

Liquid Diets

On a Clear Liquid diet, you have a choice of:

- | | |
|-----------------------|------------------------|
| Coffee ♥ | Beef Broth ♥ |
| Hot Tea ♥ | Chicken Broth ♥ |
| Iced Tea ♥ | Vegetable Broth ♥ |
| Green Tea ♥ | Flavored Gelatin ♥ (1) |
| Fruit Punch ♥ (1)) | Sugar-Free Gelatin ♥ |
| Lemonade ♥ (1) | Italian Ice ♥ (2) |
| Crystal Lite ♥ | Popsicle ♥ (1) |
| Apple Juice ♥ (1) | Pepsi |
| Cranberry Juice ♥ (1) | Diet Pepsi |
| Grape Juice ♥ (2) | Sierra Mist ♥ |
| | Diet Sierra Mist ♥ |
| | Ginger Ale ♥ |
| | Root Beer ♥ |

On a Full Liquid diet, you have a choice of all items on the Clear Liquid diet as well as:

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|------------------------------------|--------------------------|
| Tomato Soup ♥ (1) | Whole Milk (1) |
| Strained Cream of Chicken Soup (1) | 2% Milk (1) |
| Strained Cream of Potato Soup (1) | Skim Milk ♥ (1) |
| Grits ♥ (1) | Chocolate Milk ♥ (2) |
| Cream of Wheat ♥ (1) | Vanilla Soy Milk ♥ (1) |
| Hot Chocolate (2) | Orange Juice ♥ (1) |
| Vanilla Ice Cream (1) | Prune Juice ♥ (2) |
| Chocolate Ice Cream (1) | V8 ♥ |
| Sherbet ♥ (2) | Chocolate Ice Shake (2) |
| Vanilla Pudding (2) | Strawberry Ice Shake (2) |
| Chocolate Pudding (2) | Vanilla Ice Shake (2) |
| Sugar-Free Vanilla Pudding ♥ (1) | Vanilla Yogurt ♥ (1) |
| Sugar-Free Chocolate Pudding ♥ (1) | Green Tea ♥ |

The numbers in parentheses refer to the number of carbohydrate units in the food.

Food items with a ♥ are appropriate for Low Fat, Low Cholesterol, Cardiac and Low Sodium diets.



Beverages

- | | |
|--------------------|---|
| Coffee or Decaf ♥ | Hot Chocolate (2) |
| Hot Tea or Decaf ♥ | Whole Milk (1), 2% Milk (1),
Skim Milk ♥ (1) |
| Iced Tea ♥ | Chocolate Milk ♥ (2) |
| Green Tea ♥ | Juice ♥: Orange (1), Apple (1),
Grape (2), Cranberry (1),
Prune (2), V8 ♥ |
| Fruit Punch ♥ (1) | Sierra Mist ♥ |
| Lemonade ♥ (1) | Diet Sierra Mist ♥ |
| Crystal Lite ♥ | Root Beer ♥ |
| Ice Shakes (2) | |
| Pepsi | |
| Diet Pepsi | |
| Ginger Ale ♥ | |



To accommodate your taste preferences, all foods on this menu are available from 6:30 A.M. to 6:30 P.M.

Finishing Touches

Dessert

- Ice Cream: Vanilla, Chocolate (1)
- Italian Ice ♥ (2)
- Sherbet ♥ (2)
- Pudding: Vanilla, Chocolate
Sugar-Free ♥ (1)
- Angel Food Cake ♥ (1)
- Homestyle Cookie (2)
- Apple Crisp ♥ (3)
- Cherry Pie (4)
- Bumpy Cake (5)
- Brownie (3)
- Rice Krispie Treat ♥ (2)
- Lorna Doone (1)
- Flavored Gelatin ♥ (1)
- Sugar-Free Gelatin ♥

Fruits ♥

- Orange (1)
- Apple (1)
- Banana (2)
- Grapes (1)
- Seasonal Fresh Fruit Cup (1)
- Applesauce (1)
- Pineapple Chunks (1)
- Peaches (1)
- Pears (1)
- Prunes (3)



**To Place Your Request
Please Dial 3663 (FOOD)
Outside the Hospital,
Call 248-937-3663
Between 6:30 A.M. and 6:30 P.M.
Your Meal Will Arrive Within 45 Minutes**

**Some Foods May Not Be Appropriate
Based On Your Diet Prescription.
We will be happy to assist you in making
your meal selections.**



