

PACU Menu

Revised 7/23

Breakfast meals are served with 4 oz. of skim milk and coffee or tea.

Lunch and Dinner will be served with Ginger Ale; *patients on carb controlled diets receive products without added sugar

NO SUBSTITUTIONS PLEASE. Let your Nurse know about any food allergies you may have.

Meals are compliant to a **Cardiac-Low Sodium diet, (LFCL2gm, Carb60).**

Patients with fluid restrictions, food allergies or dysphagia diets will be sent a House Tray that complies with their diet order.

BREAKFAST

Cheerios & Low-fat Milk

Whole Banana
Dannon Light Peach Yogurt

Lite Vanilla Yogurt

Kaiser Roll
Smart Balance Margarine

Scrambled Eggs

Oatmeal
Wheat Bread with Jelly
Smart Balance Margarine
Fruit Salad

Buttermilk Pancakes

Scrambled Eggs (1/2 ptn)
Oatmeal
Smart Balance Margarine
Applesauce
Pancake Syrup*

Lacy Swiss Omelet

Cream of Wheat
Fruit Salad
Wheat Bread with Jelly
Smart Balance Margarine

Plain or Sesame Bagel

Cream Cheese *
Hard cooked egg (2)
Apple Juice

LUNCH OR DINNER - THE FOLLOWING COMBINATIONS ARE AVAILABLE FROM 11 AM – 7 PM

Chicken Paillard

Marinated Grilled Chicken Breast
Mashed Potatoes, Sautéed Spinach
Wheat Roll and Smart Balance Margarine
Diced Pears & Chocolate Pudding*

Classic Hamburger

Beef Burger on a Bun, Lettuce & Tomato, Catsup
Cut Corn
Fresh Garden Salad, FF Italian Dressing
Diced Peaches & Strawberry Gelatin*

Turkey Sandwich

Served on Wheat Bread with
LS Tomato Soup (contains milk), LS Crackers
Fresh Garden Salad, FF Italian Dressing
Diced Peaches & Orange Gelatin*

Fresh Fruit & Yogurt Plate

Seasonal Fruit with Light Dannon®Vanilla Yogurt
LS Chicken & Rice Soup, LS Saltine Crackers
Spanish Slaw
Orange Gelatin*

Grilled Swiss Cheese Sandwich (v)

Served on Wheat Bread with
LS Tomato Soup (contains milk), LS crackers
Fresh Garden Salad, FF Italian Dressing
Diced Peaches & No sugar Added Orange Gelatin

Roast Beef with Mushroom Gravy

Slow-Cooked Roast Beef
Mashed Potatoes, Steamed Broccoli
Wheat Dinner Roll & Smart Balance Margarine
Diced Pears & Vanilla Pudding*

Chicken Francaise

Chicken Breast, Lemon & White Wine Sauce
Steamed White Rice, Steamed Carrots,
LS Tomato Soup, LS Crackers
Fresh Garden Salad, FF Italian Dressing
Chocolate Pudding*

Grilled Salmon (v)

Served with Green Beans
Mashed Potatoes, Vegetable Broth
Wheat Dinner Roll, Smart Balance Margarine
Fresh Garden Salad, FF Italian Dressing
Diced Peaches

Homestyle Meatloaf

Served with Gravy
Mashed Sweet Potatoes & Steamed Broccoli
Chicken & Rice Soup, LS Saltine Crackers
Applesauce & Strawberry Gelatin*
Smart Balance Margarine

Penne Pasta with Marinara Sauce (v)

Served with Green Beans, vegetable Broth
Wheat Dinner Roll, Smart Balance Margarine
Fresh Garden Salad, FF Italian Dressing
Diced Peaches