



Our goal is to provide you with an excellent dining experience. In this hospital, we take a clinically led, chef inspired approach with a plant-forward menu to deliver nutrition that heals, without sacrificing flavor!

Plant-forward does not mean vegetarian or vegan, or never eating meat or dairy. Rather, meals proportionally include more food from plant sources, like fruits, vegetables or whole grains. Increasing plant-based items in your daily intake can help prevent or manage chronic diseases like heart disease, type 2 diabetes, obesity and some cancers. Plus, plant-forward eating helps combat climate change as plant ingredients emit less greenhouse gases.

We encourage you to select from our delicious menu. Our staff will guide you through the ordering process and is happy to make recommendations for you.

If you need further assistance, please call extension 3663 between 7:00am and 7:00pm.



DRH
HEALTH



AVAILABLE EVERY DAY

BREAKFAST

Hot & Cold Cereals
Oatmeal (32) • Cream of Wheat® (23)
Corn Flakes® (18) • Raisin Bran® (28)
Rice Chex® (17)

Entrees
Pancakes Buttermilk (34)
Pancakes Blueberry (34) • French Toast (33)
Cage-Free Eggs Scrambled (1)
Scrambled Tofu (5) • French Toast Sticks (17)
Biscuits & Gravy (31)

Sides
Bacon • Sausage Pork Patty (1)
Sausage Turkey Link • Home Fried Potatoes (21)
English Muffin White (27) • Bagel White (33)
Whole Grain Blueberry Muffin (29)
Greek Yogurt (12) • LF Cottage Cheese (3)
Biscuit (23) • Cinnamon Roll (17)
Corn Muffin (22)

FRUIT

Whole Fruit
Banana (22) • Orange (13) • Apple (18)

Chilled Fruit
Fresh Fruit Cup (11) • Applesauce (11)
Diced Peaches (14) • Diced Pears (18)
Pineapple Tidbits (15) • Mandarin Oranges (16)
Cinnamon Baked Apples (16)

DESSERTS

Cookies
Oatmeal Raisin (22) • Chocolate Chip (22)
Sugar (22) • Lorna Doones® (19)
Graham Crackers (17)

Bakery
Chocolate Brownie (44)
Rice Krispies® Bar (32) • Blondie Bar (27)

Cakes
Angel Food (28) • Pound (25) • Carrot (40)

Pudding
Vanilla NSA (13) • Chocolate NSA (13)

Gelatin
Cherry REG (21) • Strawberry SF (2)
Orange REG (21) • Orange SF (1)

Frozen Ice Cream
Vanilla (16) • Chocolate (17) • Strawberry (16)

Frozen Sherbet
Raspberry (23) • Orange (24)
Lemon Fruit Ice REG (22)
Lemon Fruit Ice NSA (13)

LUNCH & DINNER

Hot Entrees
Southwest Burrito (43) • Citrus Herb Pollock
Chicken Tenders (20) • Hot Dog on Bun (26)
Cheese Quesadilla (35)

Grill
Veggie Burger (17) • Turkey Burger
Beef Burger (1) • Grilled Chicken Breast
Grilled Cheese Sandwich (32)

Deli Sandwiches
Turkey • Ham (1) • Chicken Salad (1)
Egg Salad (3) • Tuna Salad (1)
Peanut Butter & Jelly (44)

Entrée Salads
Hummus w/ Pita & Vegetables (35)
Cottage Cheese & Fruit Plate (42) • Chef Salad (6)
Caesar Salad Plate (8)

SOUPS & SIDES

Soup
Chicken Noodle soup (10)
Tomato Basil soup (10) • Vegetable soup (10)

Broth
Vegetable (2) • Chicken (2) • Beef (3)

Sides
Carrots & Celery Sticks (3) • Garden Salad (2)
LF Cottage Cheese (3) • Green Beans (4)
Sliced Carrots (7) • Broccoli Florets (5)
Green Peas (3) • Cauliflower (3)
Mixed Vegetables (11) • Corn (18)
Mashed Potatoes (21) • Dinner Roll Wheat (13)
Potato Chips (15)

