

## 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

# Regular 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

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## MONDAY

### *Breakfast*

French Toast with Sausage Links & Oatmeal **OR**  
Scrambled Eggs, Sausage Links with Biscuit & 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** Frosted Marble Cake

## TUESDAY

### *Breakfast*

Spinach Tomato Frittata with Bacon & Home Fries **OR**  
Fruited Yogurt with Toasted Plain Bagel & 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 Chiffon Pie

## WEDNESDAY

### *Breakfast*

Pancakes (2) with Sausage Patty & 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** Frosted Yellow Cake

### *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** Fruited Jello

## THURSDAY

### *Breakfast*

Ham, 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 & Cheddar on a Kaiser Roll with lettuce & tomato  
**Dessert** Apple Pie

### *Dinner*

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

## FRIDAY

### *Breakfast*

Bacon, Egg & Cheese Breakfast Burrito with Salsa & Oatmeal & 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 Vegetable **OR** Tomato Soup with an Egg Salad Sandwich & Garden Salad  
**Dessert** Brownie

## SATURDAY

### *Breakfast*

Apple Cinnamon Baked Oatmeal Casserole with Sausage Links (2) & Banana **OR** Waffles with Blueberry Compote & Sausage Links (2) & 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 Rice & Steamed Broccoli **OR** Minestrone Soup with Chicken Caesar Wrap & Garden Salad  
**Dessert** Ice Cream Sundae

## SUNDAY

### *Breakfast*

Denver Style Casserole (Ham and peppers) Biscuit Oatmeal **OR** Yogurt & berry parfait Blueberry Muffin  
Oatmeal

### *Lunch*

Herb Roasted Pork Loin with Rice Pilaf & Spinach **OR** Corn Chowder with Turkey Wrap & Garden Salad  
**Dessert** Apple Crisp

### *Dinner*

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

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Please inform us of any food allergies.

