

# Breakfast Chef Specials

Served from 7:30 - 8:30 a.m.

## MONDAY

Buttermilk Pancakes

Fresh Fruit Cup

Oatmeal

Bacon

## TUESDAY

Scrambled Eggs

English Muffin

Cream of Wheat

Ham

## WEDNESDAY

French Toast w/  
Sliced Strawberries

Oatmeal

Sausage

## THURSDAY

Vegetable Egg Scramble

Fresh Fruit Cup

Cream of Wheat

Bacon

Home Fries

## DAILY BREAKFAST ALTERNATIVES

Scrambled Eggs

Bacon

Bagel w/ Cream Cheese

Assorted Toast

Egg & Cheese on English Muffin

Assorted Cold Cereal

## FRIDAY

Blueberry Pancakes

Fresh Fruit Cup

Oatmeal

Sausage

## SATURDAY

Scrambled Eggs

English Muffin

Cream of Wheat

Ham

## SUNDAY

French Toast w/  
Sliced Strawberries

Oatmeal

Bacon

# Lunch Chef Specials

Served from 11:30 a.m. - 12:30 p.m.

## MONDAY

Minestrone Soup

Chicken Parmesan

Penne

Green Beans

## TUESDAY

Italian Wedding Soup

Chicken Picatta

Roasted Potatoes

Spinach

## WEDNESDAY

Cream of Broccoli Soup

Panko Crusted Pork Loin  
with an Apple Cider Sauce

Sweet Potatoes

Peas

## THURSDAY

Tomato Bisque

Beef Stew

Biscuit

## DAILY LUNCH ALTERNATIVES

Baked Chicken Breast

Baked Haddock

Deli Sandwiches

Grilled Cheese

Meatloaf

Macaroni and Cheese

Chicken Noodle Soup

Tomato Soup

## FRIDAY

New England Clam Chowder

Oven Baked Haddock

Peas

Rice Pilaf

## SATURDAY

Garden Vegetable Soup

Chicken Stir Fry w/  
Vegetables

White Rice

## SUNDAY

Chicken Noodle Soup

Pot Roast

Carrots

Mashed Potatoes

# Dinner Chef Specials

Served from 4:30 - 5:30 p.m.

## MONDAY

Garden Salad

Meatloaf

Mashed Potatoes

Carrots

## TUESDAY

Garden Salad

Penne w/ Meatballs

Zucchini

## WEDNESDAY

Garden Salad

Chicken Pot Pie

Green Beans

## THURSDAY

Garden Salad

Roasted Turkey

Mashed Potatoes

Roasted Butternut Squash

## FRIDAY

Garden Salad

Stuffed Shells

Broccoli

## SATURDAY

Garden Salad

Shepherd's Pie

Squash Medley

## SUNDAY

Garden Salad

Baked Stuffed Chicken

Mashed Sweet Potatoes

Green Beans

## DAILY DINNER ALTERNATIVES

Baked Chicken Breast

Baked Haddock

Deli Sandwiches

Grilled Cheese

Meatloaf

Macaroni and Cheese

Chicken Noodle Soup

Tomato Soup

Chicken Caesar Salad

Cottage Cheese & Fresh Fruit

Mashed Potatoes

Baked or Sweet Potato

White Rice

Soup du Jour

# Beverages

- |                             |                 |
|-----------------------------|-----------------|
| Orange Juice                | Skim Milk       |
| Apple Juice                 | 1% Milk         |
| Grape Juice                 | Whole Milk      |
| