

Breakfast

Breakfast tray delivery is from 7:30 am – 9:30 am

Main Course

Scrambled Eggs	French Toast
Egg Substitute	Pancakes
Bacon	Bagel
Sausage Links	Assorted Danish
Hash Browns	Assorted Muffins
Cottage Cheese	Grits
Assorted Yogurt	

Fruit

Banana
Mandarin Oranges
Peaches
Grapes

Cereal

Oatmeal (Hot)	Cornflakes
Cream of Wheat (Hot)	Raisin Bran
Cheerios	Frosted Flakes
Rice Krispies	Honey Nut Cheerios



Clear Liquid Diet

Broth: Beef, Chicken, Vegetable

Juice: Apple, Cranberry, Grape, Lemonade

Tea: Hot regular or decaf, Unsweetened Iced Tea

Other: Fruit Ice, Popsicle, Assorted Jell-O

Full Liquid Diet

Includes all Clear Liquid Diet items plus:

Strained Soup
Cream of Wheat
Ice Cream
Assorted Sherbet
Yogurt without Seeds or Fruit Chunks
Milk
Pudding

Special Diets

Your doctor may have prescribed a modified diet for you during your hospital stay. A brief description of diets are listed below to help you understand what is meant by the diet given to you by your doctor. If you would like more information about your diet, a registered dietitian will be available to talk with you.

Clear Liquid: Liquids such as broths, clear apple, cranberry or grape juice. Milk is excluded in this diet.

Full Liquid: Same as clear liquid but includes milk, cream soups and hot cereals.

Soft: Restricts raw fruits, vegetables and fried foods.

Mechanical Soft: Restricts raw foods that are difficult to chew such as raw fruit, vegetables and whole meats.

Low Fiber: Restricts raw fruits, raw vegetables and whole grains.

Cardiac: Limits food high in cholesterol, saturated fats and salt/sodium.

Low Fat: Limits food high in fat content.

Renal: Limits total protein, foods high in salt/sodium, potassium and phosphorus.

Diabetic: Carbohydrate controlled at all meals.

Dysphagia: Modification in texture and liquid consistency for patients with swallowing impairments.

Regular: All foods allowed, no restrictions.



Garden City Hospital

Member of Prime Healthcare



Menu

Breakfast tray delivery is from

7:30 am – 9:30 am

Lunch 11:30 am – 1:00 pm

Dinner 4:30 pm – 6:00 pm

A representative from Food & Nutrition Services will take your meal selection for all your meal needs.

Diet Office ext. 4272

Soup

Homemade Chicken Noodle Soup
Homemade Vegetable Soup
Cream of Tomato Soup
Cream of Mushroom Soup

Salad

Tossed Salad: Chopped romaine, Sliced Cucumber, Diced Tomatoes, Shredded Carrot, Diced Red Onion, Choice of Dressing

Chef Salad: Spring Mix, Chopped Turkey, Chopped Ham, Shredded Swiss Cheese, Diced Tomato, Diced Red Onion, Sliced Cucumber, Choice of Dressing.

Sandwiches

Tuna Salad Sandwich: House Made Tuna Salad on Choice of White or Wheat Bread, Served with Choice of Side.

French Dip: Sliced Roasted Beef on a Sub Roll, Served with Au Jus and Choice of Side.

Grilled Hamburger: Grilled 4oz Beef Patty on a Bun, Served with Lettuce, Sliced Tomato and Choice of Side.

Louisville Turkey Sandwich: Oven Roasted Turkey Breast Sliced and Served on a Sub Bun, Topped with a Warm Swiss Cheese Sauce, Served with Choice of Side.

Sloppy Joe (Halal): Halal Ground Beef Cooked in a BBQ Mixture, Served on a Bun with Choice of Side.



Michigan Salad: Spring Mix, Diced Apples, Dried Cherries, Diced Red Onion, Toasted Pecans, Feta Cheese, Maple Dijon Dressing.

Chicken Salad with Fruit: House Made Chicken Salad with Fresh Grapes, Orange Slices and Strawberries, Served with Crackers.