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Eye Openers

Cereals And Yogurt ♥

- Oatmeal (1) Rice Krispies (1) Cheerios (1)
- Cream of Wheat (1) Corn Flakes (1) Special K (1)
- Grits (1) Raisin Bran (2) Fruit Loops (1)
- Bran Flakes (2) Frosted Flakes (2) Lite Fruited Yogurt (1)

Bakery And Breads

- Buttermilk Biscuit (2) Plain Bagel ♥ (3)
- Blueberry Muffin (3) English Muffin ♥ (2)
- Banana Nut Muffin (3) Raisin Bread ♥ (1)
- White or Wheat Toast ♥ (1) Croissant (2)
- Rye Toast ♥ (1) Danish (1) (2)
- Sourdough Toast ♥ (1) Doughnut (3)

Breakfast Entrees

- Scrambled Eggs: Pancakes ♥ (1)
- Regular or Low Cholesterol ♥ Belgian Waffles (4)
- Hard Cooked Egg Biscuit with Gravy (3)
- French Toast ♥ (2)

Create Your Own Omelet

- Ham Mushroom ♥ Diced Tomatoes ♥
- Green Peppers ♥ Onions ♥ Cheese ♥

Breakfast Sides

- Diced Potatoes ♥ (2) Sausage Patty Bacon Strips
- Turkey Sausage Patty

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Hot Picks

Hot Off the Griddle

- Grilled Chicken Sandwich ♥ (2)**
 - Grilled, tender boneless breast of chicken served on a freshly baked bun.
- Grilled Hamburger ♥ (2)**
 - Choice ground beef grilled and served on a bun.
- Garden Burger ® ♥ (3)**
 - A savory meatless alternative served on a freshly baked bun.
- Spicy Black Bean Burger ♥ (3)**
 - Morningstar Farms ® Southwest-style vegetarian black bean burger made with sweet corn and tomatoes.

Oven Baked ♥ (1) or Crispy Chicken Fingers (1)

- Plump and juicy, all white-meat chicken, baked or fried golden brown. Served with your choice of dipping sauce.

Grilled Cheese ♥ (2)

- An American classic made with bakery fresh bread and your choice of cheese.

Philly Cheese Steak ♥ (2)

- Thin slices of traditional Philly Steak with sautéed onions, crisp peppers, smothered in Mozzarella cheese and stacked on a grilled hoagie.

Hot Dog (2)

- Plump and juicy all beef hot dog served on a bun.

Fresh From the Sandwich Board

Create Your Own Gourmet Deli Sandwich

Fresh Deli Meats

- Your choice of juicy sliced Turkey breast ♥, Tender sliced Roast Beef ♥, Cold Smoked Ham, Bacon

Fresh Deli Cheeses

- American ♥, Swiss, Shredded Cheddar, Pepper Jack, Shredded Mozzarella ♥

Homemade Favorites

- Tuna Salad ♥, Chicken Salad ♥, Egg Salad, Peanut Butter and Jelly ♥ (1), Coleslaw

Bakery Fresh Breads

- White ♥ (1), Wheat ♥ (1), Hoagie ♥ (2), Rye ♥ (1), Tortilla ♥ (2), Croissant (2), Kaiser Roll ♥ (2), French Toast ♥ (2), Sourdough ♥ (1)

Personal Pizza (3)

- Create Your Own Personal Pizza (3): Pepperoni, Sausage, Ham, Mushrooms, Green Peppers, Black Olives, Onions, Pineapple

Snacks

- Potato Chips (2), Baked Lays ♥ (2), Pretzels (2), Pita Chips (2)

Sides

- House Salad ♥, Caesar Salad, Carrot & Celery Sticks ♥, Cottage Cheese ♥, French Fries (2), Hummus (2)

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Chef Specialties

Main Course

Sliced Roast Beef ♥

- Tender slow roasted choice meat thinly sliced.

Grilled Chicken Breast ♥

- Boneless, skinless juicy char-grilled chicken.

Vegetable ♥ (3) or Chicken Stir Fry ♥ (3)

- Crisp Oriental vegetables, served to you over rice. Add tender chicken, if you wish.

Chicken Fajitas ♥ (2)

- Seasoned, grilled chicken breast sautéed with peppers and onions, served folded into a tortilla.

Quesadilla ♥ (2)

- Grilled fresh tortilla stuffed with your choice of fillings. Choose from plain cheese ♥, chicken, vegetable ♥, or a combination of them all. Add diced tomato and leaf lettuce if you'd like.

Baked Seasoned Cod Loin ♥

- Fresh center cut cod loin seasoned with Italian bread crumbs and broiled to perfection.

