

# Desserts

**Assorted Fruit:** Apple, Oranges, Banana, Fresh Fruit Cup, Applesauce

**Ice Cream:** Chocolate, Vanilla

**Pudding:** Chocolate, Vanilla

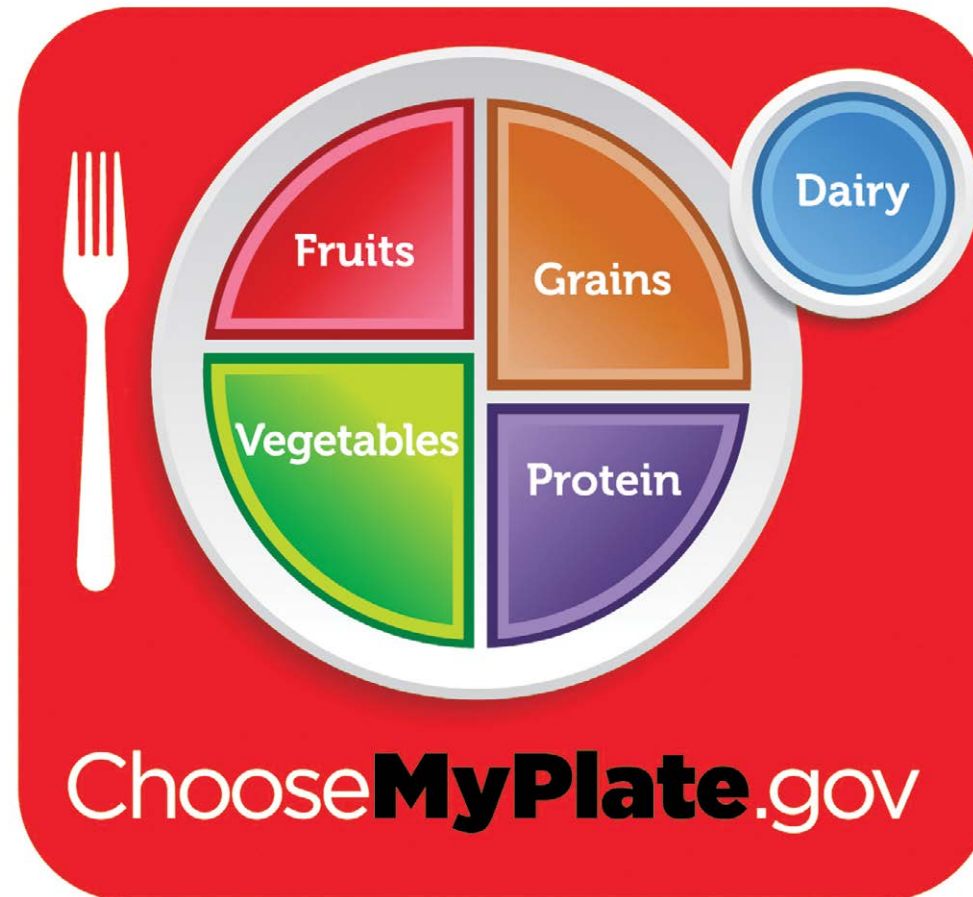
- Shortbread Cookies
- Chocolate Chip Cookie
- Gelatin Cubes
- Popsicle



# Beverages

**Juice:** Cranberry  
Apple  
Orange

**Milk:** Whole  
2%  
Skim  
Soy  
Lowfat Chocolate  
Lactose-Free



# My Dining Patient Menu



**To Place Your Order:**

- 1. Dial 1234** from your bedside phone between 7 am and 7 pm. Your family may call from outside the hospital at **202-476-1234** to order a meal for you.
- 2. Our Nutrition Operators** will confirm your name, room number, last four digits of your medical record number, diet order, and any food allergies/preferences you may have.
- 3. Your meal is prepared and delivered within 45 minutes** by our wait staff.