Pulled Pork Sandwich: Shredded Smoked Pork Served on a Hamburger Bun with Choice of Side.

Veggie Hummus Wrap: Hummus, Shredded Carrots, Sliced Cucumber, Julianne Bell Pepper, Spring Mix in a Whole Wheat Wrap, Served with Choice of Side.

Grilled Chicken Pita (Halal): Grilled Halal Chicken Breast Strips with Diced Tomato, Cucumber & Onion with Garlic Sauce and Choice of Side.

Grilled Chicken Sandwich: Grilled Chicken Breast Served on a Bun with Lettuce and Tomato and Choice of Side.

Grilled Cheese Sandwich: Toasted White or Wheat Bread with Melted American or Swiss Cheese, Based on Dietary Restrictions, with Choice of Side.

Lunch and Dinner

Delivery time

Lunch 11:30 am – 1:00 pm

Dinner 4:30 pm – 6:00 pm

Entrees

Roasted Turkey Breast: Sliced Roasted Turkey Breast and Turkey Gravy with Choice of Starch and Vegetables.

Chicken Pot Pie: Diced Chicken and Mixed Vegetables Cooked in a Creamy Chicken Gravy, Topped with a Flaky Crust, Served with a Dinner Roll and Choice of Side.

Sweet & Sour Chicken: Chicken with Pineapple in a Sweet and Sour Sauce Served with Choice of Starch and Vegetable.

Meatloaf: House Made Meatloaf Topped with a BBQ Glaze, Served with Choice of Starch and Vegetable.

Meat Balls (Halal): All Beef Italian Style Meatballs Served with Marinara Sauce Over Bow Tie Noodles and Choice of Vegetable.

Cheese Ravioli: Ricotta, Romano and Parmesan Stuffed Ravioli, Topped with Sautéed Tomatoes and Leeks, Served with a Dinner Roll and Choice of Vegetable.

Broccoli Stuffed Chicken: Broccoli and Cheddar Stuffed Chicken Breast with Choice of Starch and Vegetables.

Roast Beef: Sliced Pot Roast with Mushroom Gravy and Choice of Starch and Vegetable.

Baked or Smoked Cod: House Baked or Smoked Cod Served with Dill Cream Sauce and Choice of Starch and Vegetable.

Mac & Cheese: Elbow Noodles Served in a Creamy Cheese Sauce with Choice of Vegetable.

Black Bean Quesadilla: Whole Wheat Tortilla Stuffed with Shredded Pepper Jack Cheese, Black Beans, Corn, Diced Tomatoes, Diced Red Onion and Chopped Cilantro with Choice of Vegetable.

Please ask our staff about Halal items available

Side Items

Roasted Garlic Mashed Potatoes
Baked Potato
Roasted Potato Wedges
Waffle Fries
Steak Fries
Maple Roasted Sweet Potatoes
Baked or Sun Chips
Stuffing

White or Brown Rice
Lemon Rice
Vegetable Blend
Broccoli
Green Beans
Carrot Coins
Peas
Side Salad

Dessert

Strawberry Cheesecake
Warm Fruit Crisp
Black Forest Chocolate Pudding
Strawberry Shortcake
Banana Wafer Pudding
Ice Cream or Sherbet
Assorted Jell-O

Fruit

Applesauce
Peaches
Pears
Grapes
Fresh Fruit Cup
Apple
Orange

Beverages

Apple Juice
Orange Juice
Cranberry Juice
Grape Juice
Prune Juice
Coffee or Decaf
Hot Tea or Decaf
Hot Chocolate or Sugar Free Hot Chocolate

Unsweetened Iced Tea
Crystal Light Lemonade
White Milk or Chocolate Milk
Pepsi
Diet Pepsi
Sierra Mist
Diet Sierra Mist
Ginger Ale
Diet Ginger Ale

On behalf of the Food & Nutrition Department we would like to take this opportunity to thank you for choosing Garden City Hospital for your medical needs.