Blackened Tilapia ♥

- A mild flavored white fish. Available broiled and blackened with a spicy Cajun seasoning ♥ or fried crispy.

Roast Turkey with Gravy ♥

- Oven roasted turkey breast topped with Grandma's homemade gravy.

Lasagna (2)

- This Italian American classic is packed with fresh tomato sauce, mozzarella cheese, and seasoned ground beef.

Pasta ♥ (3)

- Fresh pasta served with marinara sauce. Add meatballs if you'd like!

Macaroni & Cheese ♥

- Your choice of the traditional (3) or heart healthy ♥ version (2). Fresh cooked macaroni noodles smothered in creamy cheddar cheese sauce.

Country Meat Loaf ♥

- Seasoned ground beef, baked to perfection & sliced just for you.

Roast Pork Loin ♥

- Tender seasoned pork roast.

Tuna Noodle Casserole (2)

- Garden vegetables, flakes of tuna, and egg noodles combined in a creamy cheese sauce.

Entrees Fresh From The Garden

Classic Chef Salad (1)

- Bed of crisp lettuce topped with julienne sliced turkey, ham, Swiss and American cheese garnished with egg, tomato, & cucumber.

Mandarin Chicken Salad ♥ (1)

- Crispy romaine lettuce, Chow Mein noodles, sliced almonds, chicken, mandarin oranges and our own homemade dressing.

Fresh Fruit & Cottage Cheese Plate ♥ (3) (6)

- Fresh chopped seasonal fruit accompanied by cottage cheese and a homemade muffin.

Greek Salad ♥ (1)

- Bed of Romaine lettuce with Feta cheese, Kalamata olives, tomato, cucumber, red onion & beets. Add chicken if you would like.

Caesar Salad

- Bed of romaine lettuce with Parmesan cheese and croutons. Add Chicken if you would like.

Create Your Own Entree Salad

- Choose from Romaine or Iceberg. Add blackened Tilapia, grilled chicken, turkey, ham, roast beef, or sliced Swiss or American cheese Sprinkle with croutons, fried tortilla strips, or sliced almonds, and Garnish with seasonal fruit, red onion, tomato, or cucumber, top with your favorite dressing.

Salad Dressings: Caesar, French, Italian, Greek, Ranch

Fat-Free Dressings: Ranch, French, Italian, Raspberry Vinaigrette (1)

Hearty Soups

- Chicken Noodle ♥ (1) Tomato ♥ (1)
- Vegetable ♥ (1) Chicken Broth ♥
- Cream of Potato (1) Beef Broth ♥
- Soup of the Day Vegetable Broth ♥

Accompaniments

- Mashed Potatoes ♥ (1) Hearty Macaroni and Cheese ♥ (1)
- Redskin Potatoes ♥ (1) Vegetable Medley ♥
- Rice Pilaf ♥ (2) Steamed Broccoli ♥
- Steamed Rice ♥ (2) Stewed Apples ♥ (2)
- Bread Dressing (2) Bread Stick ♥ (1)
- Green Beans ♥ Dinner Roll ♥ (1)
- Green Peas ♥ (1) Cornbread (2)
- Sliced Carrots ♥ Whole Kernel Corn ♥ (1)

Condiments

Condiments to Add Additional Flavor to Your Meals

Sprinkle

- Brown Sugar (1)
- Splenda
- Equal
- Sugar
- Creamer
- Parmesan Cheese
- Pepper
- Raisins (1)
- Salt
- Saltine Crackers
- Chef Seasoning
- Cinnamon

Spread

- Butter
- Margarine
- Jelly
- Diet Jelly
- Light Cream Cheese
- Sour Cream
- Fat-Free Sour Cream
- Pancake Syrup
- Sugar-Free Pancake Syrup
- Ketchup
- Mustard
- Mayonnaise
- Fat-Free Mayonnaise
- Relish
- Tartar Sauce
- Malted Vinegar
- Cheese
- Onions
- Pickle Chips
- Tomatoes

Dip

- Barbecue Sauce
- Honey
- Honey Mustard
- Salsa
- Sweet and Sour Sauce
- Frank's Hot Sause

Dress

- Caesar Dressing
- French Dressing
- Fat-Free French Dressing
- Italian Dressing
- Fat-Free Italian Dressing
- Greek Dressing
- Ranch Dressing
- Fat-Free Ranch Dressing
- Fat-Free Raspberry Vinaigrette

Ladle

- Beef Gravy ♥
- Biscuit Gravy
- Chicken Gravy ♥

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