

Because we care, you can build your own meal from our Personal Choice menu (see back of menu), or substitute meal items.

***Please note:** Depending on your health needs, preferences, & diet order, your individual menu may vary. Call our Diet Office for questions about your specific menu or ask your Nurse to call the

Dietitian for education on special diet

Rev.2/20

Call our Nutrition Office at extension

6446

(1-415-353-6446)

to share your preferences.

If you do *not* call the Diet Office before the times below to make changes, we will bring you our house menu.

To allow time for meal preparation,
Please call **BEFORE:**

Day Before for Breakfast changes

9:30 a.m. for Lunch changes

2:00 p.m. for Dinner changes

Breakfast



Monday

Spinach Frittata, Home Fries,
Oatmeal, and Mandarin Oranges

Tuesday

Scrambled Eggs, Buttermilk Biscuit
& Jelly, Total Cereal, & Fruit Yogurt

Wednesday

Breakfast Bake, Bacon, Bran Muffin,
Oatmeal, and Banana

Thursday

Ham and Cheese Scramble, Buttermilk
Biscuit, Raisin Bran, and Fruit Cup

Friday

Veg&Cheese Scramble, Turkey Sausage
Home Fries, Cheerios, and Sliced Pears

Saturday

Scrambled Eggs, Bacon, Oatmeal,
and Blueberry Muffin

Sunday

Turkey Sausage Link, Scrambled Eggs,
French Toast, and Raisin Bran

Served with juice, coffee, and milk

Lunch



Monday

House Salad, Baked Salmon, Vegetable
Blend, Brown Rice, & Fresh Fruit Cup

Tuesday

Minestrone Soup, Grilled Vegetable
Lasagna, Carrots, and Cheesecake

Wednesday

House Salad, Chicken Orange, Brown
Rice, Veggie Blend, Choc Chip Cookie

Thursday

Lentil Soup, Chicken Marsala, Mashed
Potatoes, Green Beans, Peach Cobbler

Friday

House Salad, Lemon Tilapia, Quinoa,
Broccoli/Cauliflower, & Brownie

Saturday

Vegetable Soup, Roast Turkey, Mash
Potatoes, Green Beans, Apple Cobbler

Sunday

Tomato Soup, Meatloaf with Potatoes,
Broccoli & Cauliflower, Sugar Cookie

Served with hot tea and milk

Dinner



Monday

Black Bean & Corn Salad, Chicken
Enchilada, Spanish Rice, Peaches

Tuesday

Tomato Soup, Roast Beef w/ Green
Beans, Potatoes, and Fresh Fruit Cup

Wednesday

Black Bean Soup, Turkey Taco,
Fajita Vegetables, Tortilla, and Pears

Thursday

House Salad, Swedish Meatballs w/
Noodles, Mixed Veg, Mandarin Oranges

Friday

Cream Mushroom Soup, Herb Chicken
w/ Rice&Beans, Vegetable, Fruit Cup

Saturday

House Salad, Beef & Vegetable
Stew, Cornbread, and Peaches

Sunday

Potato Soup, Marinated Pork, Mash'd
Sweet Potato, Zucchini, Fresh Fruit Cup

Served with hot tea and lemon packet

Personal Choices

*Please note: Not all food options are acceptable for therapeutic diet types

Breakfast Options

Cereals

Cheerios
Raisin Bran
Corn Flakes
Rice Krispies
Total Cereal
Oatmeal

Breads

White or Wheat Toast
Blueberry Muffin
English Muffin

Hot Items

Scrambled Eggs
Hard Boiled Eggs
French Toast
Pancakes
Bacon
Sausage

Lunch/Dinner

Hot Items

Hamburger | Cheeseburger
Baked Fish | Grilled Chicken
Pasta with Marinara

Salad Plates

Caesar | Chef Salad | Cobb Salad
Dressings: 1000 Isle, Italian, Ranch
Fruit and Cottage Cheese Plate
Hummus and Vegetable Plate
Sandwich plate: turkey, tuna, ham,
roast beef, egg salad

Asian Options:

Beef Broccoli or Tofu Stir Fry
Sesame Ginger Cod
Asian Seared Chicken

Juk or Chicken Juk

Soups

Chicken Noodle
Cream of Mushroom
Tomato Soup
Broth (Veg, Chicken, Beef)

Sides

Mashed Potatoes | White Rice
Green Beans
Steamed Carrots
Macaroni and Cheese

Dessert

Sugar Cookie | Chocolate Chip Cookie
Pudding (Vanilla or Chocolate)
Ice Cream (Vanilla or Chocolate)
Fresh Fruit Cup
Gelatin (Cherry or Orange)

Your health and comfort is our priority.

Our foods are prepared with fresh produce, minimal antibiotics and preservatives, and low in sodium.

To meet your individual health needs, we serve several therapeutic diets as ordered by your doctor and will do our best to honor your food preferences within those restrictions.

Our promise:

When you feel sick, few things feel better than a good home cooked meal.

We want to help all our patients feel the comfort of a home cooked meal during their stay with us at Saint Francis Memorial.

Our menus provide flavorful comfort foods while maintaining a healthy nutritional balance.

Good food intake can help you heal faster and go home sooner!



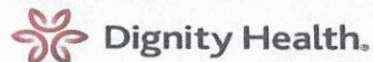
Ext. 6446

To request to substitute Personal Choices for the standard meal described on the other side of this menu handout

Patient Menu

Regular Diet

Saint Francis
Memorial Hospital;
Nutrition Services



Food for the body
is not enough.
There must be food
for the soul.

- Dorothy Day

