



Name _____

Room # _____

Date _____

Diet Order _____

McLAREN CARO REGION PATIENT MENU

– PLEASE CHECK BOX NEXT TO YOUR MEAL CHOICES –

BREAKFAST

HOT AND COLD CEREALS

Cold Cereals

- Cornflakes Frosted Flakes Raisin Bran
 Frosted Mini Wheats Rice Krispies
 Fruit Loops

Hot Cereals

- Oatmeal Cream of Wheat

Condiments

- Sugar Brown Sugar Sugar Substitute

HOT ENTREES AND SIDES

Eggs

- Scrambled Hard Boiled
 Fried (Hard Yolk) Fried (Over Easy)

French Toast

Pancakes

Breakfast Sandwich

- English Muffin Bagel Egg Cheese

Bacon Strips

Sausage Patties

Hash Browns

Condiments

- Salt Pepper Mrs. Dash Hot Sauce Catsup
 Butter Margarine Syrup Diet Syrup

BREAD AND BAKERY

Toast

- White Wheat
 Bagels
 English Muffin
 Cinnamon Roll

Condiments

- Butter Margarine Grape Jelly
 Strawberry Jam Diet Jelly Honey
 Peanut Butter Cream Cheese

BEVERAGES

Coffee

- Regular Decaf

Hot Tea

- Regular Decaf Green

Hot Chocolate

- Regular No Added Sugar

Milk

- 2% Skim

Juices

- Orange Apple Grape

Condiments

- Sugar Sugar Substitute Creamer

– LUNCH AND DINNER MENUS ON BACK –

NUTRITIONAL SUPPLEMENTS

If you routinely consume any nutritional supplements (Boost, Ensure, etc.), please let nursing staff know as soon as possible. Your health care provider or Dietitian may prescribe nutritional supplements, if needed, during your stay.

LUNCH

SALADS

- Chef's Salad
 - Lettuce Blend Tomatoes Carrots
 - Turkey Egg Cheese
- Dressing
 - French (Honey) French (Lite) Ranch
 - Italian (Zesty) Italian (Lite)
- Fruit Plate – cottage cheese with choice of:
 - peaches pears pineapple

SOUP

- Tomato Soup Chicken Noodle Soup
- Chicken Broth Beef Broth
 - Club Crackers Oyster Crackers

BEVERAGES

Hot Drinks:

- Coffee (Regular) (Coffee (Decaf)
- Tea (Regular) Tea (Decaf)
- Hot Chocolate (Regular)
- Hot Chocolate (No Added Sugar)

Condiments

- Sugar Sugar Substitutie Creamer

Cold Drinks:

- Milk (2%) Milk (Skim)
- Iced Tea (Regular) Iced Tea (Decaf)
- Root Beer Ginger Ale Sierra-Mist
- Pepsi (Regular) Pepsi (Diet)

DELI SANDWICHES

- Grilled Hamburger on Bun
 - American Cheese Swiss Cheese
- Grilled Cheese on Bread
 - American Cheese Swiss Cheese
 - Wheat Bread White Bread
- Grilled Chicken Breast on Bun
- BLT Sandwich (Bacon, Lettuce, Tomato)
 - Wheat Bread White Bread
- Sliced Turkey Sandwich
 - Wheat Bread White Bread

Condiments

- Catsup Mustard Mayonnaise
- Miracle Whip Barbeque Sauce
- Butter Margarine Salt Pepper Mrs. Dash

SIDES

- Potatoes French Fries Hash Browns

HOT VEGETABLES

- Asparagus Broccoli Carrots Cauliflower
- Corn Green Beans Peas

DESSERTS

- Lorna Doone Cookies Vanilla Ice Cream
- Vanilla Pudding Cup Chocolate Pudding Cup
- Canned Fruit
 - Applesauce Peaches Pears Pineapple

DINNER

ENTREES

- Baked Chicken Breast
- Savory Meatloaf
- Open Faced Hot Turkey Sandwich
- Baked Fish on Bun
- Creamy Macaroni & Cheese
- Italian Spaghetti with Meat Sauce

Condiments

- Gravy Barbeque Sauce Catsup Lemon
- Tartar Sauce Parmesan Cheese

BEVERAGES

Hot Drinks:

- Coffee (Regular) (Coffee (Decaf)
- Tea (Regular) Tea (Decaf)
- Hot Chocolate (Regular)
- Hot Chocolate (No Added Sugar)

Condiments

- Sugar Sugar Substitutie Creamer

Cold Drinks:

- Milk (2%) Milk (Skim)
- Iced Tea (Regular) Iced Tea (Decaf)
- Root Beer Ginger Ale Sierra-Mist
- Pepsi (Regular) Pepsi (Diet)

Juices

- Orange Apple Grape V-8

SIDES

- Potatoes
 - Baked Mashed Hash Browns
 - French Fries Scalloped
- Stuffing
- White Rice
- Hot Vegetables
 - Asparagus Broccoli Carrots Cauliflower
 - Corn Green Beans Peas
- Garlic Toast
- Wheat Bread White Bread
- Club Crackers Oyster Crackers

Condiments

- Butter Margarine Sour Cream Catsup
- Salt Pepper Mrs. Dash

Desserts

- Angel Food Cake Apple Pie
- Lorna Doone Cookies Vanilla Ice Cream
- Orange Sherbet Popsicles Assorted Yogurt
- Fresh Fruit – Apple Orange
- Canned Fruit – Applesauce Peaches
 - Pears Pineapple
- Gelatin Cups
- Vanilla Pudding Cup Chocolate Pudding Cup