BEVERAGES

Hot
Coffee REG • Coffee DECAF • Tea REG (1)
Tea DECAF • Hot Chocolate REG (16)
Hot Chocolate NSA (11)

Cold
Decaf Iced Tea • Ginger Ale REG (19)
Ginger Ale DIET • Lemonade (16)

Juice
Apple (15) • Cranberry (18) • Grape (20)
Orange (15) • Prune (22)

Milk
Fat Free (12) • 1% (12) • 2% (12)
Whole (12) • Soy (9) • LF Chocolate (25)
Almond (1)



MENU



BREAKFAST SPECIALS

Monday

Oatmeal (32), Scrambled Eggs (1), Bacon & Home Fried Potatoes (21)

Tuesday

Cream of Wheat® (23), Buttermilk Pancakes (34) & Cinnamon Baked Apples (16)

Wednesday

Oatmeal (32), Farmers Egg Bake (15)

Thursday

Raisin Bran® (28), French Toast (33) & Bacon

Friday

Oatmeal (32), Scrambled Eggs (1) & Turkey Sausage Link

Saturday

Cream of Wheat® (23), Sizzlin Tex-Mex Breakfast Bowl (38)

Sunday

Oatmeal (32), Blueberry Pancakes (34)

LIQUID DIETS

CLEAR LIQUID DIET

Broth

Beef (3) ▪ Chicken (2)
Vegetable (2)

Juice

Apple (15) ▪ Cranberry (18)
Grape (20)

Gelatin

Cherry REG (21) ▪ Orange REG (21)
Orange SF (1) ▪ Strawberry SF (2)

Beverages

Lemon Fruit Ice REG (22)
Lemon Fruit Ice NSA (13)
Coffee REG ▪ Coffee DECAF
Lemonade (16) ▪ Decaf Iced Tea
Ginger Ale REG (19)
Ginger Ale DIET ▪ Hot Tea REG (1)
Hot Tea DECAF

FULL LIQUID DIET

Includes all Clear Liquid Diet

items plus the following

Tomato Soup (10) ▪ Cream of Wheat® (23)
Vanilla Yogurt (11) ▪ Cream of Rice (39)
Cream of Chicken (14)

Pudding

Vanilla REG (22) ▪ Vanilla NSA (13)
Chocolate REG (24) ▪ Chocolate NSA (13)

Ice Cream

Vanilla (16) ▪ Chocolate (17)
Vanilla NSA (13)

Sherbet

Raspberry (23) ▪ Orange (24)

Milk

Fat Free (12) ▪ 1% (12) ▪ 2% (12)
Whole (12) ▪ Soy (9) ▪ Chocolate LF (25)
Almond (1)

Juice

Orange (15) ▪ Prune (22)

Beverages

Hot Chocolate REG (16)
Hot Chocolate NSA (11)

If you are on a modified diet, the host will assist you with your selections.

LUNCH SPECIALS

Served with bread & fruit or dessert.

MONDAY

Smoky Homestyle Chili (31)

Warm up with this hearty chili made with lentils, kidney beans, Great Northern beans, onions & green peppers in a smoky BBQ seasoned tomato broth. Served with Cauliflower (3) & Corn Muffin (30).

Chicken Salad Sandwich on Wheat Bread (24)

Served with Mexican Chicken Tortilla soup (11).

TUESDAY

Pork Carnitas Rice Bowl (50)

Pork shoulder with rice, pinto beans, cheese and lettuce. Served with Wheat Dinner Roll (13).

Egg Salad Sandwich on Wheat Bread (26)

Served with Italian Wedding soup (12).

WEDNESDAY

Crustless Chicken Pot Pie (15)

Chicken & vegetables in a light gravy with green peas. Served with Green Peas (13) & Wheat Dinner Roll (13).

