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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



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

## CONSISTENT CARBOHYDRATE DIET *Sunday*

### **BREAKFAST SCRAMBLED EGGS**

Breakfast Potatoes, Bacon, Cold Cereal, and Pears

### **LUNCH BEEF POT ROAST WITH GRAVY**

Mashed Potatoes, Carrots with Fresh Herbs, Applesauce, and Chocolate Pudding (no sugar added)

### **DINNER BONELESS PORK CHOP WITH GRAVY**

Macaroni & Cheese, Seasoned Green Beans, Fruit Cup, and Vanilla Pudding (no sugar added)

## *Monday*

### **BREAKFAST BLUEBERRY MUFFIN**

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

### **LUNCH CHICKEN MARSALA**

Garlic & Herb, Roasted Potatoes, Roasted Zucchini and Chocolate Ice Cream (no sugar added)

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

Side Salad, Fruit Cup and Chocolate Pudding (no sugar added)

## *Tuesday*

### **BREAKFAST DENVER STYLE SCRAMBLED EGGS**

Tomato Salsa, Oven Roasted Potato Hash, Toast, Sausage Link, and a Pears

### **LUNCH MEATLOAF WITH TOMATO GLAZE**

Mashed Potatoes, Steamed Broccoli, and Vanilla Pudding (no sugar added)

### **DINNER HONEY MUSTARD CHICKEN**

Macaroni & Cheese, Peas and Carrots, Peaches, and Chocolate Ice Cream (no sugar added)

## *Wednesday*

### **BREAKFAST PANCAKES**

Scrambled Eggs, Bacon, and a Fruit Cup

### **LUNCH ROASTED PORK LOIN WITH PAN GRAVY**

White Rice, Carrots with Herbs, and Sweet Cinnamon Apples

### **DINNER CHOPPED STEAK WITH GRAVY**

Mashed Potatoes, Seasoned Green Beans, and a Banana

## *Thursday*

### **BREAKFAST BREAKFAST SKILLET**

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

### **LUNCH ROAST TURKEY BREAST WITH GRAVY**

Mashed Potatoes, Seasoned Green Beans, and a Fruit Cup

### **DINNER BAKED CHICKEN PARMESAN**

Penne Pasta, Tomato & Zucchini, Fruit Cup, and Vanilla Ice Cream (no sugar added)

## *Friday*

### **BREAKFAST FRENCH TOAST**

Scrambled Eggs, Bacon, and Peaches

### **LUNCH TENDER BEEF STROGANOFF**

Mushrooms, Egg Noodles, Roasted Carrots, and Vanilla Wafers

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

Seasoned Green Beans, Pineapple, and Orange Gelatin (sugar free)

## *Saturday*

### **BREAKFAST SCRAMBLED EGG WITH CHEESE**

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

### **LUNCH CHICKEN POT PIE**

Steamed Broccoli, Applesauce, Vanilla Pudding (no sugar added)

### **DINNER LASAGNA WITH MARINARA**

Roasted Zucchini, Dinner Roll, and Pears