

Therapeutic Diet Options

Consistent Carbohydrate (Diabetic) – It is important that the amount of carbohydrates you eat is kept consistent throughout the day to control your blood sugar levels. This diet allows you to select four carbohydrates per meal.

Low Sodium (2 gm Na) – Foods and condiments high in sodium are eliminated or restricted at suggested levels to optimally manage blood pressure and underlying medical conditions associated with hypertension or chronic organ damage.

Renal - Depending on the severity of your condition, you may need to limit amounts of potassium, phosphorous, sodium, protein and/or fluids. The degree of restriction can be dependent on treatment methods and laboratory values.

Fluid Restriction – Your medical condition may require fluid limitations. This restriction includes not only liquid beverages, but foods that are liquid at room temperature such as ice cream, soups, ice chips and gelatins.

Cardiac/Heart Healthy – Includes a well-balanced diet that focuses on foods modified in sodium, cholesterol, and fat to decrease risk or prevent further advancement of heart disease.

Modified Texture (Mechanical Soft, Pureed) – If you are experiencing any difficulties with chewing and/or swallowing, the texture of your diet may require modification. The mechanical soft diet provides soft, chopped foods that are easy to chew, while the pureed diet includes soft textured foods that do not require any additional chewing. Nectar thick liquids may also be required for those with swallowing difficulties.

Low Residue – Restricts dietary fiber and provides less than 10 grams a day. Foods that have tough fibers or skins are also eliminated. Animal products, refined grain products, and selected fruits and vegetables are included.

Low Microbial – Specifically for patients with compromised immune function. Eliminates certain foods in order to serve a diet requiring a lower level of potential bacteria than is present in a typical hospital diet.

How to order

Your Room Service Attendant (RSA) will be coming by shortly to explain the menu and ordering process, your diet restrictions (if applicable), and address any questions and/or concerns you may have. If you would like to order something prior to the arrival of your RSA, please feel free to call him/her at extension **7185**. Another way to order your meal is by using our CBORD application. Please scan the QR provided below to download the **CBORD** Patient app.

Breakfast is served starting at 7:00 a.m. until 10:30 a.m. Lunch and dinner are served beginning at 11:00 a.m. Service will stop at 7:00 p.m. each evening.

Cómo ordenar

El Asistente de Servicio a su Habitación (ASH) estará con usted en breve para explicarle el menú y el proceso de como ordenar, así como las restricciones de su dieta (según corresponda). Su ASH le orientará con cualquier pregunta y/o preocupación que pueda tener. Si desea ordenar antes de la llegada de su ASH, hágallo libremente llamando a la extensión **7185**. Otra manera de ordenar sus alimentos es usando nuestra aplicación CBORD. Escanee el QR proporcionado a continuación para descargar la aplicación para paciente **CBORD**.

El desayuno se sirve de 7:00 a.m. a 10:30 a.m. La comida y cena están disponibles a partir de las 11:00 a.m. hasta las 7:00 p.m. diariamente.

cbord



Scan the QR Code
Escanea el código QR



Breakfast Desayuno

Available until 10:30 a.m.
Disponible hasta las 10:30 a.m.

To order please call: 7185
Para ordenar por favor llame al: 7185

ENTREES

Omelet: Onions, Peppers, Ham, Cheddar, Spinach Mushrooms
Cebolla, Pimientos, Jamón, Queso Espinacas, Champiñones

Breakfast Burrito egg, cheese & vegetables
Burrito con huevo, queso & vegetales

Scrambled Eggs Huevos Revueltos

Hard Boiled Egg Huevo Cocido

French Toast (Whole Wheat)
Pan Francés (Pan Integral de Trigo)

Belgian Waffle Waffle Belga

Pancakes Hotcakes

Cottage Cheese Fruit Plate
Plato de fruta con queso cottage

Southwest Breakfast Quesadilla
Quesadilla con Huevo

HOT SIDES

Turkey Bacon Tocino de Pavo

Sliced Ham Jamón

Country Potatoes Papas

Pinto Beans Frijoles Pintos

Black Beans Frijoles Negros

FRUIT & COLD SIDES

Whole Fruit: Apple, Banana, Orange
Manzana, Plátano, Naranja

Applesauce Puré de Manzana

Low Fat Yogurt Yogur bajo en grasa

Greek Yogurt Yogur griego

Dried Prunes Ciruelas pasas

Cottage Cheese Queso Cottage

Fresh Fruit Cup Vaso de Fruta Fresca

BREAKFAST BREADS

Bagel

English Muffin

Low fat Blueberry Muffin

Bread: White, Wheat, Sourdough
Pan: Blanco, Integral, Sourdough

Tortilla: Flour, Corn Harina, Maiz

CEREAL

Hot Cereal: Oatmeal, Cream of Wheat
Avena, Crema de Trigo

Cold Cereal: Cheerios, Rice Krispies, Raisin Bran,
Corn Flakes, Frosted Flakes

BEVERAGES

Coffee: Regular, Decaf Café Regular o Descafeinado

Hot Tea: Black, Herbal Té caliente, Negro o de Hierbas

Hot Chocolate Chocolate caliente

Milk: Skim, 1%, Chocolate, Soy
Leche: Descremada, 1%, Chocolate, Soya

Juice: Orange, Apple, Cranberry, Prune
Jugo: Naranja, Manzana, Arándano, Ciruela

Iced Tea Té frío

Lemon Lime Soda Soda de Lima-Limón

Diet Lemon Lime Soda Soda de Lima-Limón de Dieta

Lunch, Dinner Comida . Cena

Available daily after 11:00 a.m.
Disponible después de las 11:00 a.m.

