## → BEVERAGES ←

Coffee (Regular or Decaf.)

Unsweet Iced Tea (Regular or Decaf.)

Hot Tea (Regular or Decaf)

Hot Cocoa (Regular or sugar free)

Milk (2%, Skim, Chocolate)

Juice (Cranberry, Grape, Apple,

#### DESSERTS •——

Cookie (Chocolate Chip,

Pudding (Regular/Diet Vanilla or

Gelatin (Regular/Diet Red or Orange)

Ice Cream (Vanilla, Chocolate,

Orange Sherbet

Pie (Lemon or Apple)

Angel Food Cake

Strawberry Shortcake

Brownie

Vanilla wafer

Graham Cracker

Fruit Ice (Strawberry, Cherry, Lemon)

## Diel INFORMATION

### YOUR PHYSICIAN HAS PRESCRIBED A GENERAL DIET FOR YOU

A general diet has no restrictions. You may order from any of our menu options.

Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

#### CONDIMENTS

Salt

Pepper

Peanut butter Brown Sugar

Raisins

Syrup

(Regular or sugar free)

Tartar Sauce **BBQ** Sauce

Honey

Parmesan Cheese

Mustard Ketchup

Mayonnaise

Salsa

Mrs. Dash

Sugar Splenda

Creamer (Regular or Non-Dairy)

Lemon

Margarine

Sour Cream

Jelly

(Grape, Strawberry, Mixed Berry) Cream Cheese

(Plain, Strawberry)

#### DRESSINGS .

Ranch • Italian • Caesar • Honey Mustard • Blue Cheese

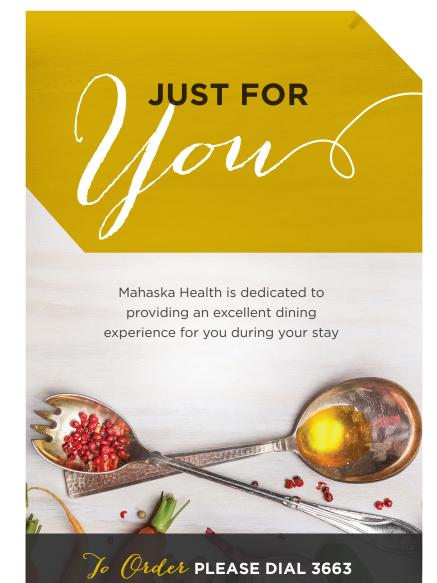
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Room Service Hours | 6:00 AM - 6:00 PM

#### **BREAKFAST**

Breakfast Available all day

#### . HOT & COLD CEREAL .\_\_

Bran Flakes

Raisin Bran Oatmeal

Cheerios Corn Flakes

Cream of Wheat

Frosted Flakes

#### BREAKFAST ENTREES .

Pancake

Biscuits & Gravy

French Toast

#### → BUILD YOUR OWN OMELET OR SKILLET\* •—

\* Skillet made with breakfast potatoes

#### **FILLINGS:**

Sausage, Bacon, Ham,

Tomato, Mushrooms

Pepper, Onion

#### CHEESE:

Cheddar, Provolone

American, Swiss

#### \_ SIDES \_\_\_\_

Bacon

Sausage Patty

Ham

Breakfast Potato

Hard Boiled Egg (H or C)

Scrambled Eggs

Fruit (Peache, Pear, Apple, Fruit Cup, Orange, Banana)

Yogurt (Strawberry, Vanilla, Blueberry)

English Muffin

Bread (White, Whole Wheat)

Muffin (Blueberry, Banana Nut)

Bagel (Plain, Cinnamon Raisin,

Blueberry)

#### **LUNCH & DINNER**

#### HOT ENTRÉES ....

Meatloaf w/ gravy

Herbed Cod

Roast Beef Roast Turkey

Mac & Cheese

Open-Faced Sandwich

Baked Chicken
Oven Fried Chicken

(Turkey or Roast beef)
Chicken Strips

#### . COLD ENTRÉES .

Fruit and Cottage Cheese Plate

Chicken Caesar Salad

Chef Salad

#### SOUPS .

Chicken Noodle

Tomato

Soup of the day (M - F)

Broth (Chicken, Beef, Vegetable)

Vegetable

#### . SIDES .

French Fries

Mashed Potatoes

(With Gravy)

Baked Potato

Mashed Sweet Potatoes

Rice (Garden)
Mac & Cheese

Red potato with onion

& pepper Carrots

Broccoli Corn Peas

Green Beans

California Blend Vegetables Side salad (with tomato and

cucumber)

Applesauce

Apple Orange

Banana

Fresh Fruit Cup

Peaches Pears

Potato Chips (Regular

or Baked)

Cottage Cheese Yogurt (Strawberry, Vanilla, Blueberry)

Potato Salad

Garlic Bread Dinner Roll

Bread (White, Whole wheat)

# BUILD Your own

#### - SANDWICH -

#### COLD:

Chicken Salad, Turkey, Roast Beef, Ham, Tuna Salad Egg Salad

## нот:

Hamburger, Cheeseburger, Hot Ham or Turkey and cheese, 3-cheese grilled cheese

#### BREAD:

Bread (White, Whole wheat)
Croissant, Bun

#### CHEESE:

American, Swiss, Provolone

#### TOPPINGS:

Lettuce, Tomato Pickle, Onion

#### . PASTA DISH .

Spaghetti, Fettuccine, Ravioli

Marinara Sauce, Meat Sauce, Alfredo

#### PIZZA .

#### TOPPINGS:

sausage, ham, beef, pepperoni, tomato, mushrooms, pepper, onion, black olives

#### . TACO\* OR QUESADILLA

## \*Hard or soft shell a

FILLING:
Beef, Chicken, or Cheese

#### TOPPINGS:

Lettuce, Tomato, Onion, Salsa, Sour Cream