












Patient Menu: 7 am - 6 pm

Breakfast (ends at 9:30 am)





	<div>#1</div> <div>Omelet</div> <div>(142mg)</div>		<div>#2</div> <div>Homestyle Breakfast</div>		
<div>Meat:</div> <div>Bacon (0g) GF LF (*307mg)</div> <div>Ham (2g) GF LF (*180mg)</div> <div>Sausage (0g) GF LF (*227mg)</div> <div>Toppings:</div> <div>Shredded Cheese (0g) GF (*92mg)</div>	<div>Vegetables:</div> <div>Mushrooms (0g) GF LF (*1mg)</div> <div>Onions (1g) GF LF (*0mg)</div> <div>Peppers (0g) GF LF (*0mg)</div> <div>Spinach (0g) GF LF (*1mg)</div> <div>Tomato (0g) GF LF (*1mg)</div>	<div>Choose Your Meat:</div> <div>Bacon (2) (0g) GF LF (*355mg))</div> <div>Ham (2) (3g) GF LF (*342mg)</div> <div>Sausage (2) (0g) GF LF (*454mg)</div> <div>Veg. Sausage (6g) ❤️ (*337mg)</div>	<div>Choose Your Eggs (2)</div> <div>Boiled (0g) GF LF (*71mg)</div> <div>Fried (1g) GF LF (*142mg)</div> <div>Scrambled (1g) GF LF (*142mg)</div> <div>Poached (1g) GF LF (*142mg)</div> <div>Choose Your Potato</div> <div>Hashbrowns (15g) ❤️ GF LF (*19mg)</div> <div>Bfst Potatoes (22g) ❤️ LF (*275mg)</div>		
	<div>#3</div> <div>Breakfast Burrito</div> <div>(*1311mg)</div> <div>(or filling only)</div>		<div>#4</div> <div>Breakfast Sandwich</div>		
<div>Flour Tortilla (35g)</div> <div>Scrambled Eggs (1g) GF LF</div> <div>Cheddar Cheese (1g) GF</div> <div>Sausage (0g) GF LF</div> <div>Hashbrowns (8g) GF LF</div>	<div>Burrito Bowl Option (Filling Only):</div> <div>Scrambled Eggs (1g) GF LF (*142mg)</div> <div>Cheddar Cheese (1g) GF (*184mg)</div> <div>Sausage (0g) GF LF (*454mg)</div> <div>Hashbrowns (8g) GF LF (*9mg)</div>	<div>Choose Your Bread:</div> <div>Biscuit (31g) (*611mg)</div> <div>Croissant (28g) (*280mg)</div> <div>English Muffin (23g) ❤️ LF (*225mg)</div>	<div>Choose Your Filling:</div> <div>Egg (1) (1g) ❤️ GF (*128mg)</div> <div>Meat:</div> <div>Bacon (0g) GF LF (*355mg)</div> <div>Ham (3g) ❤️ GF LF (*342mg)</div> <div>Sausage (0g) GF LF (*454mg)</div> <div>Vegetarian Sausage (6g) ❤️ (*216mg)</div> <div>Cheese:</div> <div>American (1g) GF (*316mg)</div> <div>Pepperjack (1g) GF(*188mg)</div> <div>Provolone (0g) GF (*140mg)</div>		
	<div>#5 French Toast</div>	<div>2 Pc French Toast (44g) (*490mg),</div> <div>Scrambled Eggs (1g) (*142mg),</div> <div>Fresh Fruit Cup (5-15g) (*1-15mg)</div>		<div>#6 Pancakes ❤️</div>	<div>2 Pancakes (60g) (*852mg),</div> <div>Scrambled Eggs (1g) (*142),</div> <div>Fresh Fruit Cup (5-15g) (*1-15mg)</div>
	<div>#7</div> <div>Biscuits & Gravy</div> <div>(*1659mg)</div> <div>1 Biscuit (31g),</div> <div>Country Gravy (18g),</div> <div>1 Sausage Patty (0g)</div>	<div>#8</div> <div>Warm Cereal</div> <div>❤️ GF LF</div> <div>Oatmeal (19g) (*65mg)</div> <div>Cream of Rice (38g) (*10mg)</div> <div>❤️ LF</div> <div>Cream of Wheat (21g) (*2mg)</div>	<div>#9</div> <div>Cold Cereal</div> <div>❤️ GF LF</div> <div>Cheerios (14g) (*183mg)</div> <div>Honey Nut Cheerios (23g) (*290mg)</div> <div>Rice Chex (15g) (*413mg)</div>	<div>❤️ LF</div> <div>Corn Flakes (18g) (*153mg)</div> <div>Raisin Bran (27g) (*116mg)</div> <div>Fruit Loops (25g) (*81mg)</div> <div>Apple Jacks (25g) (*83mg)</div> <div>Berry Crunch (25g) (*179mg)</div> <div>Cinn. Toast Crunch (22g) (*161mg)</div> <div>Frosted Mini Wheats (24g) (*1mg)</div>	
<div>À la carte</div> <div>Bacon (0g) GF LF (*178mg)</div> <div>Ham (3g) GF LF (*171mg)</div>	<div>Sausage Patty (0g) GF LF (*454mg)</div> <div>Sausage Link (0g) GF LF (*228mg)</div> <div>Vegetarian Sausage Patty (6g) ❤️ (*216)</div>	<div>Eggs Fried (1g) GF LF (*142mg)</div> <div>Scrambled (*142mg) (1g) GF LF</div> <div>Boiled (0g) ❤️ GF LF (*71mg)</div>	<div>Hashbrowns (15g) ❤️ GF LF (*19mg)</div> <div>Breakfast Potatoes (22g) ❤️ LF (*275mg)</div> <div>Pancake (30g) ❤️(*426mg)</div> <div>French Toast (22g) (*245mg)</div>	<div>Croissant (28g) (*280mg)</div> <div>Biscuit (31g) (*611mg)</div> <div>English Muffin (23g) ❤️ LF (*225mg)</div>	<div>Toast White/Wheat (17g) ❤️ LF (*182/*180mg)</div> <div>Bagel (46g) ❤️ LF (*371mg)</div>

