

Your Dining Experience

Good nutrition is an essential part of your care. Our everyday menu and daily chef specials are created using fresh ingredients to ensure you receive a balanced, healthy diet throughout your stay. Our dining service program is designed with you in mind. All of your meals will be personalized to meet your specific nutritional needs.

An ambassador will visit with you before every meal service to explain the daily specials and menu offerings. The menu may vary slightly depending on dietary recommendations ordered by your physician. Your ambassador will take your order and will personally assemble your meal and deliver it to your room.

Our goal is to provide you with an excellent food service experience and nourish you back to good health. If at any time you have questions about your meals, your ambassador will be happy to assist.



Alternative Lunch & Dinner Specials

Turkey Wrap (2)

A delicious twist on the traditional sandwich includes premium, deli-sliced turkey, tomato, and romaine lettuce wrapped in a whole wheat or white flour tortilla.

Grilled Chicken Sandwich ♥ (2)

A delicately seasoned chicken breast grilled to perfection, served on a bun or your choice of bread.

Fruit and Cottage Cheese Plate ♥ (2)

Fresh sliced fruit and low fat cottage cheese.

Gourmet Hamburger or Cheeseburger (2)

USDA choice ground beef perfectly seasoned, cooked and built to your specifications on a freshly toasted bun.

Chicken Caesar Salad ♥ (1)

Marinated and grilled chicken breast served on a bed of fresh chopped romaine lettuce, garnished with shredded Parmesan-Reggiano and homemade croutons.

Three Cheese Grilled Cheese* (2)

A delicious blend of provolone, swiss, and cheddar cheese melted between your choice of toasted bread.

Soups ♥ (1)

Vegetable, Chicken Noodle, or Creamy Tomato*

Salads ♥

Tossed mixed green salad served with Italian dressing

Breads ♥ (1)

White or Wheat Bread*
Dinner Roll

Desserts ♥ (1)

Fresh Baked Sugar Cookie
Chocolate Brownie*
Fresh Fruit
Angel Food Cake

Some foods may vary slightly due to your diet prescription. Your Ambassador will be happy to assist you with your meal selection.



Food Forward

Special menu offerings during your stay



Breakfast

Daily Breakfast Selections

Cereal & Fruit ♥ (1)

Oatmeal | Cream of Wheat | Grits
Assorted Cold Cereals
Seasonal Fruit | Vanilla Yogurt*

Entrées

Scrambled Eggs | Scrambled Egg Substitute ♥
Pancakes ♥ (2) | Belgian Waffles (2)
French Toast ♥ (1)

Breads

White Toast (1) | Wheat Toast* ♥ (1)
English Muffin ♥ (2) | Assorted Muffins ♥ (2)
Bagel ♥ (2) | Buttermilk Biscuit* (2)

Breakfast Sides

Crispy Bacon*
Sausage Links*
Roasted Potatoes* ♥ (1)
Turkey Sausage ♥
Turkey Bacon ♥



Beverages

Juices ♥ (1): Orange*, Apple, Grape, Cranberry, Prune*

Milk (1): 2%, Skim ♥, Chocolate*, Soy, Lactose-free ♥

Coffee ♥: Decaf, Regular

Tea ♥: Iced Sweetened, Unsweetened, Hot Tea

♥ **Heart Healthy**

(#) Number of Carbs per Servings

1 serving is approximately 15 grams.

60 grams or 4 servings of carbohydrates are recommended at each meal.

***Not offered on Renal Diets.**
Substitutes Follow

Chef's Lunch Selections

SUNDAY

Home-style Roasted Turkey ♥

Herb-crusted turkey breast slow roasted and served with bread stuffing (1), pan gravy, and green peas (1).

MONDAY

Beef Pot Roast ♥

An American classic, our chef's special recipe for braised beef is smothered in pan gravy and served with carrots, celery, onions and potatoes* (2).

*Renal substitute: rice

TUESDAY

Meatloaf with Gravy ♥

Seasoned, top-quality ground beef hand formed into a rustic style meatloaf served with gravy (1), smashed red skin potatoes* (1), and steamed green beans. *Renal substitute: rice

WEDNESDAY

Tender Pork Cutlet ♥

Breaded and lightly sautéed for a crisp exterior, then finished in the oven and topped with a classic mushroom gravy (1). Served alongside roasted new potatoes* (1) and sautéed zucchini & tomatoes*.

*Renal substitute: noodles & zucchini

THURSDAY

Oven Fried Chicken Breast ♥

Our version of a southern favorite, includes tender chicken breast seasoned with herb flour and rolled in bread crumbs, then oven-fried until crispy (.5). Served with herb rice (1.5) and buttered carrots.

FRIDAY

Salisbury Steak ♥

Our tender salisbury steak is slow cooked and smothered in beef gravy (.5), and served with scalloped potatoes* (1.5) and roasted cauliflower.

*Renal substitute: noodles

SATURDAY

Beef Stroganoff ♥

Tender strips of beef sirloin sautéed with sliced mushrooms, then tossed in a creamy sauce (1) and served over egg noodles (1), and accompanied by sautéed yellow squash.

Chef's Dinner Selections

SUNDAY

Three Cheese Lasagna ♥

Ricotta, mozzarella, and parmesan layered between sheets of pasta covered in marinara sauce* (2) and served with Italian green beans and a breadstick (1).

*Renal substitute: ravioli & alfredo sauce

MONDAY

BBQ Pork ♥

Pulled pork shoulder slow simmered in barbecue seasonings (.5) and served with a baked sweet potato* (1.5) and coleslaw.

*Renal substitute: noodles

TUESDAY

Chicken Pot Pie ♥

Tender pieces of chicken breast gently stewed in flavorful chicken stock with cream and vegetables, topped off with puff pastry (2) and served with steamed broccoli*.

*Renal substitute: carrots

WEDNESDAY

Penne Bolognese ♥

A classic Italian dish of top-quality ground beef sautéed with herbs and blended together with fresh tomato sauce* (.5). Served over penne pasta (1.5) and accompanied with Italian vegetable blend and garlic bread (1). *Renal substitute: red pepper sauce

THURSDAY

Shepherd's Pie ♥

A healthier take on the classic hearty dish. Ground turkey and fresh vegetables blended together in a light gravy and topped with whipped potatoes (2). Accompanied with roasted brussels sprouts*.

*Renal substitute: green peas

FRIDAY

Lemon Herb & Parmesan Crusted Fish ♥

Flaky white fish crusted in breadcrumbs (.5), fresh herbs, and citrus, baked and served with rice pilaf (1.5) and green beans.

SATURDAY

Rotisserie Chicken ♥

Marinated chicken rubbed with flavorful spices and fresh herbs, slow roasted until crisp and golden and served with corn soufflé* (2) and spinach*.

*Renal substitute: buttered corn & carrots