

# Regular Menu

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, 2%, Skim Choc.)*
- ▷ Variety Pop *(Reg/Diet)*
- ▷ Apple Juice
- ▷ Grape Juice
- ▷ Orange Juice
- ▷ Cranberry Juice
- ▷ Prune Juice *(Hot/Cold)*
- ▷ 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
- ▷ Pancake
- ▷ Biscuits & Sausage Gravy
- ▷ Eggs  
*(fried, poached, scrambled, or boiled)*
- ▷ Omelet  
*(choice of cheese, ham, onion, green pepper, mushroom, sausage or combo)*

### Fruit:

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

### Sides:

- ▷ Bacon
- ▷ Sausage
- ▷ Fried Potatoes
- ▷ Hash Browns

### Breads:

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

### Cereals:

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

# Step 2 continued

## Build A Sandwich

### Bread:

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

### Toppings:

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

### Sandwiches:

- ▷ French Dip
- ▷ Grilled Chicken
- ▷ Hamburger
- ▷ Cheeseburger
- ▷ Breaded Fish
- ▷ 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
- ▷ Chef Salad
- ▷ Parmesan Herb Tilapia
- ▷ Potato Crusted Cod
- ▷ Oven Breaded Chicken
- ▷ Grilled Chicken Breast
- ▷ Chicken Strips

### Pasta:

- ▷ Macaroni & Cheese
- ▷ Spaghetti with meat sauce
- ▷ Chicken Alfredo

### Soup:

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

## Build A Pizza

### Toppings:

- ▷ Beef
- ▷ Sausage
- ▷ Pepperoni
- ▷ Cheese
- ▷ Onion
- ▷ Pepper
- ▷ Mushrooms

## Side Dishes

- ▷ Mashed Potatoes
- ▷ California Blend
- ▷ Seasoned Rice
- ▷ Veggie Plate with Dip
- ▷ Oven Brown Potatoes
- ▷ Tossed Green Salad
- ▷ Pickled Beets
- ▷ Gravy
- ▷ Corn
- ▷ Peas
- ▷ Broccoli
- ▷ Carrots
- ▷ Potato Chips
- ▷ Green Beans
- ▷ Pasta Salad
- ▷ French Fries
- ▷ Hash Browns

Choose one of the following:

Build A Sandwich

**OR**

Choose 1 item from Main Dishes

**OR**

Build A Pizza

**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
- ▷ Salt/Pepper

## **Salad Dressing:**

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

# Step 4

Choose 1 dessert to go with your meal. Snacks can be ordered throughout the day.

## **Desserts:**

- ▷ Cookies  
*(chocolate chip, sugar, oatmeal raisin, graham crackers, lorna doone)*
- ▷ Ice Cream *(vanilla, chocolate, strawberry)*
- ▷ Cream Pie *(variety available)*
- ▷ Sherbet *(orange, rainbow)*
- ▷ Angel Food Cake

## **Snacks:**

- ▷ Pudding *(vanilla, chocolate, butterscotch)*
- ▷ Jell-O *(orange, strawberry)*
- ▷ Popcorn
- ▷ Italian Ice *(strawberry, lemon)*
- ▷ Lite Yogurt *(assorted)*
- ▷ Cheese & Cracker Plate