Patient Menu: 7 am - 6 pm

Lunch & Dinner			
Entrees			
	<div>#1</div> <div>Hand-Cut Strip Steak</div> <div>GF LF (*86mg)</div> <div>6 oz seared sirloin (2g)</div> <div>+your choice of 2 sides</div>		<div>#2</div> <div>Salmon Filet</div> <div>♥ GF LF (*75mg)</div> <div>6 oz seasoned filet (2g)</div> <div>w/ lemon sauce</div> <div>+your choice of 2 sides</div>
	<div>#3</div> <div>Chicken Penne Pasta ♥ (*585mg)</div> <div>(Marinara Sauce) (48g)</div> <div>+your choice of 2 sides</div>		<div>#4</div> <div>Turkey Breast</div> <div>♥ GF LF (1g) (*464mg)</div> <div>+your choice of 2 sides</div>
Sides			
Mash. Potatoes (18g) ♥ GF (*35mg)	Baked Potato (30g) ♥ GF LF (*10mg)	Vegetable Medley (4g) ♥ GF LF (*11mg)	Fries (21g)
Poultry Gravy (5g) ♥ (*369mg)	White Rice (73g) ♥ GF LF (*11mg)	Green Beans (6g) ♥ GF LF (*1mg)	approx 13 fries
Brown Gravy (4g) ♥ (*113mg)	Rice Pilaf (60g) ♥ GF LF (*18mg)	Carrots (5g) ♥ GF LF (*38mg)	(*279mg)
Burgers (Beef or Chicken)			
	#5 Build Your Own Burger (bun 27g ♥ LF *262mg)		
Choose Your Meat; grilled beef patty (77/23) (0g) GF LF (*135mg)	Add Cheese If Desired: GF	Standard Toppings: ♥ GF LF (*0-24mg)	Add Additional Toppings: ♥ GF LF
grilled chicken breast (1g) ♥ GF LF (*56mg)	-American (0g) (*316mg)	-Lettuce, Tomato, Onion	-Avocado (3g) (*2mg)
	-Pepperjack (1g) (*188mg)	GF LF	-Grilled Onions (2g) (*1mg)
	-Swiss (1g) (*15mg)	-Pickles (*259mg)	-Mushrooms (1g) (*2mg)
			GF LF
			-Bacon (0g) (*355mg)
Sandwiches			
	#6 Grilled Cheese		#7 Italian Sub
	White (37g) (*995mg)		Pepperoni, Salami,
	Wheat (35g) (*992mg)		Provolone, Lettuce
	Add Ham (38-39g) (+ *342mg)		on a White Hoagie (62g)
			(*2150mg)
	#8 PB&J		#9 Chicken Salad Croissant
	White (70g) LF (*512mg)		(35g)
	Wheat (68g) LF (*509mg)		(*629mg)
	Sugar Free Jelly (50-52g) LF (subtract *11mg)		
Build Your Own Pizza			
	#10 Pizza	Toppings:	Onions (0g) GF (add *1mg)
	8" Regular Crust (91g) (*1498mg)	Pepperoni (0g) GF (add *448mg)	Mushrooms (1g) GF (add *1mg)
	10" Gluten Free (91g) GF (*1528mg)	Sausage (0g) GF (add *223mg)	Green Peppers (1g) GF (add *1mg)
		Ham (0g) GF (add *335mg)	Pineapple (5g) GF (add *0mg)



