

## LIQUID DIETS

### CLEAR LIQUID MENU

#### Juice

Apple (1)

#### Broths

Chicken or Beef or Vegetable

#### Gelatin

Assorted Flavors: Regular (1) | Sugar-Free

#### Hot Beverages

Coffee | Decaffeinated Coffee  
Tea | Decaffeinated Tea

#### Cold Beverages

Unsweetened Iced Tea | Sierra Mist (1.5)  
Ginger Ale (1.5) | Diet Ginger Ale  
Crystal Light™ Lemonade | Lemonade (2)

#### Frozen Treats

Italian Water Ice (2): Orange | Lemon  
Sugar Free Lemon Ice (1)  
Popsicles: Orange (3)  
Sugar-Free Popsicles: Grape (1)

### FULL LIQUID MENU

#### Juices

Apple (1) | Cranberry (1)  
Grape (1) | Orange (1)  
Prune (1.5) | Low Sodium V8 (0.5)

#### Cereals

Grits (1.5) | Cream of Wheat (2)  
Cream of Rice (2)

#### Broths

Chicken or Beef or Vegetable

#### Soup

Tomato (0.5) | Cream of Chicken (1)  
Broccoli Cheddar (1)

#### Desserts

##### Pudding:

Vanilla | Chocolate  
Regular (1) | Sugar-Free

##### Ice Cream:

Regular (2): Vanilla | Chocolate | Strawberry  
Sugar-Free (1.5): Vanilla | Chocolate

Italian Water Ice (2)

Assorted Popsicles (2) | Sherbet (2)

#### Gelatin:

Assorted Flavors: Regular (1) | Sugar-Free

#### Hot Beverages

Coffee | Decaffeinated Coffee  
Tea | Decaffeinated Tea  
Hot Chocolate (1)

No Sugar Added Hot Chocolate (0.5)

#### Cold Beverages

Unsweetened Iced Tea (Regular or Decaf)  
Crystal Light™ Lemonade | Lemonade (2)  
Ginger Ale (1.5) | Diet Ginger Ale  
Pepsi (2) | Diet Pepsi | Sierra Mist (1.5)

### LUNCH CHEF SPECIALS

#### Sunday

**Bistro Roasted Turkey with Mashed Potatoes (1)**  
Carrots (0.5), Fresh Dinner Roll (1),  
and Fresh Fruit Cup (1)

#### Monday

**Penne Pasta with Meat Sauce (2)**  
served with Broccoli (0.5) a Dinner Roll (1),  
and Peaches (1)

#### Tuesday

**Beef Stroganoff served over Egg Noodles (2)**  
a Side of Carrots (0.5), and a Sugar Cookie (1)

#### Wednesday

**Hamburger with Bun (1.5)**  
Side Salad with Ranch Dressing,  
Tomato Soup (0.5), Baked French Fries (1.5)  
and Pears (1)

#### Thursday

**Chicken Alfredo Penne Pasta (2)**  
served with Broccoli (0.5) and Fresh Fruit Cup (1)

#### Friday

**Grilled Boneless Chicken Breast**  
served with Mac and Cheese (1.5), Fresh Green  
Beans and Chocolate Chip Cookie (1)

#### Saturday

**Turkey Burger with Lettuce, Tomato,  
Onion on Wheat Bun (2)**  
with Chicken Noodle Soup (0.5),  
Side Salad with Italian Dressing  
and Angel Food Cake (2)

### DINNER CHEF SPECIALS

#### Sunday

**Beef Stroganoff served with Egg Noodles (2), Fresh Green Beans and Chocolate Pudding (1)**

#### Monday

**Asian Chicken Stir Fry (1)**  
served over Rice (1) and Fresh Orange (1)

#### Tuesday

**Homemade Meatloaf served with Gravy (1)**  
(made with Beef & Turkey)  
served with Mashed Potatoes (1), Zucchini (0.5)  
and Vanilla Pudding (1)

#### Wednesday

**Chicken Caesar Salad**  
served with Caesar Dressing (1), a Dinner Roll (1)  
and Chocolate Chip Cookies (1)

#### Thursday

**Bistro Roasted Turkey with Mashed Sweet Potatoes (1)**  
served with Fresh Green Beans  
and Angel Food Cake (2)

#### Friday

**Seared Tilapia**  
served with Broccoli (0.5), Brown Rice (1.5),  
and Oatmeal Cookies (1)

#### Saturday

**Chicken Parmesan (1)**  
served with Spaghetti (2), Fresh Green Beans  
and Sugar Cookies (1)

## GLUTEN FREE MENU

### BREAKFAST

Gluten Free Bagels  
Gluten Free Blueberry Muffin  
BYO Omelet | Scrambled Eggs  
Gluten Free Toast  
Gluten Free Breakfast Sandwich  
(Gluten free bread or roll)  
Sausage Link (Turkey or Pork) or Patty  
Turkey or Pork Bacon  
Assorted Fruit | Assorted Yogurt  
Cream of Rice | Grits

