

## LUNCH

### SUNDAY

#### FRIED CHICKEN

Baked Beans | Macaroni & Cheese | Collard Greens | Grapes  
Dessert: Banana Parfait | Soup of Day: Corn Chowder

### MONDAY

#### BEEF POT ROAST

Whipped Potatoes | Steamed Yellow & Zucchini Squash | Pear Halves  
Dessert: Chocolate & Banana Bread Pudding

#### STIR FRY CHICKEN VEGETABLES

Brown Rice | Pineapple | Turkey & Rice Soup  
Dessert: Vanilla Ice Cream

### TUESDAY

#### PEPPER STEAK

Steamed Broccoli | Brown Rice | Fresh Vegetable & Rice Soup  
Dessert: Carrot Bundt Cake

#### TURKEY GARDEN SALAD

Dinner Roll | Fresh Vegetable & Rice Soup | Dessert: Grapes

### WEDNESDAY

#### SIGNATURE FRIED CHICKEN

Scalloped Potatoes | Seasoned Spinach | Applesauce  
Dessert: Lemon Tart Trifle

#### SWEDISH MEATBALLS on buttered egg noodles

Steamed Carrots | Side Salad | Minestrone Soup  
Dessert: Peaches

### THURSDAY

#### BAKED FISH with crumb topping

Yellow Rice | Black Beans | Pineapple  
Dessert: Brownie & Strawberry Trifle

#### CHICKEN CAESAR SALAD with dressing

Dinner Roll | Chicken Tortilla Soup  
Dessert: Fresh Strawberries

### FRIDAY

#### BEEF STEW

Fresh Green Beans | Dinner Roll | Dessert: Apple Crisp

#### CHICKEN SALAD on a croissant

Side Salad | Fresh Vegetable & Rice Soup | Dessert: Vanilla Pudding

### SATURDAY

#### CHICKEN FRIED STEAK with gravy

Baked Sweet Potato | Sugar Snap Peas  
Dessert: Mixed Berries | Soup of Day: Potato Chowder

## BEVERAGES

JUICE: Apple, Grape, Cranberry or Orange

TEA: Iced or Hot

MILK: Skim or Low Fat

COFFEE

HOT COCOA

Ginger Ale, Diet Ginger Ale



To achieve the balance of good nutrition and great flavor, we proudly serve menus that adhere to the principles of the award-winning food style of Conscious Cuisine®. We start by selecting fresh seasonal fruits and vegetables, as well as Certified Humane cage-free eggs, and poultry raised without the routine use of antibiotics. We make a conscious effort to deliver food and its promise of comforting flavor and balanced nutrition.

#### GREAT LIVING FOOD FACTS

**Whole Grains:** Whole grain foods are a great source of fiber, which can help to reduce cholesterol, stabilize blood sugar, reduce your risk of heart disease, and aid in maintaining a healthy weight.

**Super Foods:** Cinnamon has one of the highest antioxidant levels of any spice; you'll find as many antioxidants (disease fighting properties) in 1 teaspoon of cinnamon as a full cup of pomegranate juice or ½ cup of blueberries.

**Berries:** Strawberries, blueberries and raspberries offer a variety of antioxidants (disease fighting properties), anti-inflammatory compounds, and fiber. They are an excellent source of vitamin C (an immune boosting vitamin), providing 141% of the recommended daily allowance (RDA) per cup.

**Yogurt:** Yogurt is naturally rich in protein and calcium. As a probiotic it will benefit your health by stimulating your immune system and promoting intestinal health.

#### GREAT LIVING KITCHEN TIPS

**Stocking your pantry:** shop on the perimeter of the store first and stock up on whole foods, including fruits, vegetables, whole grains, beans, lean meats, low-fat dairy products, olive and canola oils and nuts.

Increase your fiber intake easily by switching from white to brown rice (or rice blends that include brown rice) and white bread to whole wheat bread.

Use a variety of colorful fruits and vegetables when creating meal plates, ensuring wonderful taste variations, and the unique nutritional benefits that the food groups have to offer. Recreate your plate using 1 cup of vegetables, ½ cup of whole grains, completing with 3 oz of lean proteins.

Increase the flavors in every meal by using fresh herbs, garlic and spices in place of salt.



