

PATIENT MENU

Dear Patient,

If you would like to order alternative choices, please call **22185** from your hospital phone.

If using a personal phone, please call **(810) 342-2185**.

As always, we are committed to providing you with the best service as possible during your hospital stay.

Thank you for choosing McLaren Flint!



To contact the Diet Office:

Please call **22185**
between 6:30 am and 6:30 pm

BEVERAGES

Bottled Water

Coffee

Regular or Decaffeinated

Tea

Iced, Hot, Decaffeinated, or Regular

Juice

Apple*, Orange*, Cranberry*, Prune*

Milk

Skim*, 2%*

Soda

Pepsi**, Diet Pepsi, Sierra Mist**, Light Lemonade, Vernors**, Diet Vernors, NSA or Regular Hot Chocolate**

BREAKFAST

Served between 7:00 a.m. - 10:00 a.m.
Orders must be called in before 6:00 a.m. or after 2 p.m. the day before

Sunday

Baked French Toast**
served with Banana Foster Topping*, Pork Sausage, Orange*, Skim Milk*, and Coffee

Monday

All American Breakfast
Scrambled Eggs served with Pork Bacon, Breakfast Potatoes*, a Biscuit*, Orange Juice*, Skim Milk, and Coffee

Tuesday

Denver Scrambled Eggs
(Eggs, Bell Peppers, Onions, and Ham) served with Breakfast Potatoes*, Pico de Gallo, a Banana**, Skim Milk*, and Coffee

Wednesday

Crepes with Blueberry Topping***
served Scrambled Eggs, Skim Milk*, and Coffee

Thursday

Buttermilk Pancake**
served with Apple Topping*, Scrambled Eggs, Skim Milk*, and Coffee

Friday

Breakfast Skillet*
(Potatoes, Onions, Bell Peppers, Eggs, and Cheese), served with Pork Bacon, Fresh Fruit*, Orange Juice*, Skim Milk*, and Coffee

Saturday

All American Breakfast
Scrambled Eggs served with Pork Bacon, Breakfast Potatoes*, a Biscuit*, Orange Juice*, Skim Milk, and Coffee

ALTERNATIVE CHOICES – BREAKFAST

Orders must be called in before 6:00 a.m. or after 2 p.m. the day before

Grill

Scrambled Eggs, Hard Boiled Egg, Hard Fried Egg, Buttermilk Pancakes**

Cereal

Cheerios*, Raisin Bran**, Corn Flakes*, Rice Krispies*, Rice Chex*, Oatmeal*, Cream of Wheat*, Grits*

On the Side

Home Fries*, Bacon, Turkey Bacon, Sausage, Turkey Sausage, Cottage Cheese

Bakery

English Muffin**, White* or Wheat Toast*

Fruit and Yogurt

Fresh Fruit Cup*, Apple* or Orange*, Yogurt*

* = 15 grams of carbohydrates

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LUNCH

Served between 12:00 p.m. - 3:00 p.m.
Orders must be called in before 11:00 a.m. for Lunch

Sunday	Oven Fried Chicken Sandwich** <i>served with Mac and Cheese*, Grapes*, and Skim Milk*</i>
Monday	Beef Stroganoff <i>served over Egg Noodles**, Herbed Carrots, a Roll*, Peanut Butter Cookie**, and Hot Tea</i>
Tuesday	Lasagna Roll** topped with Meat Sauce <i>served Zucchini and Tomatoes, a Garlic Breadstick*, Pineapple Chunks*, and Skim Milk*</i>
Wednesday	Steak, Onion and Cheese Sandwich** <i>served with Vinegar Coleslaw*, Unsalted Seasoned Kettle Chips*, and Skim Milk*</i>
Thursday	Chicken and Dumplings** <i>served with Dill Carrots, a Roll*, Fresh Fruit Cup*, and Skim Milk*</i>
Friday	Chicken Burrito Bowl*** <i>served with Tortilla Chips*, Salsa, and Skim Milk*</i>
Saturday	Sloppy Joe*** <i>served with Coleslaw, Unsalted Seasoned Kettle Chips*, and Skim Milk*</i>

DINNER

Served between 5:00 p.m. - 7:00 p.m.
Orders must be called in before 3:30 p.m. for Dinner

Sunday	Meatloaf* topped with Gravy <i>served with Mashed Red Skin Potatoes* and Gravy, Corn*, Blueberry Crisp**, and Hot Tea</i>
Monday	Chicken Pot Pie** <i>served with a Roll*, Apple Crisp*, and Hot Tea</i>
Tuesday	White Chicken Chili* <i>served with a Corn Muffin*, a Side Salad, Chocolate Chip Cookie**, and Skim Milk*</i>
Wednesday	Chicken Cacciatore <i>Balsamic Glazed Chicken, Parmesan Risotto**, Cacciatore-style Vegetables, Triple Chocolate Cake** with Strawberry Topping, and Skim Milk*</i>
Thursday	Braised Beef Shepherd's Pie** <i>paired with Spring Mix Salad and Balsamic Dressing, Peppermint Brookie**, and Hot Tea</i>
Friday	Beef Pot Roast with a Demi-Glaze <i>served with Oven Fried Potatoes**, Green Beans, a Roll*, Pudding Parfait*, and Skim Milk*</i>
Saturday	Rotisserie Chicken <i>served with Wild Rice Pilaf****, Green Bean Casserole*, SF Citrus Jell-o, and Hot Tea</i>

ALTERNATIVE CHOICES – LUNCH AND DINNER

Orders must be called in before 10:00 a.m. for Lunch, and 3:30 p.m. for Dinner

On the Side

Chicken Noodle Soup, Tomato Soup*,
Mashed Potatoes*, French Fries*, Green Beans, Carrots, White Rice*, Garden Green Salad, Macaroni and Cheese**
Salad Dressings: Ranch, Italian, Caesar, Fat-Free Ranch, Fat-Free Italian*

Entrees

Baked Fish, Chicken Fingers with Dipping Sauce, Grilled Chicken Sandwich**, Deluxe Hamburger**, Grilled Cheese Sandwich**, Black Bean Burger***,
Cottage Cheese and Fruit Plate**, Chicken Caesar Salad*, Chicken BLT Salad, Chicken and Dumplings***, Seasoned Baked Chicken Quarter
Sandwich: Peanut Butter and Jelly, Turkey, Tuna Salad, Chicken Salad, on your Choice of Bread** – Gluten Free Bread available*

Desserts

*Regular Pudding** or SF Pudding*, Vanilla or Chocolate Ice Cream*, Orange Sherbet*
Regular Jello* or SF Jello, Seasonal Fresh Fruit*, Canned Peaches*, Cookie*

* = 15 grams of carbohydrates