

— YOUR MENU —

Flavorful, nutritious food is a cornerstone of good health.
Please enjoy your meals during your hospital stay.



— TO ORDER —

Your meals will be delivered during the time frames specified below.
A Nutrition Services Caregiver will visit you to assist with ordering your meals,
or place your order by app at clevelandclinic.org/order-food

— BREAKFAST —

Breakfast is served from 7:30 to 9:00 a.m.

— LUNCH —

Lunch is served from 11:30 a.m. to 1:00 p.m.

— DINNER —

Dinner is served from 4:30 to 7:00 p.m.

— GUEST TRAYS —

Guest trays may be ordered with your meal. Ask your Nutrition Services Caregiver for details.

— ORDERING ASSISTANCE —

For assistance in placing your order, please contact the diet office at 68120.

— EVERY DAY MENU —

BUILD YOUR OWN MEAL

breakfast

Scrambled Eggs

Hard-cooked Egg

French Toast (Wheat or White)

Pancakes (Wheat or White)

Seasoned Home Fries

Pork Sausage

Turkey Sausage

Bacon

Oatmeal

Cream of Wheat®

Total Raisin Bran®

Corn Flakes®

Cheerios®

Rice Chex®

English Muffin (Wheat or White)

Blueberry Muffin

BREAKFAST EGG SCRAMBLES

Swiss Cheese

American Cheese

Sauteed Peppers

Sauteed Onions

Diced Tomatoes

Pork Sausage

Turkey Sausage

lunch + dinner

SOUP

Chicken Broth

Beef Broth

Vegetable Broth

Chicken Noodle

Tomato

Vegetable

GRILL

Hamburger

Veggie Burger

Grilled Chicken Sandwich

Hot Open Faced Turkey Sandwich

Barbecue Pulled Pork Sandwich

Grilled Cheese

CHEESE

American Cheese

Swiss Cheese

DELI

Tuna Salad

Chicken Salad

Roasted Turkey

Peanut Butter and Jelly

BREAD

Wheat Bread

White Bread

White Bun

Wheat Bun

SALAD AND COLD PLATES

Carrots and Celery Sticks

Tossed Side Salad

Hummus and Vegetable Platter

Cottage Cheese

Cottage Cheese and Fruit Plate

Entree Garden Salad

Entree Grilled Chicken Salad

more lunch + dinner

COMFORT FOODS

Meatloaf with Gravy
Beef Pot Roast with Gravy
Grilled Chicken
Barbecue Chicken
Chicken Parmesan
Oven-roasted Turkey
Barbecue Pulled Pork
Macaroni and Cheese
Garden Baked Cod
Personal Pizza (Cheese or Pepperoni)

SIDES

Mashed Potatoes
Roasted Red Skin Potatoes
Brown or White Rice
Macaroni and Cheese
Penne Noodles (Wheat or White)
Green Beans
Carrots
Corn
Steamed Broccoli
Sautéed Zucchini
Baked Lay's® Chips

beverages

HOT

Coffee (Regular or Decaf)
Tea (Regular or Decaf)

MILK

Fat Free
2%
1% Chocolate
Lactose Free
Vanilla Soy

JUICE

Orange
Apple
Diet Cranberry
Prune

COLD

Diet Coke®
Sprite® Zero
Diet Ginger Ale
Unsweetened Iced Tea

desserts

Chocolate Chip Cookie
Sugar Cookie
Pound Cake
Cheesecake Parfait
S'mores Brownie
Vanilla or Chocolate Pudding
Vanilla or Chocolate Ice Cream
Orange Sherbet
Citrus or Red Gelatin
Diet Citrus or Red Gelatin
Lemon or Cherry Fruit Ice

served all day

FRUIT

Apple
Banana
Mandarin Oranges
Pears Sliced
Peaches Sliced
Fresh Fruit Cup
Applesauce
Red Grapes

YOGURT

Lite Vanilla
Lite Strawberry
Greek Vanilla
Peach Parfait

**DAILY
SPECIALS
ON BACK!**

REQUEST CONDIMENTS — LISTED ON THE BACK — AT TIME OF ORDER.

— LUNCH DAILY SPECIALS —

SUNDAY

Penne Pasta with Meat Sauce
Seasoned Zucchini
Wheat Dinner Roll

MONDAY

Pot Roast with Gravy
Roasted Red Skin Potatoes
Peas and Carrots

TUESDAY

Orange Chicken
Veggie Rice Pilaf
Green Beans

WEDNESDAY

Penne Pasta with Meat Sauce
Seasoned Zucchini
Wheat Dinner Roll

THURSDAY

Swedish Meatballs
Bow Tie Noodles
Carrots

FRIDAY

Pot Roast with Gravy
Roasted Red Skin Potatoes
Peas and Carrots

SATURDAY

Roasted Chicken Thighs
Sweet Potatoes
Broccoli

— DINNER DAILY SPECIALS —

SUNDAY

Roasted Turkey with Gravy
Mashed Potatoes
Green Beans

MONDAY

Chicken Alfredo
Penne Pasta
Steamed Broccoli

TUESDAY

Meatloaf with Gravy
Mashed Potatoes
Steamed Carrots

WEDNESDAY

Barbecue Chicken
Macaroni and Cheese
Steamed Broccoli

THURSDAY

Roasted Turkey with Gravy
Mashed Potatoes
Green Beans

FRIDAY

Chicken Parmesan
Penne Pasta
Seasoned Zucchini

SATURDAY

Meatloaf with Gravy
Mashed Potatoes
Steamed Carrots

— CONDIMENTS —

BBQ Sauce	Mustard
Butter	Non-dairy Creamer
Diet French Dressing	Pancake Syrup
Diet Italian Dressing	Peanut Butter
Half and Half	Parmesan Cheese
Honey	Pepper
Jelly	Ranch Dressing
Jelly (Sugar-Free)	Salt
Ketchup	Salt-free Seasoning
Lemon Juice	Sour Cream
Light Brown Sugar	Splenda
Light Mayonnaise	Sugar
Low Sodium Soy Sauce	Tabasco Sauce
Margarine	

What is a diet order? A diet order is part of your care plan and it provides guidance as to the amount and types of food and drink you can have during your hospital stay. All patients will have a diet order and it may change during your stay.

Regular Diet: Has no therapeutic restrictions per meal order and includes a variety of healthy, nutritious options. You may be restricted on how much or how often you can place a meal order.

Therapeutic Diet: Includes healthy, nutritious options that will limit what and how much you can eat, how often you can eat, and possibly the texture of your food. These diets support healing and recovery.

NPO Diet: Also known as a “Nothing by Mouth” Diet, restricts all eating and drinking before and after certain procedures and/or tests, and is for your safety.



SCAN ME

Scan QR code
for nutritional
information
for all offerings.