

À La Carte

Entrees

- | | |
|---------------------------------------|-------------------------------------|
| Herbed Chicken Breast ♥ | Pasta with Meatballs & Red Sauce 2♥ |
| Grilled Salmon ♥ | Chicken Pasta Alfredo 2 🍴 |
| Hamburger Steak with Grilled Onions ♥ | Vegetable Fried Rice 2♥ |
| Chicken Tenders 2 🍴 | Chicken Fried Rice 2♥ |

Sides

- | | |
|--------------------|----------------------------|
| Broccoli Florets ♥ | Baked Potato 2♥ |
| Brussels Sprouts ♥ | Baked Half Sweet Potato 2♥ |
| Carrots ♥ | French Fries 2 🍴 |
| Cauliflower ♥ | Mashed Potatoes 1♥ |
| Corn 1♥ | White Rice 2♥ |
| Green Beans ♥ | Mac & Cheese Kraft® 2 🍴 |
| Vegetable Blend ♥ | Whole Wheat Dinner Roll 2♥ |
| Spinach ♥ | Lays Potato Chips 2 |
| | Baked Lays Potato Chips 2♥ |

Beverages

- Milk - 2% 1, Skim 1♥, Lactose-Free 1, or Fat-Free Chocolate 2♥
 Juice 1♥ - Apple, Orange, Cran-Grape, or Prune
 Soy Milk - Choc. 2♥ or Vanilla 1♥
 Almond Milk - Choc. 2♥ or Vanilla 1♥
 Ice / Hot Tea ♥ - Regular, Decaf, or Green
 Coffee ♥ - Regular or Decaf
 Hot Chocolate ♥ - Regular 1 or Sugar-Free
 Light Lemonade ♥
- V-8 🍴
 Low Sodium V8 ♥
 Water ♥

Condiments:

- | | | |
|---------------------|------------------------|--------------------|
| Bacon Bits 🍴 | Hot Sauce | Picante Sauce |
| BBQ Sauce | Ketchup | Soy Sauce |
| Brown Sugar 1 | Lemon Juice | Sugar |
| Half & Half Creamer | Lite Mayo | Sugar Substitute |
| Jelly 1 | Low-Fat Cream Cheese ♥ | Sweet & Sour Sauce |
| Diet Jelly | Low-Fat Sour Cream ♥ | Vinegar |
| Syrup 1 | Margarine | |
| Diet Syrup | Miracle Whip | |
| Honey 1 | Mustard | |
| Honey Mustard | Peanut butter | |

Place your order
by calling 3463 (DINE).

Guest trays available for purchase.

Room service is available from 6:30am–6:30pm.
Your meal will be delivered
within 45 minutes of placing your order.

If your doctor has prescribed a modified diet, some food items may be substituted. Our staff will help you make selections that best fit your needs and diet as ordered by your physician.

If you have any questions during your stay, please do not hesitate to call us. A Registered Dietitian is available to answer any questions you might have regarding your diet.

Clear Liquid Diet

Beverages

- Coffee ♥ - Regular or Decaf
 Ice / Hot Tea ♥ - Regular, Decaf, or Green
 Juice 1♥ - Apple, Cran-Grape
 Water ♥

- Broth - Beef, Chicken, or Vegetable (Low Sodium Available)

Desserts

- Gelatin 1♥ - Berry or Citrus
 Popsicle 1♥ - Flavors vary

Full Liquid Diet

Beverages for the Full Liquid Diet are the same as the "Beverages" list

Soup/Broth/Hot Cereal

- Broth - Beef, Chicken, or Vegetable (Heart Healthy Available)
 Cream of Wheat 2♥
 Creamed Potato Soup 1♥
 Tomato Soup 1 (Heart Healthy Available)

- Gelatin 1♥ - Berry or Citrus
 Milkshake 3 - Vanilla, Chocolate, or Strawberry
 Orange Sherbet 1♥
 Popsicle 1♥ - Flavors vary
 Pudding 2 - Vanilla or Chocolate (Sugar Free 1♥)

Desserts

- Applesauce 1♥
 Ice Cream 1 - Vanilla, Chocolate, or Strawberry (Reduced Fat or Sugar Free ♥)

Menu

Stillwater Medical

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from 6:30am–6:30pm.

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within 45 minutes
of placing your order.

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dial 3463

FROM YOUR IN-ROOM PHONE



Breakfast

After 11:00am, limited breakfast items available upon request.

Breads

- Buttermilk Biscuit 2
- Bagel - Whole Wheat 4, Blueberry 4, Cinnamon Raisin 4
- English Muffin 2♥
- Cinnamon Roll 2
- Muffin 2♥ - Banana or Blueberry
- Toast - White 1, Wheat 1, Wheatberry 2♥

Cold Cereal

- Fruit Loops® 2
- Rice Krispies® (gf) 1♥
- Cheerios® 1♥
- Raisin Bran® 2♥
- Honey Nut Cheerios® 2♥

Hot Cereal

- Oatmeal 2♥
- Cream of Wheat 2♥

Sides

- Eggs - Hard Boiled, Scrambled, or Fried
- Heart Healthy Scrambled Eggs ♥
- Pancake - Plain 2♥, Blueberry 2♥
- French Toast 1♥
- Peppered Cream Gravy

Breakfast Potatoes 1

- Bacon
- Turkey Bacon ♥
- Turkey Sausage Patty ♥
- Pork Sausage Patty

Yogurt 1♥

Greek: **Vanilla, Blueberry, or Strawberry**

Non-fat or Lite: **Vanilla, Blueberry, Strawberry, or Strawberry Banana**

Fruit 1♥

- Apple Slices
- Banana
- Grapes
- Seasonal Fresh Fruit Cup
- Orange Slices
- Apple Sauce
- Diced Peaches
- Diced Pears
- Stewed Prunes

SUNRISE SPECIALS

(Heart Healthy available based on your diet)

Breakfast Burrito 2

Scrambled Eggs, Sausage, Cheese, Bell Peppers, and Onions wrapped in a Tortilla.