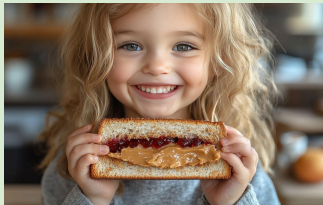






Lunch & Dinner (Continued)				
Salads				
	#11 Chef Salad iceberg lettuce, ham, chicken, boiled eggs, olives, tomatoes, cheese (17g) (*1248mg)	#12 Fajita Salad iceberg lettuce, chicken, tomatoes, olives, cheese, tortilla strips (30g) (*825mg)	#13 Cobb Salad iceberg lettuce, ham, bacon bits, boiled eggs, olives, tomatoes, cheese (16g) (*1291mg)	
	#14 Summer Salad spring mix / spinach, chicken, grapes, strawberries, cranberries, walnuts (on the side) (45g) ♥ GF LF (*407mg)	#15 Caesar Salad romaine lettuce, (may include iceberg) chicken, tomatoes, olives, parmesan cheese, croutons (16g) (*1109mg)		
<u>Alternate Dressings Available:</u> ♥ GF LF -Rasp. Vinaigrette (6g) (*322mg) GF -Ranch (1g) (*208mg) -Bleu Cheese (3g) (*452mg) GF LF -Thousand Island (6g) (*364mg) -Italian (fat-free) (3g) (*380mg) -House Viniagrette (4g) (*465mg)				
Soups				
	#16 Tomato (20g) (*502mg)	#17 Cream of Chicken (7g) (*830mg)	#18 Vegetable (14g) LF (*848mg)	
	#19 Chicken Noodle (9g) LF (*629mg)	#20 Cream of Mushroom (6g) (*870mg)		
À la carte				
Grilled Chicken Breast (1g) ♥ GF LF (*56mg)	Beef Patty (0g) GF LF (*135mg)	Beef Loin Steak (2g) GF LF (*86mg)	Salmon (2g) ♥ GF LF (*75mg)	Bacon (0g) GF LF (*178mg per slice)
Desserts				
	#21 Cheesecake (24g) (*429mg) <u>Add Sauce:</u> -Raspberry (26g) LF (add *5mg) -Chocolate (23g) (add *62mg) -Caramel (26g) (add *113mg)	#22 Cookies -Raisin Oatmeal (53g) (*374mg) -Chocolate Chip (45g) (*236mg) -Peanut Butter (45g) (*369mg)	#23 Lemon Meringue Pie (48g) LF (*300mg)	
	#24 Chocolate Cake (77g) (*83mg)	#25 Caramel Apple Blossom (44g) (*373mg)	#26 Petite Fours (28g) (*225mg) #27 Mini éclair (18g) (*60mg)	

