

# — 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](https://clevelandclinic.org/order-food)

## — BREAKFAST —

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

## — LUNCH —

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

## — DINNER —

Dinner is served from 4:00 to 6:00 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 63463.

# — 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

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### 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 QR code  
for nutritional  
information  
for all offerings.