Omelet

Eggs w/ choice of Ham, Cheese, Bell Peppers, Mushrooms, Onions, Spinach, and Tomatoes.

Denver Skillet Hash 2

Scrambled Eggs, Cheese, Ham, Potatoes, and Grilled Bell Peppers

Vegetarian Skillet Hash 2

Scrambled eggs, Cheese, Grilled Bell Peppers, and Breakfast Potatoes

Chef's Special

SUNDAY

Herb & Garlic Braised Pork ♥, served with Roasted Sweet Potatoes 1♥, and Sautéed Green Beans ♥

MONDAY

Oven Roasted Chicken ♥, served with Rice 2♥, and a Veggie Blend ♥ (broccoli, cauliflower, carrots)

TUESDAY

Pot Roast ♥, with Celery, Onions, Carrots ♥, and Boiled Potatoes 1♥

WEDNESDAY

Meatloaf ♥, served with Mashed Potatoes & Gravy 1♥, and Sautéed Zucchini, Yellow Squash, & Red onions ♥

THURSDAY

Farmhouse Chicken ♥ simmered in a rich vegetable sauce, served with Roasted Potatoes 1♥ and Green Beans ♥

FRIDAY

Grilled Salmon ♥, served with Rice 2♥, and Asparagus ♥

SATURDAY

Beef Tips & Mushrooms ♥, served with Penne Pasta 1♥, and Roasted Carrots ♥

CREATE YOUR OWN!

Sandwich or Wrap

CHOOSE YOUR BREAD OR WRAP

Bread 2 (2 slices): White, Wheat, Wheatberry, or Wrap 3: Wheat Wrap

NEXT, PICK THE INSIDES!

Meat: Turkey ♥, Ham ♥, Grilled Chicken ♥
Other: Tuna Salad, Chicken Salad ♥, PBJ 1
Cheese: American ♥, Swiss ♥, Provolone ♥, Pepperjack

FINISH IT OFF WITH FRESH TOPPINGS!

Toppings: Lettuce, Tomato, Onion, Pickles

DON'T FORGET THE CONDIMENTS!

Lunch & Dinner

Soup

Heart Healthy available based on your diet

- Vegetable Broth
- Beef Broth
- Chicken Broth
- Vegetable 1
- Tomato 1

- Homemade Chicken Noodle 1♥
- Cream of Potato 1♥

DON'T FORGET CRACKERS!

- Saltine Crackers 1
- Wheat Crackers 1♥

Salad

- Tossed Salad ♥
- Caesar Salad
- Cottage Cheese
- Chef Salad (small or large) ♥
- Berry Almond Salad (small or large) 1♥

Dressing

- Italian / Fat-free Italian
- Ranch / Fat-free Ranch ♥
- Raspberry Vinaigrette
- Spicy Ranch
- Caesar
- Blue Cheese

Hot Sandwiches

- Grilled Cheese 2♥
- Grilled Ham Sandwich 2♥ (cheese available upon request)
- Grilled Turkey Sandwich 2♥ (cheese available upon request)
- Grilled Chicken Breast Sandwich 2♥

- Hamburger 2
- Cheeseburger 2
- Black Bean Burger 3
- Flat Bread Pizza 2 Cheese ♥, Pepperoni, or Vegetable ♥

Dessert

- Peach Cobbler 3
- Apple Pie 3
- Diet Apple Pie 2♥ (Reduced Fat and Sugar)
- Oreo Pie 3
- Rice Krispy Treat® 1♥
- Angel Food Cake 2♥
- Lite Cheesecake Parfait 1♥
- Chocolate Chip Cookie 1
- Sugar Cookie 1
- Graham Crackers 2♥
- Gelatin 1♥ - Berry or Citrus

- Popsicle ♥ - Flavors vary (Sugar Free available)
- Pudding 2 - Vanilla or Chocolate (Sugar Free 1♥)
- Yogurt Berry Parfait 3♥ (Blueberries/Strawberries)
- Ice Cream 1 - Vanilla, Chocolate, or Strawberry (Reduced Fat and Sugar Free ♥)
- Orange Sherbet 1♥
- Milkshake 3 - Vanilla, Chocolate, or Strawberry

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FROM YOUR IN-ROOM PHONE

Room service is available from 6:30am–6:30pm.
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LEGEND ♥ - Heart Healthy Available - High sodium item
1, 2, 3 - Carbohydrate choice (approx 15g, 30g, & 45g)

Diabetic Diets Only: Breakfast - 3 carb choices | Lunch - 4 carb choices | Dinner - 4 carb choices

2 2 Carb Choice (=30g)	♥ Heart Healthy Available	 High Sodium 300MG+
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