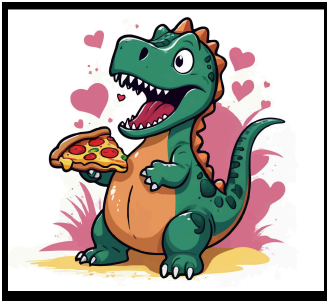
Pediatric Patient Menu 7 am - 6 pm

Breakfast			
	<div>P1</div> <div>French Toast Sticks</div> <div>1 Slice (4 sticks) (22g) (*245mg)</div> <div>-Scrambled Eggs (*142mg)</div> <div>-Fruit Cup (*1-15mg)</div>		<div>P2</div> <div>Happy Breakfast</div> <div>-1 Pancake (30g) ♥ (*426mg)</div> <div>Topped with Strawberries for Eyes (*0mg) and a Bacon Smile (*178mg)</div> <div>-Scrambled Eggs (*142mg)</div> <div>-Fruit Cup (*1-15mg)</div> <div>-may add chocolate chips (add *12mg)</div>
	<div>P3</div> <div>Cold Cereal</div> <div>♥ GF LF</div> <div>-Cheerios (14g) (*183mg)</div> <div>-Honey Nut Cheerios (23g) (*290mg)</div> <div>-Rice Chex (15g) (*413mg)</div> <div>♥ LF</div> <div>-Corn Flakes (18g) (*153mg)</div> <div>-Raisin Bran (27g) (*116mg)</div> <div>-Fruit Loops (25g) (*81mg)</div> <div>-Apple Jacks (25g) (*83mg)</div> <div>-Berry Crunch (25g) (*179mg)</div> <div>-Cinnamon Toast (22g) (*161mg)</div> <div>-Cocoa Krispies (25g) (*135mg)</div> <div>-Frosted Mini Wheats (24g) (*1mg)</div>		<div>P4</div> <div>Hot Cereal</div> <div>♥ GF LF</div> <div>-Oatmeal (19g) (*65mg)</div> <div>-Cream of Rice (38g) (*10mg)</div> <div>♥ LF</div> <div>-Cream of Wheat (21g) (*2mg)</div>
À la carte			
<div>Toast</div> <div>- White (17g) ♥ LF (*182mg)</div> <div>- Wheat (17g) ♥ LF (*180mg)</div> <div>Bagel (46g) ♥ LF (*371mg)</div>	<div>Hashbrowns (15g) ♥ GF LF (*19mg)</div> <div>Pancake (30g) ♥ (*426mg)</div> <div>French Toast (22g) (*245mg)</div>	<div>GF LF</div> <div>-Bacon (0g) (*178mg)</div> <div>-Ham (3g) (*171mg)</div> <div>-Sausage Patty (0g) (*454mg)</div> <div>-Sausage Link (0g) (*228mg)</div> <div>-Scrambled Eggs (1g) (*142mg)</div>	<div>Vegetarian Sausage (2g) ♥ (*216mg)</div>



Pediatric Patient Menu 7 am - 6 pm


Lunch & Dinner			
Entrees			
	<div>P5</div> <div>Hamburger (27g) (*397mg) Add Cheese (0g) (add *316mg)</div>		<div>P6</div> <div>Grilled Cheese White (37g) (*995mg) Wheat (35g) (*992mg) Add Ham (38-39g) (add *342mg)</div>
	<div>P7</div> <div>PB&J White (70g) LF (*512mg) Wheat (68g) LF (*509mg) Sugar Free Jelly (50-52g) LF (subtract *11mg)</div>		<div>P8</div> <div>Chicken Nuggets (14g) (*452mg)</div>
	<div>P9</div> <div>Hot Dog (28g) (*1213mg)</div>		<div>P10</div> <div>Corn Dog (36g) (*630mg)</div>
	<div>P11</div> <div>Mac n Cheese (24g) (*640mg)</div>		<div>P12</div> <div>Pizza 8" Regular Crust (91g) (*1498mg) 10" Gluten Free (91g) (*1528mg) Cheese or Pepperoni (add *448mg)</div>
	<div>P13</div> <div>Diced Chicken Pasta (48g) ♥ (*585mg)</div>	<div>Sides</div> <div>Vegetable Medley (4g) ♥ GF LF (*11mg) Green Beans (6g) ♥ GF LF (*1mg) Carrots (5g) ♥ GF LF (*38mg) Fries, approx 13 (21g) (*279mg)</div>	
Desserts			
<div>P14 Cookies -Raisin Oatmeal (53g) (*374mg) -Chocolate Chip (45g) (*236mg) -Peanut Butter (45g) (*369mg)</div>	<div>P15 Oreos (16g) (*85mg)</div> <div>P16 Rice Krispie Treat (10g) ♥ GF (*130mg)</div>	<div>P17 Ice Cream Cup - Chocolate (19g) GF (*50mg) - Vanilla (16g) GF (*53mg)</div> <div>P18 Popsicle (18g) ♥ GF LF (*6mg)</div>	



Drinks			
Juices: ♥ GF LF Orange (13g) (*2mg) Cranberry (15g) (*2mg) Apple (13g) (*5mg) Prune (20g) (*5mg) Grape (31g) (*18mg)	♥ GF LF Coffee - Caffeinated (0g) (*5mg) GF Milk 2% (12g) (*125mg)	♥ GF Choc. Milk (Fat Free) (31g) (*203mg) Almond Milk (15g) (*143mg) Muscle Milk: - Vanilla (7g) (*106mg) - Chocolate (9g) (*112mg) - SF Vanilla (9g) (*168mg) - SF Chocolate (9g) (*168mg)	♥ GF LF Gatorade (38g) (*272-299mg) G2 (0g) (*262mg) Bottled Water (0g) (*14mg) Crystal Light (0g) - Cherry Pomegranate (*0mg) - Peach Mango (*0mg)
Soda available upon request. (0-45g) GF LF			

