BREAKFAST

JUICES & FRUITS
JUICE: Grape, Orange, Apple, Cranberry, Pineapple

FRUIT: Apple, Banana, Blueberries

FRESH FRUIT: Seasoned Fruit Cup, Cantaloupe

CANNED FRUIT: Apologies, Peach Slices, Peaches, Fruit Cocktail, Pineapple

HOT CEREALS
Cream of Wheat®, Grits, Oatmeal

COLD CEREALS
Corn Flakes®, Raisin Bran®, Rice Krispies®, Cheerios®

LOW FAT YOGURT
Vanilla, Strawberry, Blueberry

BREADS & BAKERY
Plain Bagel
Bitarum Biscuit
English Muffin (Reg or Wheat)
Blueberry Muffin

MORNING FARE
Scrambled Eggs

EGGS
Cholesterol Free Scrambled Eggs
French Toast (Reg or Wheat)

CHEESE
Shredded Cheddar Cheese, 1/2 Swiss

OMELET SHOPPE
Reg or Cheese

MICROWAVABLE OMELET
Regular Eggs
Cholesterol Free Eggs

OMELET EXTRAS
Shredded Cheddar Cheese, 1/2 Swiss
Diced Onion
Diced Fresh Tomatoes
Fresh Mushrooms, Spinach
Chopped Green Pepper

CHICKEN
Diced Ham, Bacon, Turkey Bacon

BREAKFAST SIDES:
Hash Brown Potatoes
Bacon
Turkey Bacon
Turkey Sausage Patty
Pork Sausage Link

FROM THE GARDEN
Carrot & Cucumber Salad, Creamy Cole Slaw
Garden Salad, Mixed Greens, Spinach,
Small Ceviche, Small Chef, Small Chicken Caesar
Chicken Caesar Salad, Caesar Salad, Chef Salad,

ENTREE SALADS:
Fruit & Cottage, Cheese Platter

LUNCH & DINNER
BROTHS & SOUPS
BROTH: Vegetable, Beef, Chicken

SOUP: Tomato, Chicken Noodle, Garden Vegetable,
Lentil Soup, Ham & Potato Soup

DRESSINGS:
Italian (Reg or Low Calorie), French (Reg or Low Calorie),
Ranch (Reg or Low Calorie), Caesar (Reg or Low Calorie),
Balsamic Vinaigrette, Honey Mustard

SIDE SALADS:
Onion, Sliced Tomato, Lettuce, Shredded Lettuce,
Spinach, Cucumbers, Dill Pickle

CHEESES:
American, Feta, 1/2 Swiss

MEATS & FILLINGS:
Deli Ham, Turkey Breast, Egg Salad, Tuna Salad

Deli Salad (with Mayo, Peanut Butter & Jelly (Reg or Diet)

GRILL FAVORITES
Grilled Cheese
Hamburger
Cheeseburger
Black Bean Burger

AMERICAN COMFORTS
Farmers Meatloaf
Pot Roast
Baked Mac & Cheese
Rotini with Meat Sauce
Spaghetti with Marinara

HERBS GRILLED CHICKEN BREAST
MEXICAN TACOS (Reg)
Sliced Turkey Breast

CRISPY BAKED WHITE FISH

IF YOUR PHYSICIAN HAS PRESCRIBED A MODIFIED DIET, SOME ITEMS MAY NOT BE AVAILABLE.
**Lunch & Dinner**

**PERSONAL PAN PIZZA**
(Made to Order)
- **CHEESE**
- **PEPPERONI**
- **VEGGIE:** Onion, Mushrooms, Green Peppers
- **MARGHERITA FLATBREAD**

**ACCOMPANIMENTS:**
- **5 VEGETABLES:** Sliced Carrots, Green Beans, Green Peas, Yellow Corn, Broccoli, Summer Squash Medley, Sauteed Spinach
- **ON THE SIDE:** White Rice, Brown Rice, Steak Fries, Plain Baked Potato, Whipped Potatoes, Roasted Potatoes, Mashed Sweet Potato.
- **COMPLIMENTS:** Dinner Roll (Wheat or White), Potato Chips ( layoffs or baked), Pretzels, Crackers (lays or UL)

**Beverages**
- **HOT:** Coffee (reg or Decaf), Tea (reg, Decaf or Herbal), Hot Chocolate (reg or SF)
- **JUICE:** Grape, Orange, Apple, Cranberry, Prune
- **LEMONADE:** (reg or SF)
- **Cold:** Iced Tea (reg, Decaf or Sweetened), Lemon Lime Soda (reg or SF), Soda (Available upon request)

**Desserts**
- **DOOKIES:** Vanilla Wafers, Graham Crackers, Sugar, Chocolate Chip, Oatmeal Raisin
- **SUGAR:** Apple Pie
- **RICE KRISPIES® Treats,** Chocolate Brownie, Angel Food Cake (w/ Blueberries)
- **PUDDING:** Chocolate, Vanilla
- **GELATIN:** (reg or SF)
- **FROZEN DESSERTS:** Ice Cream; Chocolate, Strawberry, Vanilla (reg or FOCUS)
- **SHERBET:** Orange, Sherbert

**KEY**
- FF: FAT FREE  •  LF: LOW FAT  •  LS: LOW SODIUM
- SF: SUGAR FREE  •  NSA: NO SUGAR ADDED  •  :: MINDFUL

**DIAL 3663 TO PLACE YOUR ORDER.**
If your Physician has prescribed a modified diet, some items may not be available.

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**HOW TO PLACE YOUR ORDER**
We are pleased to offer All Your Request - Room Service Dining® for our patients. This innovative dining program allows you to select meals from a wide variety of foods designed to enhance your experience as though you were eating at your favorite restaurant.

When you are ready to make your selections, call us at extension 3663 (FOOD).

**We'll have your meal delivered to your room within forty-five (45) minutes or less.**

Guest trays are also available for visiting guests and family members. Please call extension 3663 (FOOD) to order a guest meal.

Please call extension 3663 (FOOD) for details. If you would like your family member or loved one to place your All Your Request® - Room Service Dining meal from home please have them call 443-849-3663.

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**Dietary Guidelines**
Emphasize fruits, vegetables, whole grains and low-fat or fat-free milk and milk products. Include lean meats, poultry, fish, beans, eggs, nuts and seeds. Consume a diet low in saturated fats, trans fats, cholesterol, salt and added sugars.

**MAKE YOUR CALORIES COUNT**
Think nutrient-rich rather than good or bad foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients and lower in calories.

**FOCUS ON VARIETY**
Strive for a rainbow of fruits and vegetables for a wide range of vitamins, minerals, fiber and phytochemicals. Eat a variety of foods from all the food groups to get the nutrients your body needs.

**KNOW YOUR FATS**
Look for foods low in saturated fats, trans fats and cholesterol to help reduce your risk of heart disease.

**FOR DIABETIC MANAGEMENT**
Please notify the nursing staff when you order your meal so we can best help you manage your diabetes.

Timing of blood sugar checks and medications is critical in keeping your blood sugar as normal as possible.

We appreciate your assistance with your medical treatment.

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**At Your Request**
by Atrium Health

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