### ENTRÉES

Grilled Salmon w/Lemon Dill Sauce  
Seared Tilapia  
Bistro Roasted Turkey with Herb Gravy  
Grilled Chicken Breast  
Gluten Free Pasta  
Sauce: Alfredo, Marinara, Meat Sauce  
Gluten Free Pizza

### BUILD YOUR OWN GRILL

Turkey Burger | Hamburger  
Chicken Sandwich

### BUILD YOUR OWN DELI

Egg Salad | Tuna Salad | Chicken Salad  
Grilled Cheese | Turkey | BLT  
Peanut Butter and Jelly

### HOT SIDES

Mashed Potatoes  
Mashed Sweet Potatoes | Baked Potato  
Brown Rice | White Rice  
Broccoli | Corn | Fresh Green Beans  
Zucchini | Carrots

### SOUPS

Vegetable | Broccoli Cheddar (1)  
Broth: Vegetable  
Chicken | Beef

### SALADS

Fresh Fruit Plate  
BYO Salad  
Assorted Salad Dressings

### DESSERTS

Gluten Free Chocolate Chip Cookie  
Ice Cream: Vanilla | Chocolate | Strawberry  
Assorted Water Ice  
Assorted Popsicles  
Assorted Gelatin

\* Please see regular menu for  
carbohydrate exchanges.

## PLANT BASED MENU

### BREAKFAST

Oatmeal | Cream of Wheat  
Cream of Rice | Grits  
Breakfast Potatoes

### ENTRÉES

Vegetarian Stir Fry  
Fresh Hummus & Vegetable Wrap  
Vegetable Pizza  
Pasta Primavera  
Chipotle Black Bean Burger  
BYO Vegetarian Salad

### HOT SIDES

Mashed Potatoes  
Mashed Sweet Potatoes  
Baked Potato  
Brown Rice | White Rice  
Baked French Fries  
Broccoli | Corn  
Tater Tots  
Fresh Green Beans  
Zucchini | Carrots

### SALADS

Fresh Fruit Plate  
BYO Salad  
Hummus, Pita and Cucumbers  
Carrot and Celery Sticks  
Assorted Salad Dressings

### SOUP

Vegetable Broth  
Vegetable Soup  
Tomato Soup  
Broccoli Cheddar Soup (1)

### FRUIT

#### Soft Fruit:

Peaches | Pears | Applesauce | Pineapple

#### Fresh Fruit:

Banana | Apple | Orange | Fresh Fruit Cup

### SMOOTHIE

Strawberry Banana Smoothie

\* Please see regular menu for  
carbohydrate exchanges.

# ROOM SERVICE

BELIEVE IN  
THE POWER OF

food



TO PLACE YOUR ORDER:

PLEASE CALL

# 73663

(from room)

To place order using cell phone,  
please dial 856-247-3663

Please give patient name and room #

**FULL SERVICE MENU SERVED**

7:00AM - 7:00PM

**LATE FARE MENU SERVED**

7:00PM - 10:00PM

A Nutrition Operator will guide you through the ordering process. Our skilled Chefs will prepare your meal using the freshest ingredients tailored to your prescribed diet. Your freshly prepared meal will be served within 45 minutes.



**BREAKFAST ENTRÉES**

We proudly serve free range eggs

(also available Egg Whites and

Low-Cholesterol)

- Scrambled Eggs
- Scrambled Egg Whites
- Hard Boiled Egg | Fried Egg
- French Toast (2)
- Buttermilk Pancakes (2)
- Seasonal Pancakes (2)

**Build Your Omelet**

- Tomatoes | Onions
- Green Peppers | Mushrooms
- Cheese | Bacon | Sausage

**Breakfast Sandwich**

\*served on your choice of bread (1.5-3.5) egg, cheese, and choice of breakfast meat

**SIDES**

- Turkey Sausage | Turkey Bacon
- Pork Sausage | Pork Bacon
- Breakfast Potatoes (1.5)

**CEREALS**

**Hot:** Oatmeal (1.5) | Cream of Rice (2)

Cream of Wheat (2) | Grits (1.5)