To order please call: 7185
Para ordenar por favor llame al: 7185

SOUP

Homemade Vegetable Soup
Sopa de Vegetales Casera

Caldo de Pollo (Chicken Soup)

Lentil Soup Sopa de Lentejas

Tortilla Soup Sopa de Tortilla

Turkey Meatball Soup Albóndigas de Pavo

SALAD

Garden Salad Ensalada Verde

Chef Salad Ensalada del Chef

Chopped Caesar Salad (Chicken)
Ensalada César Picada (Pollo)

ENTRÉE

Chicken Fajitas Fajitas de Pollo

Crispy Baked Fish Pescado Crujiente al Horno

Cottage Cheese Fruit Plate Fruta con Queso Cottage

Fiesta Bowl (Chicken, grain, veggies)
Tazón Fiesta (Pollo, grano, verduras)

Grilled Chicken Breast Pechuga de Pollo a la Parrilla

Penne with Marinara (Chicken or vegetarian)
Pasta Penne con Marinara (Con pollo o vegetariana)

Rotisserie Chicken Pollo Rostizado

Southwest Quesadilla (Chicken or vegetarian)
Quesadilla Suroeste (Con pollo o vegetariana)

SIDES

Black Beans Frijoles Negros

Mashed Potatoes Puré de Papa

Mexican Brown Rice Arroz Rojo Integral

Pinto Beans Frijoles de la Olla

Roasted Broccoli Brocoli Asado

DELI - MADE TO ORDER

Choice of: Turkey, Ham, Roast Beef, Tuna Salad,
Egg Salad, PB&J
Opción de: Pavo, Jamón, Carne Rostizada, Ensalada de Atún,
Ensalada de Huevo, Mantequilla de Mani y Mermelada

Cheese: American, Cheddar, Swiss, Pepper Jack, Provolone
Queso: Americano, Cheddar, Suizo, Pepper Jack, Provolone

Bread: White, Whole Wheat, Sourdough, Tortilla Wrap
Pan: Blanco, Integral, Sourdough, Tortilla Wrap

Chicken Salad Sandwich/Bowl
Ensalada de Pollo en Sándwich o Tazón

Accompaniments: Lettuce, Tomato, Onion
Acompañamientos: Lechuga, Tomate, Cebolla

GRILL

Hamburger Hamburguesa

Veggie Burger Hamburguesa Vegetariana

Grilled Chicken Breast Sandwich
Sandwich de Pechuga de Pollo Asado

Grilled Cheese Sandwich Tostado de Queso

Accompaniments: American cheese, onions, lettuce, tomato
Acompañamientos: Queso Americano, Cebolla, Lechuga, Tomate

Quesadilla (Flour/Corn) (Harina/Maiz)

Roasted Red Potatoes Papas Rojas Rostizadas

Roasted Vegetables Vegetales Rostizados

Steamed Carrots Zanahorias al Vapor

Steamed White Rice Arroz Blanco

Items denoted with indicate vegetarian item
(no meat, poultry, seafood, but may contain dairy and/or eggs)

Alimentos con el símbolo indican opciones vegetarianas
(No carne, puerco, mariscos, pero puede contener lácteos y/o huevos)

SNACKS

Potato Chips Papas Fritas

Saltine Crackers Galletas Saladas

Graham Crackers Galletas Graham

DESSERT

Gelatin: Strawberry, Orange (All sugar free)
Gelatina: Fresa, Naranja (Todas sin Azúcar)

Pudding: Vanilla, Chocolate
Pudin: Vainilla, Chocolate

Ice Cream: Vanilla, Chocolate, Orange Sherbet
Nieve: Vainilla, Chocolate, Naranja

CLEAR LIQUIDS

Broth: Beef, Chicken, Vegetable Consome: Res, Pollo, Vegetal

Gelatin: Orange (Sugar Free)

Gelatina: Naranja (Sin Azúcar)

Fruit Ice: Cherry, Lemon Hielo de Fruta: Cereza, Limón

Popsicle: Cherry, Grape, Orange Paleta de Hielo: Cereza, Uva, Naranja

Juice/Cold Beverage: Apple, Diet Cranberry, Diet Ginger Ale,
Diet Lemon-Lime Soda, Lemon-Lime Soda, V8 Vegetable Juice
Jugos/Bebidas Frías: Manzana, Arándano de dieta, Ginger ale de dieta,
Soda Lima-Limón, Soda Lima-Limón de Dieta, Jugo de Vegetales V8

Hot Beverage: Tea, Herbal Tea, Coffee
Bebidas Calientes: Té, Té de Hierbas, Café

FULL LIQUIDS

(Clear Liquid Items Generally Allowed)
(Líquidos claros generalmente permitidos)

Cereal: Cream of Wheat Crema de Trigo

Yogurt: Greek Vanilla Yogur Griego de Vainilla

Soup: Tomato, Blended Chicken Noodle Sopa: Tomate, Fideo con Pollo Molido

Pudding: Vanilla, Chocolate
Pudin: Vainilla, Chocolate

Ice Cream/Sherbet: Vanilla, Chocolate, Orange Sherbet
Nieve: Vainilla, Chocolate, Naranja

Juice/Cold Beverage: Orange, Milk
Jugo/Bebidas Frías: Naranja, Leche