

# YOUR MENU

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



## **TO ORDER**

Order your meals by phone or through the patient app.  
Download the patient app: [clevelandclinic.org/order-food](https://clevelandclinic.org/order-food).  
Phone (7 a.m.-7p.m.): ext. 43663 (4FOOD) or 216.444.3663  
To request bedside meal ordering assistance call ext. 43663.

## **GUEST TRAYS**

Guest trays may be ordered by phone (ext. 43663).  
Please purchase vouchers in the cafeteria.

# EVERY DAY MENU

## BUILD YOUR OWN MEAL

### breakfast

Offered daily 7-10 a.m.

Scrambled Eggs  
Hard Boiled Eggs  
French Toast  
Pancakes  
Blintzes with  
Blueberry Compote  
Breakfast Potatoes  
Bacon  
Pork Sausage

Veggie Sausage  
Turkey Sausage  
Fruit & Yogurt Parfait  
Oatmeal  
Cream of Wheat  
Apple Cinnamon Cream of Wheat  
English Muffin  
(Wheat or White)  
Blueberry Muffin

### BYO OMELET

Egg or Egg Substitute  
Choice of Breakfast Meat  
(Bacon, Ham, Pork Sausage,  
Turkey Sausage)  
Choice of Cheese  
(American, Cheddar, Feta,  
Pepper Jack, Swiss)  
Choice of Vegetable  
(Mushrooms, Onion, Pepper,  
Spinach, Tomato)

### lunch + dinner

Offered daily 11 a.m.-7p.m.

### SOUP

Chicken Noodle  
Tomato Bisque  
Fresh Vegetable

### GRILL

Hamburger  
Garden Burger  
Vegan Burger  
Turkey Burger  
Chicken Breast  
Grilled Cheese  
Grilled Chicken Quesadilla

### DELI

Tuna Salad  
Chicken Salad

Egg Salad  
Turkey  
Roast Beef  
Ham  
Hummus  
American Cheese  
Swiss Cheese  
Cheddar Cheese  
Pepper Jack Cheese  
Peanut Butter & Jelly

### BREAD

Wheat Bread  
White Bread  
Pita  
White Bun  
Wheat Bun

### SALAD

Garden  
Greek  
Chicken Caesar  
Chef Salad  
Side Salad  
Fresh Fruit & Cheese Plate  
Hummus & Vegetable Platter

### BYO PASTA BAR

Choice of Pasta  
(penne or fettuccine)  
Choice of Sauce (Alfredo,  
Bolognese, Marinara)  
Choice of Vegetable  
(Mushrooms, Onion, Pepper,  
Spinach, Tomato)

## more lunch + dinner

Offered daily 11 a.m.-7p.m.

### COMFORT FOODS

Grilled Chicken  
Mediterranean Baked Haddock  
Chicken Marsala  
Beef Pot Roast  
with Demi Glace  
Beef Stroganoff  
Roast Turkey

Chicken Pot Pie  
Crispy Tofu

### SIDES

Mashed Potatoes  
Brown or White Rice  
Sweet Potatoes  
Macaroni & Cheese

Egg Noodles  
Green Beans  
Caramelized Carrots  
Steamed Broccoli  
Steamed Corn  
Baked Fries  
Baked Lay's  
Dinner Roll

## beverages

### HOT

Coffee or Tea (Regular or Decaf)  
Hot Chocolate (Regular)  
Hot Chocolate Sugar Free  
Chamomile Tea

### MILK

Fat Free  
2%  
Whole  
Lactose Free  
Vanilla Soy

### JUICE

Grape  
Orange  
Apple  
Cranberry  
Prune  
V8 Juice (Regular)  
V8 Juice (Low Sodium)

### COLD

Diet Coke®  
Sprite® Zero  
Sugar Free Lemonade or Fruit Punch  
Diet Ginger Ale  
Unsweetened Iced Tea

## desserts

Sugar Cookie  
Vanilla or Chocolate  
Pudding  
No Sugar Added Pudding  
Ice Cream  
Orange Sherbet  
Assorted Gelatin  
Lemon or Cherry Fruit Ice  
Chocolate Chip Cookie  
Oatmeal Raisin Cookie

Rocky Road Brownie  
Vanilla Crème Brulee  
Carrot Cake Cupcake  
Cheese Cake Trifle  
with Berries  
Vanilla Wafers  
Strawberry Banana  
Smoothie  
Orange Dreamsicle  
Smoothie

## available at all meals

### FRUIT

Apple  
Banana  
Orange  
Mandarin Oranges  
Pear Cup  
Peach Cup  
Grapes  
Applesauce  
Stewed Prunes  
Dates  
Fresh Fruit Cup

### YOGURT + OTHER SIDES

Lite Vanilla  
Lite Strawberry  
Lite Peach  
Lite Blueberry  
Greek Vanilla  
Cottage Cheese  
Cottage Cheese &  
Fruit Plate

### CEREAL

Cornflakes  
Rice Krispies  
Cheerios  
Rice Chex

**DAILY  
SPECIALS**  
ON BACK!

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

# lunch + dinner daily specials

# condiments

## SUNDAY

Roasted Turkey Breast  
Pimento Macaroni and Cheese  
Garlic and Spice Roasted Broccoli

## MONDAY

Tandoori Chicken Thigh  
Indian Spiced Coconut Rice  
Sauteed Green Beans and Garlic

## TUESDAY

Asian Beef Pepper Steak  
Vegetable Fried Rice  
Sesame Broccoli and Carrots

## WEDNESDAY

Lemon Rosemary Chicken Thigh  
Herb Moroccan Couscous  
Braised Sweet Potatoes  
Wilted Red Cabbage and Spinach

## THURSDAY

Blackened Salmon  
Country Cheese Grits  
Roasted Brussels Sprouts

## FRIDAY

Beef Shawarma  
Tzatziki  
Basmati Rice  
Zucchini, Yellow Squash & Tomatoes

## SATURDAY

Teriyaki Chicken Thighs  
Lo Mein Noodles  
Stir Fried Vegetables

### Sweeteners

Brown Sugar  
Equal  
Honey  
Splenda  
Sugar  
Sweet 'n Low  
Syrup  
SF Syrup

### Dressings

Balsamic Dressing  
Balsamic Vinegar  
Caesar  
Honey Mustard  
Italian  
Olive Oil  
Ranch

### Sauces

BBQ  
Blueberry Compote  
Gravy  
Hot Sauce

Ketchup  
Lemon Caper  
Light Mayonnaise  
Mustard  
Relish  
Salsa  
Sour Cream

### General

Butter  
Coffee Mate  
Cream  
Cream Substitute  
Grape Jam  
Lemon Juice  
Margarine  
Parmesan Cheese  
Peanut Butter  
Pepper  
Salt  
Seasoning Packet  
Strawberry Jam  
Sugar-Free Jelly

**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.