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## We Believe

In the power of food to advance your healing and aid in your wellbeing. Its power to connect, comfort, restore and rejuvenate. Motivated by this belief, our team of Chefs have put together a menu of daily specials featuring fresh ingredients which are locally sourced whenever possible. These modern offerings will be tailored to meet your specific dietary needs providing you with an exceptional experience.

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### Guest Trays - \$5.00

A guest tray can be ordered by calling the kitchen or letting the diet clerk know when they are in the room.

Please Enjoy...



## Your Diet

Your diet, like your medication, is an important part of your treatment and may speed your recovery. You will receive the diet ordered by your doctor who may transition your diet throughout your stay.

### REGULAR

No diet restrictions.

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### HEART HEALTHY CARDIAC / LOW SODIUM

Foods are prepared without salt and include fresh fruits/vegetables, lean meats and whole grains. Salt packets, and added fats like margarine, gravy, and salad dressing are limited.

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### CONSISTENT CARBOHYDRATE

Carbohydrate-containing foods have the greatest effect on your blood sugar. You will be served the same amount of carbohydrates at each meal. Foods that contain carbohydrates include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, sodas and sweets/desserts.

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### CLEAR LIQUIDS

You will be served clear liquids including juices, coffee, tea, broth, and jello. Milk or cream with your coffee will not be served.

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### FULL LIQUIDS

In addition to clear liquids, you may enjoy milk and milk products including pudding and yogurt.

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### MECHANICAL SOFT

Foods are soft and easy to chew and swallow, they may be chopped or ground.

## 865-316-2400

We will come to your room and get your order for lunch around 9:30 AM. We will get your dinner and breakfast order for the next day around 1:30 PM.

If we miss you or if you need anything, please call us.

# DAILY Specials

## CARDIAC DIET



If you are on a therapeutic diet, please scan here to see the modifications we have made to meet your dietary needs. A diet clerk can provide a printed copy of your therapeutic menu upon request

*Sunday*

**BREAKFAST  
SCRAMBLED EGGS**

Breakfast Potatoes, Turkey Sausage, Cold Cereal, and a Banana

**LUNCH  
BEEF POT ROAST WITH GRAVY**

Mashed Potatoes, Carrots with Fresh Herbs, Applesauce, and Vanilla Wafers

**DINNER  
BONELESS PORK CHOP**

Egg Noodles, Seasoned Green Beans, Fruit Cup, Angel Food Cake Whip Topping & a Strawberry

*Monday*

**BREAKFAST  
BLUEBERRY MUFFIN**

Scrambled Eggs, Turkey Sausage, Cold Cereal, and Fruit Cup

**LUNCH  
CHICKEN MARSALA**

Garlic & Herb, Roasted Potatoes, Roasted Zucchini and Orange Sherbet

**DINNER  
ITALIAN MEATBALLS WITH PENNE PASTA & MARINARA**

Side Salad, Fruit Cup, and Chocolate Pudding

*Tuesday*

**BREAKFAST  
SCRAMBLED EGGS**

Oven Roasted Potato Hash, Oatmeal, Toast, Sausage Link, and Pears

**LUNCH  
MEATLOAF WITH TOMATO GLAZE**

Mashed Potatoes, Steamed Broccoli, and Banana Pudding

**DINNER  
HONEY MUSTARD CHICKEN**

Egg Noodles, Peas and Carrots, and Peaches

*Wednesday*

**BREAKFAST  
PANCAKES**

Scrambled Eggs, Turkey Bacon, Cold Cereal, and a Fruit Cup

**LUNCH  
ROASTED PORK LOIN WITH**

White Rice, Carrots with Herbs, and Sweet Cinnamon Apples

**DINNER  
CHOPPED STEAK WITH GRAVY**

Mashed Potatoes, Seasoned Green Beans, Banana, and Vanilla Wafers

*Thursday*

**BREAKFAST  
BREAKFAST SKILLET**

Shredded Hashbrowns, Peppers, Onions, Scrambled Eggs, Turkey Sausage, Cold Cereal, and a Banana

**LUNCH  
ROAST TURKEY BREAST WITH GRAVY**

Mashed Potatoes, Seasoned Green Beans, and Italian Ice

**DINNER  
BAKED CHICKEN PARMESAN**

Penne Pasta, Tomato & Zucchini, Dinner Roll, and Fruit Cup

*Friday*

**BREAKFAST  
FRENCH TOAST**

Scrambled Eggs, Turkey Sausage, and Peaches

**LUNCH  
TENDER BEEF STROGANOFF**

Mushrooms, Egg Noodles, Roasted Carrots, and a Blueberry Crisp

**DINNER  
BAKED TILAPIA WITH GARLIC HERB CRUST AND YELLOW RICE**

Seasoned Green Beans, Pineapple, and Orange Gelatin

*Saturday*

**BREAKFAST  
SCRAMBLED EGGS**

Breakfast Potatoes, Turkey Sausage, Cold Cereal, and a Fruit Cup

**LUNCH  
CHICKEN POT PIE**

Steamed Broccoli, and Applesauce

**DINNER  
LASAGNA WITH MARINARA**

Roasted Zucchini, Dinner Roll, Pears, and Orange Sherbet