Condiments	
Brown sugar (13g) ♥ GF LF (*4mg) Butter (0g) GF (*29mg) Cream Cheese, Regular (1g) GF (*66mg) Cream Cheese, Strawberry (12g) GF (*88mg) Creamer Liquid, Non-Dairy, French Vanilla (4g) ♥ GF LF (*8mg) Creamer Liquid, Non-Dairy, Original (1g) ♥ GF LF (*7mg) Crystal Light Packets, Cherry Pomegranate (0g) ♥ GF LF (*0mg) Crystal Light Packets, Peach Mango (0g) ♥ GF LF (*0mg) Dash Seasoning (0g) ♥ GF LF (*0mg) Dressing - Blue Cheese (3g) GF (*452mg) Dressing - Creamy Caesar (1g) GF (*508mg) Dressing - Honey Mustard (7g) GF LF (*218mg) Dressing - Italian (3g) GF LF (*380mg) Dressing - Ranch (1g) GF (*208mg) Dressing - Raspberry (6g) ♥ GF LF (*322mg) Dressing - Thousand island (6g) GF LF (*364mg) Honey (7g) ♥ GF LF (*0mg) Ketchup (3g) ♥ GF LF (*82mg)	Lemon Juice (0g) ♥ GF LF (*1mg) Margarine (0g) ♥ GF LF (*36mg) Mayonnaise (0g) GF LF (*76mg) Miracle Whip (2g) ♥ GF LF (*73mg) Mustard (0g) ♥ GF LF (*66mg) Peanut Butter (5g) GF LF (*91mg) Pepper Packets (0g) ♥ GF LF (*0mg) Salt Packets (0g) GF LF (*233mg) Salsa, Chunky (6g) GF LF (*294mg) Sour Cream (2g) GF (*20mg) Sugar (8g) ♥ GF LF (*0mg) Sugar Sub (Equal) (1g) ♥ GF LF (*0mg) Syrup - Maple (29g) ♥ GF LF (*4mg) Syrup - Sugar Free (3g) ♥ GF LF (*60mg) Tabasco Sauce (0g) GF LF (*19mg) Tartar Sauce cup (2g) GF LF (*113mg) Regular Jelly, Assorted Flavors (10g) ♥ GF LF (*4mg) Sugar-Free Jelly, Assorted Flavors (4g) ♥ GF LF (*0mg)

Snacks				
♥ GF LF Orange Slices (18g) (*0mg) Banana (27g) (*1mg) Apple Slices (22g) (*1mg) Grapes (15g) (*2mg) Fresh Fruit Cup (5-15g) (*1-15mg) Mandarin Oranges (18g) (*7mg) Peaches (13g) (*5mg) Pears (17g) (*6mg) Fruit Mix (15g) (*6mg) Veggie Pack (10g) (*96mg) Jello: Regular (14g) (*75mg) Jello: Sugar Free (0g) (*45mg) Applesauce (14g) (*3mg)	GF Cottage Cheese (5g) (*348mg) Cheese Snack (1g) (*139mg) String Cheese (2g) (*189mg) Trail Mix (26g) (*69mg) Pudding: - Chocolate (20g) (*101mg) - Vanilla (18g) (*157mg) - Butterscotch (19g) (*221mg) - Sugar Free (11-13g) (*102-149mg)	♥ GF Yogurt - Mixed Berry (28g) (*67mg) - Strawberry (28g) (*67mg) - Straw. Banana (28g) (*67mg) - Peach (28g) (*67mg) - Raspberry (16g) (*71mg) Rice Krispie (30g) (*130mg)	♥ Nutrigrain Bar (25g) (*131mg) Cheese & PB Crackers (22g) (*324mg) ♥ LF Animal Crackers (21g) (*115mg) Graham Crackers (11g) (*64mg) Saltines (4g) (*56mg) Wheat Crackers (5g) (*50mg) Club Crackers (5g) (*65mg) Oyster Crackers (11g) (*133mg)	LF Chex Mix Traditional (36g) (*628mg) Pretzels (23g) (*352mg) Chex Mix Cheese (19g) (*287mg) Chips (varies) Protein Plate Cracker Choice, Salami GF LF , (*425mg) Pepperoni (0g) GF LF , (*224mg) Ham (3g) GF LF , (*342mg) Cheese (1-2g) GF (*139-189mg)

	<<< Please take a short survey to tell us how we're doing. Thank you for trusting us with your care! Sincerely, your UBH Dietary Team
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