



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.

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.

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.

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.

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.

FULL LIQUIDS

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

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

RENAL 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**

Turkey Sausage, Bagel, Cold Cereal, and Pears

**LUNCH
BEEF POT ROAST WITH GRAVY**

White Rice, 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 a Fruit Cup

**LUNCH
CHICKEN MARSALA**

White Rice, Roasted Zucchini and Vanilla Wafers

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

Side Salad, Fruit Cup and Italian Ice

Tuesday

**BREAKFAST
SCRAMBLED EGGS**

Turkey Sausage, Toast, Cream of Wheat, and a Pears

**LUNCH
MEATLOAF**

White Rice, Steamed Broccoli, Applesauce, and Vanilla Wafers

**DINNER
GRILLED CHICKEN**

Egg Noodles, Peas and Carrots, Peaches, and Vanilla Wafers

Wednesday

**BREAKFAST
PANCAKES**

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

**LUNCH
ROASTED PORK LOIN**

Egg Noodles, Carrots with Fresh Herbs, and Sweet Cinnamon Apples

**DINNER
CHOPPED STEAK WITH GRAVY**

White Rice, Seasoned Green Beans, Pears, and Vanilla Wafers

Thursday

**BREAKFAST
SCRAMBLED EGGS**

Turkey Sausage, Bagel, Cold Cereal and Pears

**LUNCH
ROAST TURKEY BREAST WITH GRAVY**

White Rice, Seasoned Green Beans, and Italian Ice

**DINNER
GRILLED CHICKEN**

Penne Pasta, Sautéed Zucchini, and a Sugar Cookie

Friday

**BREAKFAST
FRENCH TOAST**

Scrambled Eggs, Turkey Sausage, and Pears

**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**

Turkey Sausage, English Muffin, Cold Cereal, and a Fruit Cup

**LUNCH
CHICKEN POT PIE**

Steamed Broccoli, Applesauce, and Vanilla Pudding

**DINNER
GRILLED CHICKEN**

Penne Pasta, Roasted Zucchini, Dinner Roll, and Pears