# Breakfast Selections

(available all day)

## Entrees

Blueberry Pancakes | Pancakes  
Cinnamon French Toast

Eggs to Order: (Egg Whites Available):  
Scrambled, Hard Boiled, Create Your Own Omelet  
Egg Toppings: Chopped Spinach, Cheddar Cheese,  
Bacon, Onions, Mushrooms, Tomatoes,  
Green Bell Peppers, Ham

## Sides

Turkey Bacon, Bacon, Turkey Sausage Patty,  
Hash Brown Potato Patty

## Hot Cereals

Grits, Cream of Wheat, Oatmeal

## Toppings

Brown Sugar, Dried Cranberries, Raisins, Cinnamon

## Cold Cereals

Cheerios, Cornflakes, Rice Krispies, Rice Chex,  
Granola with Raisins

## Bake Shoppe

Mini Bagel  
Toast: White, Whole Grain  
Muffins: Blueberry, Corn

## Yogurts

Light: Blueberry, Vanilla  
Regular: Raspberry, Peach, Strawberry  
Strawberry Banana



# Lunch & Dinner

## Lunch

(10:30 am - 3:00 pm)

*\*all lunch specials are served with a garden salad and a fresh fruit cup.*

### Sunday

Roast Turkey with Gravy, Fresh Green Beans with Mashed Potatoes

### Monday

BBQ Chicken Sandwich, Steamed Broccoli

### Tuesday

Baked Drumsticks, Vegetable Medley with Mashed Potatoes

### Wednesday

Sloppy Joe Sandwich, Coleslaw

### Thursday

Chicken of Vegetable Stir-Fry Vegetarian Egg Roll

### Friday

Beef or Chicken Fajita, Steamed Carrots, Steamed Rice

### Saturday

Turkey Burger or Hamburger, Baked French Fries, Carrot & Celery Sticks



## Dinner

(3:00 pm - 7:00 pm)

*\* all dinner specials are served with a mixed greens salad  
and a piece of fresh fruit.*

### Sunday

Beef Lasagna, Steamed Carrots

### Monday

Chicken Pot Pie, Fresh Green Beans

### Tuesday

Spaghetti with Meatballs, Steamed Broccoli

### Wednesday

Rotisserie Chicken, Fresh Green Beans, Mashed Potatoes

### Thursday

Meatloaf with Gravy, Steamed Carrots, Roasted Potatoes

### Friday

Crunchy Baked Fish, Fresh Green Beans, Baked French Fries

### Saturday

Chicken Taco, Vegetable Medley, Spanish Rice



- Macaroni & Cheese
- Cheese Quesadilla
- Baked Chicken Tenders
- Cheese Pizza
- Hot Dog
- Black Bean Burger on Bun
- Grilled Chicken Breast Sandwich
- Chicken Philly Cheese Steak
- Peanut Butter and Jelly Sandwich
- Spaghetti Noodles  
Marinara Sauce optional
- Chicken Quesadilla
- Pepperoni Pizza
- Grilled Cheese Sandwich
- Hamburger on Bun
- Chicken Caesar Salad
- Chef Salad

## Make Your Own Sandwich



- Turkey Breast
- Ham
- Chicken Salad
- Grilled Chicken Breast
- Egg Salad
- Tuna Salad

Cheese: American, Pepper Jack, Cheddar, Provolone

Bread: Whole Grain, Focaccia, White

Toppings: Lettuce, Tomato, Pickle



## Sides

**Vegetables:** Fresh Green Beans, Vegetable Medley, Garden Salad,  
Mixed Green Salad, Steamed Carrots, Steamed Broccoli

**Starches:** White Rice, Baked Potato, Mashed Potatoes (gravy optional),  
Wheat Dinner Roll, Baked French Fries

**Broths:** Chicken, Beef, Vegetable

**Soups:** Chicken Noodle, Tomato

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

## Snacks

Cottage cheese (with peaches optional)  
Hummus and Pretzels  
Graham Crackers  
Saltine Crackers  
Goldfish Crackers  
Celery Sticks with Peanut Butter  
Baked Potato Chips  
Cheese and Grapes