**Cold:** Rice Krispies (1) | Raisin Bran (2)  
Corn Flakes (1) | Special K (1) | Cheerios (1)

**Toppings:** Brown Sugar (1)  
Raisins (1) | Granola (1)

**BAKERY**

- English Muffin (1.5):** White
- Muffin:** Blueberry (2) | Seasonal (2)  
Apple Cinnamon (2)
- Bagel (3.5):** Plain | Cinnamon Raisin

**YOGURT**

- Vanilla (2) | Strawberry (2)
- Peach (2) | Plain (1)

**Light:** Vanilla (1) | Strawberry (1) | Peach (1)

**FRUIT**

**SOFT FRUITS (1)**

Peaches | Pears | Applesauce | Pineapple

**FRESH FRUITS**

- Banana (1.5) | Apple (1) | Orange (1)
- Fresh Fruit Cup (1)

**CHEF SELECTIONS**

- Grilled Salmon with Lemon Dill Sauce
- Seared Tilapia (1)
- Bistro Roasted Turkey with Herb Gravy (1)
- Beef Stroganoff (1)
- Chicken Parmesan (1)
- Grilled Boneless Chicken Breast
- Homemade Meatloaf served with gravy (1)  
(made with Beef & Turkey)
- Asian Stir Fry: Vegetable (1) | Chicken (1)  
Tofu (1)
- Baked Chicken Tenders (1)

**HOT SIDES**

- Mashed Potatoes (1) | Baked Potato (2)
- Brown Rice (1.5) | White Rice (1.5)
- Mashed Sweet Potatoes (1)
- Baked French Fries (1.5) | Tater Tots (1.5)
- Broccoli (0.5) | Fresh Green Beans
- Corn (1) | Zucchini (0.5) | Egg Noodles (1.5)
- Carrots (0.5) | Mac & Cheese (1.5)

**SALADS**

**ENTRÉE SALADS**

- Caesar Salad:** Chicken (1) or Salmon (1)
- Chef Salad (0.5)**  
ham, turkey, egg, cheese, tomato, olives

**Fresh Fruit Plate (2)**

with choice of cottage cheese (2),  
yogurt (3) or cheese cubes (2)

**Build Your Own Salad**

- Romaine or Spinach | Tomatoes | Egg
- Cucumbers | Ham | Turkey | Bacon
- Olives | Carrots | Croutons
- Cheddar Cheese | Parmesan Cheese
- Swiss Cheese

**COLD SIDES & SALADS**

- Garden Green Salad | Caesar Salad (0.5)
- Carrot & Celery Sticks (1)
- Hummus, Pita & Cucumbers (2)

- Italian | Ranch | French (1)
- Oil and Vinegar | Balsamic Vinaigrette
- Caesar | Honey Mustard

**Fat-Free:** French | Ranch (1)  
Italian | Raspberry Vinaigrette (1)

**SOUPS**

- Cream of Chicken (1) | Vegetable (0.5)
- Tomato (0.5) | Chicken Noodle (0.5)
- Broccoli Cheddar (1)
- Broths:** Chicken or Beef or Vegetable

**GOURMET GRILL**

- \*Served on your choice of bread
- Classic Grilled Cheese (2)
- Grilled Boneless Chicken Breast (2)
- Hamburger | Cheeseburger (2)
- Turkey Burger (2)
- Philly Cheesesteak (4)
- Chicken Cheesesteak (4)
- Build Your Own Quesadilla (3)  
Chicken | Cheese | Onions  
Peppers | Pico de Gallo

**BUILD YOUR OWN**

**SANDWICH**

**Protein:** Tuna Salad | Chicken Salad  
Egg Salad | Turkey  
Peanut Butter & Jelly (2.5)

**Cheese:** American | Provolone  
Swiss | Cheddar | Pepper Jack

**Toppings:** Lettuce | Red Onion  
Tomato | Bacon | Pickles

**Bread (1):** White | Wheat | Rye  
Multi-grain (2) | Kaiser (2) | Pita Bread (2)  
Assorted Wraps (3)

**SPECIALTY DELI**

**Fresh Hummus & Vegetable Wrap (3)**  
classic hummus with broccoli,  
roasted red peppers, and mushrooms

**Chicken Caesar Wrap (3)**  
**Traditional Club Sandwich (2)**

**BUILD YOUR OWN PIZZA**

Cheese | Pepperoni | Mushrooms | Olives  
Sausage | Bacon | Onions | Peppers  
\* Choice of 3 toppings or fewer