## GREAT LIVING MENU



## BREAKFAST

### SUNDAY

PANCAKES  
Bacon | Grits | Fresh Fruit Cup

### MONDAY

SCRAMBLED EGGS  
Breakfast Potatoes with Veggies | Total® Cereal  
Orange Wedges

### TUESDAY

CINNAMON FRENCH TOAST  
Oatmeal & Maple Syrup | Cantaloupe

### WEDNESDAY

ENGLISH MUFFIN TURKEY AND CHEESE SANDWICH  
Banana | Raisin Bran Cereal

### THURSDAY

SCRAMBLED EGGS WITH ONION & PEPPERS  
Breakfast Potatoes | Total® Cereal | Grapes

### FRIDAY

BREAKFAST WAFFLES  
Oatmeal with Brown Sugar & Craisins | Turkey Sausage

### SATURDAY

SCRAMBLED EGGS  
Cheese Grits | Bagel | Total Raisin Cereal

## TO PLACE YOUR ORDER:

YOUR CATERING ASSOCIATE WILL VISIT  
YOU PRIOR TO YOUR MEAL PERIOD TO  
TAKE YOUR PREFERENCE

Please note: Not all items on the menu may be appropriate for your diet order.  
We will assist you in making selections, if necessary.

## DINNER

### SUNDAY

ROASTED TURKEY with gravy  
Braised Red Cabbage | Stuffing | Steamed Broccoli  
Dessert: Double Chocolate Bundt Cake

HERB CRUSTED TILAPIA with herb sauce  
Rice Pilaf | Asparagus Spears | Chicken Noodle Soup  
Dessert: Orange Wedges

### MONDAY

MEAT LOAF & GRAVY  
Baked Potato | Steamed Carrots | Baby Lima Beans  
Dessert: Strawberry Shortcake

BAKED ZITI with meat sauce  
Side Caesar Salad | French Bread Stick | Minestrone Soup  
Dessert: Applesauce

### TUESDAY

BEEF STROGANOFF & BUTTERED EGG NOODLES  
Sugar Snap Peas | Corn and Roasted Red Bell Pepper  
Dessert: Orange Creamsicle

CHICKEN & DUMPLINGS  
Garden Salad | Vegetable Soup  
Dessert: Italian Ice

### WEDNESDAY

STUFFED SHELLS WITH MARINARA SAUCE  
Fresh Green Beans with Garlic | Side Salad | Garlic Bread | Cantaloupe  
Dessert: Angle Food Cake

CHICKEN FRIED STEAK & GRAVY  
Sweet Potato Casserole | Steam Carrots | Key West Black Bean & Chicken Soup  
Dessert: Chocolate Pudding

## DINNER

### THURSDAY

BEEF POT ROAST  
Parslaid Red Potatoes | Peas & Carrots | Dinner Roll  
Pear Halves  
Dessert: Bread Pudding

ROASTED TURKEY WITH AU JUS  
Wild Rice | Green Beans | Potato Chowder  
Dessert: Fresh Fruit Cup

### FRIDAY

MEAT LOAF WITH GRAVY  
Scalloped Potatoes | Steamed Carrots | Black-Eyed Peas | Fresh Orange Wedges  
Dessert: Double Chocolate Trifle

CHICKEN POT PIE  
Corn Chowder | Side Salad  
Dessert: Pear Halves

### SATURDAY

CHICKEN FETTUCCINE  
Steamed Broccoli | French Bread Stick | Apple Slices  
Dessert: S'more Trifle

CHEF SALAD  
Tomato Bean Soup | Dinner Roll  
Dessert: Citrus Gelatin

## OUR MISSION:

To make sure all patients, no matter what their condition, never feel deprived. To help patients understand that they can eat flavorfully while eating healthily. Our Great Living Menu will give every patient the nutrition they need without compromising the flavor they want in the foods they eat while they're in the hospital and when they go home.

## BECAUSE WE CARE

To prepare your meal, our chefs consciously select the finest ingredients that are good for you and for our community.

MINIMAL ANTIBIOTICS  
poultry and pork that is raised without the unnecessary use of antibiotics

SUSTAINABLE SEAFOOD  
as established by the Monterey Bay Aquarium Seafood Watch Program

IN SEASON LOCAL PRODUCE

## IN-ROOM. OUT OF THIS WORLD.

