

Consistent Carbohydrate

One carbohydrate choice contains an average of 15 grams of carbohydrates.

Take a moment to look through our menu. To place your order,
dial 6255

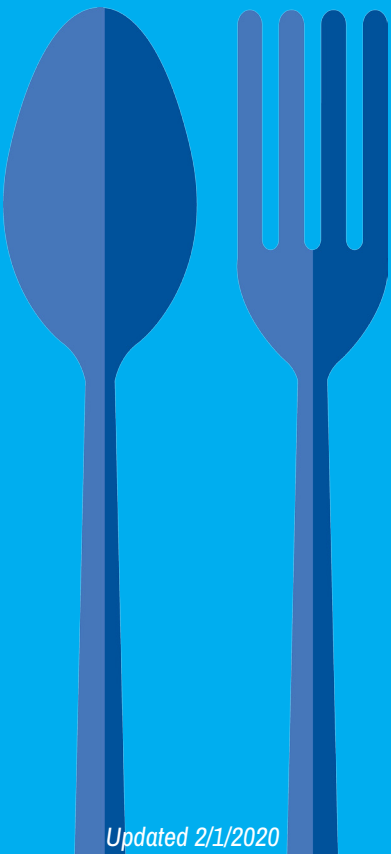
We are available to take orders from 7 AM - 5 PM daily.

Your nursing staff is available to assist you with menu selections during your stay.

Please allow up to 45 minutes for your meal to be delivered.

There is a limit of one guest tray per meal per room.

Your 100% satisfaction is our number one goal. If, for any reason, our meal service does not meet your expectations, please call the Dietary Manager at extension 3206 and let us know how we can better serve you, our guest.



Step 1

Begin by making your beverage choice.

Beverages:

Choose a drink

- ▷ Coffee (Reg. or Decaf)
- ▷ Hot Tea (Reg. or Decaf)
- ▷ Iced Tea (Unsweet)
- ▷ Milk (Skim (1), 2%, Skim Choc. (2))
- ▷ Variety Pop (Reg/Diet)
- ▷ Apple Juice (1) (Sugar-free) (1)
- ▷ Grape Juice (1)
- ▷ Orange Juice (1)
- ▷ Cranberry Juice (1)
- ▷ Prune Juice (Hot/Cold) (1)
- ▷ Hot Chocolate
- ▷ Crystal Light
- ▷ V-8 Juice
- ▷ Water

Step 2

Guests are encouraged to choose breakfast OR lunch/dinner items. However, all items are available to order at any time of the day. (Breakfast is served all day and lunch/dinner items can be ordered for breakfast.)

Breakfast:

Choose 1 item from each section.

OR

Go to the next page and make selections.

Entrées:

- ▷ French Toast (1 slice = 1)
- ▷ Pancake (2 - 4" round cakes = 2)
- ▷ Eggs (fried, poached, scrambled, or boiled)
- ▷ Omelet (choice of cheese, ham, onion, green pepper, mushroom, sausage or combo)

Sides:

- ▷ Bacon
- ▷ Sausage
- ▷ Hash Browns (1)

Breads:

- ▷ Toast (white/wheat) (1)
- ▷ English Muffin (2)

Fruit:

- ▷ Fresh Fruit (1 each) (apple, ½ banana, grapes, orange, prunes, strawberries, seasonal fruit)
- ▷ Canned Fruit (1 each) (applesauce, fruit mix, peaches, pears, mandarin oranges)

Cereals:

- ▷ Oatmeal (1)
- ▷ Cream of Wheat (1)
- ▷ Cheerios (1)
- ▷ Corn Flakes (1)
- ▷ Raisin Bran (2)
- ▷ Rice Krispies (1)

Step 2 continued

Build A Sandwich

Bread:

- ▷ Hamburger Bun(2)
- ▷ Hoagie Bun (2)
- ▷ Dinner Roll (1)
- ▷ Bread Stick (1)
- ▷ White Bread (1)
- ▷ Wheat Bread (1)

Toppings:

- ▷ American Cheese
- ▷ Swiss Cheese
- ▷ Onion
- ▷ Pickles
- ▷ Lettuce
- ▷ Tomatoes

