sup> DELUXE

Pepperoni Onions Mushrooms **Green Peppers** 

# CHEESES

American Provolone **Swiss** 

# Lettuce Tomato Onion

**Dill Pickle** 

GARDEN

Fresh Vegetable of the Day Broccoli Green Beans Yellow Corn **Green Peas** Carrots

ACCOMPANIMENTS

**VEGETABLES** 

#### **ON THE SIDE** 2 Steamed White Rice

- Steamed Brown Rice Mashed Potatoes <sup>3</sup> Steak Fries
- Oven Roasted Potatoes
- Pinto Beans
- 2 Couscous

# **FRUITS & DESSERTS**

#### FRUIT 🎔 💋

- 1 Apple
- 2 Banana
- Fresh Fruit Cup
- Applesauce
- Peach Slices
- Pear Halves
- Fruit Cocktail

#### YUMMY DELIGHTS

- Chocolate Brownie <sup>3</sup> Red Velvet Cake
- I Angel Food Cake
- 2.5 Cheesecake
- **V** Rice Krispy Treats

#### FROZEN

- Vanilla Ice Cream
- Chocolate Ice Cream
- 15 Rainbow Sherbet
- Lemon Fruit Ice

#### COOKIES

- <sup>2</sup> Oatmeal Raisin
- <sup>2</sup> Chocolate Chip
- 15 Shortbread Cookies
- Peanut Butter
- Graham Crackers

#### PUDDING 🤎

(Sugar free options available) 1.5 Vanilla

1.5 Chocolate

#### GELATIN 🖤 15

(Sugar free options available) Strawberry Orange Cherry (sugar free not available)

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