

# Welcome to

## Centennial Hills Hospital

### Breakfast

#### BREADS AND BAKERY

Wheat Bread ♥ 1	English Muffin ♥ 2
White Bread ♥ 1	Blueberry Muffin ♥ 2
Bagel ♥ 3	Apple Muffin ♥ 2
Buttermilk Biscuit 2	Cranberry Muffin ♥ 2

#### CEREALS

Cold	Hot
Corn Flakes ♥ 15	Cream of Wheat ♥ 2
Rice Krispies ♥ 15	Oatmeal ♥ 2
Cheerios ♥ 15	Grits ♥ 2
Frosted Flakes 15	
Raisin Bran® ♥ 2	

#### MORNING FARE

Scrambled Eggs	Sides
Cholesterol Free Scrambled Eggs ♥	Hash Brown Potatoes 1
Orange Cinnamon French Toast ♥ 1	Home Fries ♥ 1
Cheese Blintzes 1	Bacon Slice
Buttermilk Pancakes ♥ 1	Turkey Sausage Patty ♥
Blueberry 15	Pork Sausage Link
Cinnamon Apple 15	

#### OMELET SHOPPE

Made to Order	Omelet Extras
Eggs	Cheddar Cheese
Cholesterol Free Eggs ♥	Onion ♥
	Tomato ♥
	Mushrooms ♥
	Green Pepper ♥
	Spinach ♥
	Diced Ham

#### YOGURT

Yogurt	Greek Yogurt
Strawberry (Low Fat) 1	Vanilla 1
Peach (Low Fat) 1	Strawberry 1

### Beverages

#### Juices

Apple ♥ 1
Cranberry ♥ 1
Grape ♥ 1
Orange ♥ 1
Prune Juice ♥ 15

#### Cold

Iced Tea
Lemonade 2
Diet Lemonade
Lemon Lime Soda 15
Diet Lemon Lime Soda

#### Milk

Whole 1
Fat Free ♥ 1
2% Low Fat 1
Chocolate 2
Soy ♥ 1

#### Hot

Coffee
Decaf Coffee ♥
Hot Chocolate
Tea

**Call Room Service at 7-FOOD (7-3663) on your room phone to place an order.**

**Breakfast: 6:30 a.m. - 6:30 p.m.**  
**Lunch and Dinner: 11 a.m. - 6:30 p.m.**

**Guest trays are available for purchase for \$5 via a paid voucher/receipt from the cafe.**

Your doctor may have prescribed a diet that requires certain nutrients to be restricted each day. Please discuss your meal choices with your Host/Hostess if you have questions.

#### Carbohydrates

Carbohydrates have been calculated for patients who need help in controlling their blood sugars. Each serving is equivalent to 15 grams of carbohydrate. Most patients will require 4 servings per meal.

#### Vegetarian

#### Heart Healthy

Heart healthy foods are lower in sodium, saturated fat and added sugars.

Gluten Free options available upon request

181854 General Menu 6/27 12/18



## Centennial Hills Hospital MEDICAL CENTER

A Member of The Valley Health System®

### Menu

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Centennial Hills Hospital  
MEDICAL CENTER



## Lunch & Dinner

### BROTHS & SOUPS (Low sodium options available)

#### Broth

Vegetable ♥  
Beef ♥  
Chicken ♥

#### Soup

Tomato ♥ 1  
Chicken Noodle ♥ 1  
Vegetable ♥

### COMPLEMENTS

Wheat or White Dinner Roll ♥ 1  
Crackers ♥  
Regular Potato Chips 15  
Baked Potato Chips ♥ 15  
Pretzels 15

### FROM THE GARDEN

#### Side Salads

Garden Salad ♥  
Hummus with Pita Bread 3

#### Dressings

Italian ♥  
French  
Ranch ♥  
Balsamic Vinaigrette ♥ 5  
Honey Mustard 5  
Caesar  
Thousand Island ♥

#### Entrée Salads

Caesar Salad 1  
with Chicken  
Chef Salad 1  
Fresh Fruit Plate 1  
with Cottage Cheese

### GRILLE FAVORITES

Grilled Cheese 2  
Hamburger (1.5-3)  
Cheeseburger (1.5-3)  
Garden or Black Bean Burger 4  
Quesadilla with Chicken 4  
Chicken Wings or Tenders (1-1.5)  
Grilled Chicken Breast  
Sandwich (2-3) ♥

Burgers served with lettuce, tomato and onion on a white or wheat bun.

### FAMILY FAVORITES

Farmer's Meatloaf ♥ 15  
Yankee Pot Roast ♥ 5  
Asian Chicken Stir Fry 1  
Macaroni & Cheese 4  
Roasted Turkey Breast ♥  
Chicken Parmesan 45  
Eggplant Parmesan 5  
Crispy Baked Cod ♥ 1

### PASTA BAR

#### Pasta Choices

Penne 3  
Gluten Free Penne 3  
Spaghetti 3

#### Sauce Choices

Primavera ♥ ♥ 3  
Marinara ♥ ♥ 5  
Bolognese

### PIZZA

#### Traditional 5

Cheese  
Pepperoni

#### Veggie 5

Onions  
Mushrooms  
Green Peppers

#### Deluxe 5

Pepperoni  
Onions  
Mushrooms  
Green Peppers

### DELI BAR

#### Breads ♥ 2

White  
Wheat

#### Meats and Fillings

Ham  
Roast Beef  
Turkey ♥  
Chicken  
Salad ♥  
Egg Salad ♥  
Tuna Salad ♥  
Peanut Butter  
Jelly

#### Cheeses

American  
Provolone  
Swiss ♥

#### Garden

Lettuce  
Tomato  
Onion  
Dill Pickle

### ACCOMPANIMENTS

#### Vegetables

Broccoli ♥  
Green Beans ♥ 5  
Yellow Corn ♥ 1  
Green Peas ♥ 1  
Carrots ♥ 1

#### On the Side

Steamed White Rice 2  
Steamed Brown Rice ♥ 1  
Mashed Potatoes ♥ 15  
Steak Fries 3  
Oven Roasted Potatoes ♥ 15  
Pinto Beans ♥ 15  
Couscous ♥ 2  
Mac and Cheese 2

## Fruit & Desserts

### Fruit

Apple 1  
Banana 2  
Fresh Fruit Cup 1  
Applesauce 1  
Peach Slices 1  
Pear Halves 1  
Fruit Cocktail 1  
Orange 1

### Yummy Delights

Chocolate Brownie ♥ 2  
Red Velvet Cake 3  
Angel Food Cake ♥ 1  
Cheesecake 25  
Rice Krispy Treats ♥ 2

### Frozen

Vanilla Ice Cream 1  
Chocolate Ice Cream 1  
Rainbow Sherbet ♥ 15  
Lemon Fruit Ice ♥ 1

### Cookies

Oatmeal Raisin 2  
Chocolate Chip 2  
Short Bread Cookies ♥ 15  
Peanut Butter 2  
Graham Crackers 1

### Pudding ♥

(Sugar free options available)  
Vanilla 15  
Chocolate 15

### Gelatin ♥ 15

(Sugar free options available)  
Strawberry  
Orange  
Cherry (sugar free not available)

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