Sandwiches:

- ▷ French Dip
- ▷ Grilled Chicken
- ▷ Hamburger
- ▷ Cheeseburger
- ▷ Breaded Fish(1)
- ▷ Grilled Cheese
- ▷ Chicken Salad
- ▷ Turkey
- ▷ Roast Beef
- ▷ Ham
- ▷ BLT
- ▷ Peanut Butter and Jelly

Main Dishes

Entrées:

- ▷ Roasted Pork Loin
- ▷ Roasted Beef
- ▷ Roasted Turkey
- ▷ Taco Salad (2)
- ▷ Chef Salad (1)
- ▷ Parmesan Herb Tilapia(1)
- ▷ Potato Crusted Cod (1)
- ▷ Oven Breaded Chicken(2)
- ▷ Grilled Chicken Breast

Pasta:

- ▷ Macaroni & Cheese(3)
- ▷ Spaghetti with meat sauce (3)
- ▷ Chicken Alfredo (3)

Soup:

- ▷ Potato (1)
- ▷ Chicken Noodle (1)
- ▷ Tomato (1)
- ▷ Garden Vegetable (1)
- ▷ Chicken Broth
- ▷ Beef Broth

Side Dishes

- ▷ Mashed Potatoes (1)
- ▷ Gravy (2 *tb*sp)
- ▷ Hashbrowns (1)
- ▷ Oven Brown Potatoes (1)
- ▷ Seasoned Rice (1)
- ▷ Veggie Plate with Dip
- ▷ Broccoli
- ▷ Carrots
- ▷ Green Beans
- ▷ California Blend
- ▷ Corn (1)
- ▷ Peas (1)
- ▷ Pickled Beets
- ▷ Tossed Green Salad
- ▷ Cottage Cheese
- ▷ Pasta Salad (1)
- ▷ Baked Potato (1)

Choose one
of the
following:

Build A Sandwich

OR

Choose 1 item
from Main Dishes

AND

Side dish (All
above options
include 1 side
dish.)

Step 3

Choose any condiments you would like for your meal.

- ▷ Syrup (*sugar-free*)
- ▷ Peanut Butter
- ▷ Jelly (*sugar-free*)
- ▷ Sour Cream
- ▷ Ketchup
- ▷ Mustard
- ▷ BBQ Sauce
- ▷ Margarine
- ▷ Mayonnaise
- ▷ Miracle Whip
- ▷ Splenda

- ▷ Creamer (*Non-Dairy*)
- ▷ Cream Cheese
- ▷ Tartar Sauce
- ▷ Mrs. Dash Seasoning
- ▷ Parmesan Cheese
- ▷ Salt/Pepper

Salad Dressing:

- ▷ Ranch (*Regular, Fat Free*)
- ▷ French (*Regular*)
- ▷ Italian (*Regular*)
- ▷ Raspberry Vinaigrette

Step 4

Choose 1 dessert to go with your meal.

Desserts:

- ▷ Cookies
(*chocolate chip (1), sugar (1), oatmeal raisin (1), lorna doone(4 = 1)*)
- ▷ Ice Cream (1) (*vanilla, chocolate, strawberry*)
- ▷ Sherbet (2) (*orange, rainbow*)
- ▷ Angel Food Cake (2)

Snacks:

- ▷ Sugar-Free Pudding (*vanilla, chocolate*) (1)
- ▷ Sugar Free Jell-O (*orange, strawberry*)
- ▷ Popcorn (3 cups = 1)
- ▷ Italian Ice (1) (*strawberry, lemon*)
- ▷ Lite Yogurt (1) (*assorted*)
- ▷ Cheese & Cracker Plate (1)

About Your Diet

This diet is the basis for helping control blood sugar for people with diabetes. Eating a consistent amount of carbohydrates at each meal aids in controlling the amount of glucose (sugar) in the blood stream. One carbohydrate choice contains an average of 15 grams of carbohydrates. For most individuals in the hospital, nutritional needs can be met by choosing 3-5 of the carbohydrates at each meal.

General Recommendations:

For women: 3-4 carbohydrates at each meal

For men: 4-5 carbohydrates at each meal