

WELCOME TO
SPRING VALLEY HOSPITAL

BREAKFAST

BREADS AND BAKERY

- ♥ 1 Wheat Bread
- ♥ 1 White Bread
- ♥ 4 Bagel
- 2 Buttermilk Biscuit

CEREALS

COLD

- ♥ 1.5 Corn Flakes®
- ♥ 1.5 Rice Krispies®
- ♥ 1.5 Cheerios®
- 1.5 Frosted Flakes®
- ♥ 2 Raisin Bran®

MORNING FARE

- Scrambled Eggs
- ♥ Cholesterol Free Scrambled Eggs
- ♥ 1 Orange Cinnamon French Toast
- Cheese Blintzes
- ♥ 1 Buttermilk Pancakes
- 1.5 Blueberry
- 1.5 Cinnamon Apple

OMELET SHOPPE

MADE-TO-ORDER

- Eggs
- ♥ Cholesterol-Free Eggs

YOGURT

YOGURT

- 1 Strawberry (Low Fat)
- 1 Peach (Low Fat)

- ♥ 2 English Muffin (regular or wheat)
- ♥ 2 Blueberry Muffin
- ♥ 2 Apple Muffin

HOT

- ♥ 2 Cream of Wheat
- ♥ 2 Oatmeal
- ♥ 2 Grits

SIDES

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

OMELET EXTRAS

- Cheddar Cheese
- ♥ Onion
- ♥ Tomato
- ♥ Mushrooms
- ♥ Green Pepper
- ♥ Spinach
- Diced Ham

GREEK YOGURT

- 1 Vanilla
- 1 Strawberry

BEVERAGES

JUICES

- ♥ 1 Apple
- ♥ 1 Cranberry
- ♥ 1 Grape
- ♥ 1 Orange
- ♥ 1.5 Prune Juice

COLD

- Iced Tea
- 2 Lemonade
- Diet Lemonade
- 1.5 Lemon Lime Soda
- Diet Lemon Lime Soda

MILK

- Whole
- ♥ 1 Fat Free
- 1 2% Low Fat
- 2 Chocolate
- ♥ 1 Soy

HOT

- Coffee
- ♥ Decaf Coffee
- Hot Chocolate
- Tea

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.

Vegetarian

Heart Healthy

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

Gluten Free options available upon request



MENU



LUNCH & DINNER

BROTHS & SOUPS (Low sodium options available)

BROTH

- Vegetable
- Beef
- Chicken

COMPLEMENTS

- Wheat or White Dinner Roll
- Crackers

FROM THE GARDEN

SIDE SALADS

- Garden Salad
- Hummus with Pita Bread

ENTRÉE SALADS

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

GRILLE FAVORITES

- Grilled Cheese
- Hamburger (1.5-3)
- Cheeseburger (1.5-3)
- Garden or Black Bean Burger
- Quesadilla with Chicken

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

FAMILY FAVORITES

- Farmer's Meatloaf
- Yankee Pot Roast
- Asian Chicken Stir Fry
- Macaroni & Cheese

SOUP

- Tomato
- Chicken Noodle
- Vegetable

- Regular Potato Chips
- Baked Potato Chips
- 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
- Eggplant Parmesan
- Crispy Baked Cod

PASTA BAR

PASTA CHOICES

- Penne
- Gluten Free Penne
- Spaghetti

PIZZA

- | | | |
|---------------|---------------|---------------|
| 2 TRADITIONAL | 2 VEGGIE | 2 DELUXE |
| Cheese | Onions | Pepperoni |
| Pepperoni | Mushrooms | Onions |
| | Green Peppers | Mushrooms |
| | | Green Peppers |

DELI BAR

- | | | | |
|----------|---------------------|-----------|-------------|
| 2 BREADS | MEATS AND FILLINGS | CHEESES | GARDEN |
| White | Ham | American | Lettuce |
| Wheat | Roast Beef | Provolone | Tomato |
| | Turkey | Swiss | Onion |
| | Chicken Salad | | Dill Pickle |
| | Egg Salad | | |
| | Tuna Salad | | |
| | Peanut Butter Jelly | | |

ACCOMPANIMENTS

VEGETABLES

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

SAUCE CHOICES

- Primavera
- Marinara
- Bolognese

ON THE SIDE

- Steamed White Rice
- Steamed Brown Rice
- Mashed Potatoes
- Steak Fries
- Oven Roasted Potatoes
- Pinto Beans
- Couscous

FRUITS & DESSERTS

FRUIT

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

YUMMY DELIGHTS

- Chocolate Brownie
- Red Velvet Cake
- Angel Food Cake
- Cheesecake
- Rice Krispy Treats

FROZEN

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

COOKIES

- Oatmeal Raisin
- Chocolate Chip
- Shortbread Cookies
- Peanut Butter
- Graham Crackers

PUDDING

- (Sugar free options available)
- Vanilla
- Chocolate

GELATIN

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

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