

Heart Healthy

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 *(Sweet/Unsweet)*
- ▷ Milk *(Skim, Skim Choc.)*
- ▷ Variety Pop *(Reg/Diet)*
- ▷ Apple Juice
- ▷ Grape Juice
- ▷ Orange Juice
- ▷ Cranberry Juice
- ▷ Prune Juice *(Hot/Cold)*
- ▷ Hot Chocolate
- ▷ Crystal Light
- ▷ 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
- ▷ Pancake
- ▷ Eggs
(fried, poached, scrambled, or boiled)
- ▷ Omelet
(choice of cheese, onion, green pepper, mushroom, or combo)

Sides:

- ▷ Hash Browns

Breads:

- ▷ Toast *(white/wheat)*
- ▷ English Muffin
- ▷ Bagel *(assorted)*

Fruit:

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

Cereals:

- ▷ Oatmeal
- ▷ Cream of Wheat
- ▷ Cheerios
- ▷ Corn Flakes
- ▷ Raisin Bran
- ▷ Rice Krispies

Step 2 continued

Build A Sandwich

Bread:

- ▷ Hamburger Bun
- ▷ Hoagie Bun
- ▷ Dinner Roll
- ▷ Bread Stick
- ▷ White Bread
- ▷ Wheat Bread

Toppings:

- ▷ Onion
- ▷ Pickles
- ▷ Lettuce
- ▷ Tomatoes

Sandwiches:

- ▷ French Dip
- ▷ Grilled Chicken
- ▷ Hamburger
- ▷ Breaded Fish
- ▷ Roast Beef
- ▷ Peanut Butter and Jelly

Main Dishes

Entrées:

- ▷ Roasted Pork Loin
- ▷ Roasted Beef
- ▷ Roasted Turkey
- ▷ Chef Salad
- ▷ Parmesan Herb Tilapia
- ▷ Potato Crusted Cod
- ▷ Grilled Chicken Breast
- ▷ Baked Chicken Strips

Pasta:

- ▷ Spaghetti with meat sauce

Low-Salt Soup:

- ▷ Chicken Noodle
- ▷ Tomato
- ▷ Vegetable Beef
- ▷ Beef Broth
- ▷ Chicken Broth

Side Dishes

- ▷ Mashed Potatoes
- ▷ Gravy (2 Tbsp)
- ▷ California Blend
- ▷ Veggie Plate with Dip
- ▷ Oven Brown Potatoes
- ▷ Tossed Green Salad
- ▷ Pickled Beets
- ▷ Baked Potato
- ▷ Hash Browns
- ▷ Broccoli
- ▷ Carrots
- ▷ Green Beans
- ▷ Corn
- ▷ Peas

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
- ▷ Peanut Butter
- ▷ Jelly
- ▷ Honey
- ▷ Sour Cream
- ▷ Ketchup
- ▷ Mustard
- ▷ BBQ Sauce
- ▷ Margarine
- ▷ Mayonnaise
- ▷ Miracle Whip
- ▷ Sugar
- ▷ Splenda
- ▷ Brown Sugar
- ▷ Cinnamon/Sugar
- ▷ Creamer (*Non-Dairy*)
- ▷ Cream Cheese
- ▷ Tartar Sauce
- ▷ Mrs. Dash Seasoning
- ▷ Parmesan Cheese
- ▷ Pepper

Salad Dressing:

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

Step 4

Choose 1 dessert to go with your meal.

Desserts:

- ▷ Cookies
(*graham cracker, lorna doone*)
- ▷ Sherbet (*orange, rainbow*)
- ▷ Angel Food Cake

Snacks:

- ▷ Jell-O (*orange, strawberry*)
- ▷ Italian Ice (*strawberry, lemon*)
- ▷ Lite Yogurt (*assorted*)

About Your Diet

This diet is beneficial for the treatment and prevention of heart disease. The diet is low in fat, low cholesterol, low sodium and limits caffeine. Fried, fatty and salty foods such as ham, bacon, sausage, cream sauces, whole milk, whole milk cheeses, salt and caffeinated beverages are limited.