Fruit & Cottage Cheese Plate (42)

Served with Cream of Potato soup (23).

THURSDAY

Rustic Penne Marinara (72)

Classic penne pasta in a rustic herbed marinara sauce. Served with Broccoli Florets (5) & Wheat Dinner Roll (13).

Chicken Salad Cold Plate (20)

Served with Tomato Basil soup (10).

FRIDAY

Hearty Shepherds Pie (40)

Tender lentils, mushrooms, onions, peas, and corn in a rich herbed gravy, topped with creamy mashed potatoes. Served with Wheat Dinner Roll (13) & Tomato Basil soup.

Tuna Salad Sandwich on Wheat Bread (29)

Served with Minestrone soup (13).

SATURDAY

Smothered Pork Chop (8)

Seasoned boneless pork chops. Served with Sage Dressing (21) & California Mixed Vegetables (5).

Turkey & Swiss Sandwich on Wheat (23)

Served with Chicken Noodle soup (10).

SUNDAY

Roasted Turkey Breast

Hand carved slices of slow roasted boneless turkey breast. Served with Mashed Potatoes (21) & Green Beans (4).

Tuna Salad Sandwich on Wheat Bread (29)

Served with Creamy Broccoli soup (14).

KEY

REG REGULAR ▪ FF FAT FREE ▪ LF LOW FAT
LS LOW SODIUM ▪ NSA NO SUGAR ADDED ▪ SF SUGAR FREE
(#) CARBOHYDRATES IN GRAMS

DINNER SPECIALS

Served with bread & fruit or dessert.

MONDAY

Creamy Baked Ziti with Garden Fresh Vegetables (33)

Served with Broccoli Florets (5) & Wheat Dinner Roll (13).

Citrus Herb Pollock

Pollock marinated in a blend of orange, lemon juice & herbs. Served with Broccoli Florets (5) & Chicken Noodle soup.

TUESDAY

Chicken Alfredo (36)

Bowtie noodles tossed in Alfredo sauce with chicken. Served with California Mixed Vegetables (5) & Wheat Dinner Roll (13).

Salisbury Steak (6)

Braised chopped beef steak topped with brown gravy. Served with Scalloped Potatoes (26) & Vegetable soup.

WEDNESDAY

Beef Pot Roast (2)

Carved slow roasted beef top round with gravy. Served with Mashed Potatoes (21) & Sliced Carrots (7).

Chicken Thigh Cacciatore (9)

Chicken thighs, mushrooms & peppers sauteed with garlic, finished with marinara sauce & penne. Served with Penne (32).

THURSDAY

Herb Crusted Pork Loin

Pork loin roasted with a honey, mustard, and herb rub, and topped with gravy. Served with Egg Noodles (21) & Green Beans (4).

Pasta Baked with Beef & Tomatoes (26)

Elbow macaroni baked with ground beef, marinara & onions. Served with Garden Salad (2).

FRIDAY

Seafood Cakes (17)

Sauteed golden-brown seafood cakes, seasoned with Old Bay & lemon juice. Served with Oven Roast Herbed Red Potatoes (22) & Mixed Vegetables (11).

Ultimate Southwest Burrito (43)

Stuffed with black beans, tomatoes, corn, fire roasted jalapeno and brown rice, topped with zesty cilantro and red sauce. Served with Mexican Chicken Tortilla soup.

SATURDAY

Farmers Meatloaf (11)

Ground beef and turkey loaf with onion, celery, pepper, and oats. Served with Mashed Potatoes (21) & Corn (18).

Chicken Spinach Pasta Casserole (23)

Penne pasta with chicken breast, tomato sauce, spinach, basil, oregano & parmesan. Served with Wheat Dinner Roll (13).

SUNDAY

Beef Stroganoff (8)

Braised beef over egg noodles. Served with Egg Noodles (21) & Sliced Carrots (7).

Cheese Ravioli (35)

Ravioli stuffed with ricotta, topped with marinara. Served with Garden Salad (2).