

ITEMS AVAILABLE DAILY 7AM-10AM

- Bacon
- Bagel with Cream Cheese
- Breakfast Sandwich on a Hard Roll
- Cold Cereals
- French Toast with Sugar-free Syrup
- Fruit & Yogurt Plate
- Oatmeal & Granola
- Pancakes with Sugar-free Syrup
- Sausage

ITEMS AVAILABLE DAILY 11AM-2:30PM 4PM-6:30PM

- Cheese Pizza
- Cheese or Chicken Quesadilla
- Chef Salad
- Chicken Noodle Soup
- Chicken Tenders
- Deli Sandwich (Chicken Salad, Egg Salad, Ham, Turkey, Tuna, American Cheese, Provolone & Swiss)
- Fish Fry
- French Fries
- Grilled Cheese
- Hamburger or Cheeseburger
- Potato Chips
- Small or Large Garden Salad
- Tomato Soup
- Veggie Burger



BEVERAGES

- Coffee
- Decaf Coffee
- Tea
- Decaf Tea
- Hot Chocolate
- Diet Hot Chocolate
- Iced Tea

- 1% Milk
- 2% Milk
- Whole Milk
- Chocolate Milk

- Apple Juice
- Cranberry Juice
- Orange Juice

- Bottled Water

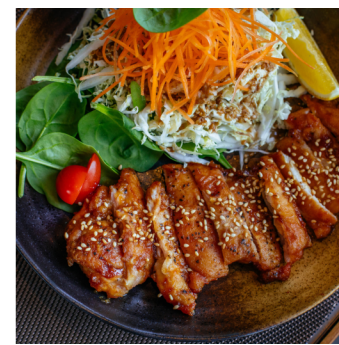


If you have questions or prefer a more restrictive plan, contact our team at **518-841-7186**. We're here to support your nutritional needs during your stay.

Thank you,

Food and Nutrition Services Team

Consistent Carbohydrate Menu



Our Food and Nutrition Services team, with a Registered Dietitian, has created a menu to support your recovery which follows your healthcare provider's guidelines and aligns with U.S. Dietary Guidelines. The liberalized menu offers a variety of food options within your prescribed diet, focusing on portion sizes and moderation to encourage balanced eating.



DAILY SPECIALS

These menu items are available at the following times:

Breakfast 7:30AM-10:00AM

Lunch 11:30AM-1:30PM

Dinner 4:30PM-6:30PM

MONDAY

Breakfast

French Toast with Sausage Links & Oatmeal **OR**
Scrambled Eggs, Sausage Links with (2) slices of Wheat
Toast & Oatmeal

Lunch

Meatloaf with Gravy & Mashed Potatoes, Steamed
Broccoli **OR** Cream of Potato Soup, Grilled Chicken
Salad & Dinner Roll
Dessert Banana Pudding

Dinner

Oven Baked Chicken with Baked Macaroni & Cheese &
California Mixed Vegetables **OR** Beef Orzo Soup & Open
Face Hot Turkey Sandwich with Gravy & Steamed Corn
Dessert Fruit Cup

TUESDAY

Breakfast

Spinach Tomato Frittata with Bacon & Home Fries **OR**
Fruited Yogurt with (1) slice Wheat Toast & Oatmeal

Lunch

Chicken Pasta Alfredo with Zucchini and Yellow
Squash Medley **OR** Tomato Soup & Grilled Cheese
Sandwich with Garden Salad
Dessert Chocolate Chip Cookie

Dinner

Pork Chop with Mushroom Gravy, Oven Browned
Potatoes & Steamed Green Beans **OR** Cream of
Broccoli Soup with Tuna Salad & Vegetable Plate &
Dinner Roll
Dessert Chocolate Pudding

WEDNESDAY

Breakfast

Pancakes (2) with Scrambled Eggs & Oatmeal **OR**
Scrambled Eggs, English Muffin & Banana

WEDNESDAY CONTINUED

Lunch

Pot Roast with Gravy, Mashed Potatoes & Steamed
Peas **OR** Vegetable Beef Barley Soup & Chicken Caesar
Salad
Dessert Fruit Cup

Dinner

Chicken Parmesan with Penne Pasta & Marinara Sauce,
Steamed Broccoli & Cauliflower **OR** Chicken & Rice
Soup with Turkey Sandwich on Wheat with lettuce &
tomato & Garden Salad
Dessert Sugar-free Fruited Jello

THURSDAY

Breakfast

Egg & Cheese on an English Muffin with Breakfast
Potatoes & Oatmeal **OR** Cheese Omelet with an Apple
Spice Muffin & Oatmeal

Lunch

Roasted Turkey with Gravy, Herb Stuffing & Green
Beans **OR** Cream of Broccoli Soup with Roast Beef
Sandwich on Wheat bread with lettuce & tomato
Dessert Applesauce

Dinner

Asian Beef Stir Fry with Vegetables & White Rice **OR**
Beef Barley Soup Cottage Cheese & Fruit Plate & Dinner
Roll
Dessert Lemon Pudding

FRIDAY

Breakfast

Vegetable Frittata with Salsa with (2) slices of Wheat
Toast & Fruit Cup **OR** Scrambled Eggs with Banana
Muffin & Fruit Cup & Oatmeal

Lunch

Rigatoni with Marinara Sauce & Meatballs & Garden
Salad **OR** Vegetable Soup with Tuna Salad Sandwich
with lettuce & tomato & Garden Salad
Dessert Angel Food Cake with Strawberries

Dinner

Breaded Fish Nuggets with Parslied New Potatoes &
Capri Blend Vegetables **OR** Tomato Soup with Egg
Salad Sandwich & Garden Salad
Dessert Peaches

SATURDAY

Breakfast

Cheerios with Scrambled Eggs & Banana **OR** Waffle
with Scrambled Eggs & Banana

Lunch

Hamburger on a Bun with Lettuce Tomato & Pickles
with Parmesan Potato Wedges & Three Bean Salad
OR Cream of Potato Soup & Chef Salad
Dessert Vanilla Pudding

Dinner

Chicken with Herb Sauce with Steamed Broccoli &
Rice **OR** Minestrone Soup with Chicken Caesar Salad
& Dinner Roll
Dessert Chocolate Ice Cream

SUNDAY

Breakfast

Denver Style Casserole (ham and peppers) with (2)
slices of Wheat Toast & Oatmeal **OR** Yogurt & Berry
Parfait with Blueberry Muffin & Oatmeal

Lunch

Herb Roasted Pork Loin with Rice Pilaf & Spinach **OR**
Corn Chowder with Turkey Sandwich on Wheat with
lettuce & tomato & Garden Salad
Dessert Apple Crisp

Dinner

Scalloped Potatoes & Ham with Green Beans **OR**
Vegetable Soup with Chicken Salad Sandwich on
Wheat Bread & Garden Salad
Dessert Sugar Cookie

Please inform us of any food allergies.

*Your diet order will be reviewed to ensure your
prescribed diet permits any requested
food items.*

