

ITEMS AVAILABLE DAILY 7AM-10AM

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

Sodium, Fat and Cholesterol Restricted 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 Frosted Marble Cake

TUESDAY

Breakfast

Spinach Tomato Frittata with Bacon & Home Fries **OR** Fruited Yogurt with (2) slices 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 Chiffon Pie

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 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

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 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

Vegetable Frittata with Salsa with (2) slices of Wheat Toast & Fruit Cup & Oatmeal **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 Brownie

SATURDAY

Breakfast

Cheerios with Scrambled Eggs & Banana **OR** Waffle with Blueberry Compote 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 (no ham or cheese)

Dessert Vanilla Pudding

Dinner

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

Dessert Ice Cream Sundae

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.