**CREATE YOUR OWN PASTA**

**Pasta:** Spaghetti (2) | Penne (2)  
Egg Noodles (1.5) | Whole Wheat Pasta (2)  
**Sauce:** Alfredo | Chicken Alfredo  
Italian Meat Sauce | Marinara | Primavera  
Dinner Roll (1)

**CONDIMENTS**

- Please order your condiments,  
they are not automatically sent
- Butter | Margarine | Syrup (0.5)
- Parmesan Cheese | Jelly (0.5) | Honey (0.5)
- Sugar-free Syrup | Sugar-free Jelly
- Peanut Butter
- Cream Cheese | Light Cream Cheese
- BBQ Sauce | Ketchup | Mustard
- Mayo | Light Mayo
- Herb Seasoning | Sugar (0.5)
- Sugar Substitute | Salt | Pepper | Lemon Juice
- Non-Dairy Creamer | Half/Half

**DESSERTS**

- Chocolate Layer Cake (3)
- New York Cheesecake (2)
- Lemon Meringue Pie (3.5)
- Angel Food Cake (2)
- Cookies**  
Oatmeal Raisin (1.5) | Sugar (1.5)  
Chocolate Chip (1.5)  
Sugar-Free Chocolate Chip (1)
- Oreos (2) | Lorna Doone (1.5) | Fig Newtons (3)

**PUDDING**

Vanilla | Chocolate | Rice  
Regular (1) | Sugar-Free

**ICE CREAM**

Regular (2): Vanilla | Chocolate | Strawberry  
Sugar-Free (1.5): Vanilla | Chocolate

**GELATIN**

Assorted Flavors: Regular (1) | Sugar-Free

**FROZEN TREATS**

Water Ice (2): Orange | Lemon | Raspberry  
Sugar-Free Lemon Ice (1)  
Assorted Popsicles: Regular (2) | Sugar-Free (1)

**SOFT FRUITS (1)**

Peaches | Pears | Applesauce | Pineapple

**FRESH FRUITS**

Banana (1.5) | Apple (1) | Orange (1)  
Fresh Fruit Cup (1)

**SMOOTHIE**

Strawberry Banana Smoothie (3)

**BEVERAGES**

**Coffee:**

Regular | Decaf

**Hot Tea:**

Regular | Decaf  
Hot Chocolate (1)  
No Sugar Added Hot Chocolate (0.5)

**Juice:**

Apple (1) | Cranberry (1) | Diet Cranberry  
Grape (1) | Orange (1) | Prune (1.5) | V8 (0.5)  
Low Sodium V8 (0.5)

**Milk:**

Whole (1) | Skim (1) | 2% (1) | Soy (0.5)  
Lactaid (1) | Almond | Chocolate (2)

**Cold Drinks**

Unsweetened Iced Tea (Regular or Decaf)  
Pepsi (2) | Diet Pepsi  
Crystal Light™ Lemonade | Lemonade (2)  
Ginger Ale (1.5) | Diet Ginger Ale  
Sierra Mist (1.5)

**LATE FARE MENU**

Served 7PM - 10PM

**ASSORTED CEREALS**

Rice Krispies (1) | Raisin Bran (2)  
Corn Flakes (1) | Special K (1) | Cheerios (1)

**YOGURTS**

Vanilla (2) | Strawberry (2)  
Peach (2) | Plain (1)

**Light:** Vanilla (1) | Strawberry (1) | Peach (1)

**FRUITS**

Banana (1.5) | Apple (1) | Pineapple (1)  
Fresh Fruit Cup (1) | Pears (1)  
Peaches (1) | Applesauce (1)

**GOURMET GRILL**

Chicken Fingers (1)  
Baked French Fries (1.5)  
Additional items available  
from Gourmet Grill Section

**BUILD YOUR OWN SANDWICH**

Select from BYO Sandwich Section

**SPECIALTY DELI**

Select from Specialty Deli Section

**BUILD YOUR OWN PIZZA**

Select from BYO Pizza Section

**DESSERTS**

Select from Desserts Section

**BEVERAGES**

Select from Beverages Section

**SALADS**

Select from Salads Section  
**NOTE:** Salmon Caesar is not available

**SOUPS**

Select from Soups Section  
**NOTE:** Cream of Chicken &  
Vegetable Soup are not available

\*\*Numbers in parenthesis ( ) are the servings  
of carbohydrates.  
15 grams = 1 serving of carbohydrate

Some items listed on the menu may not be  
appropriate for your diet. Your nutrition  
operator will help to assist you when  
selecting your meals.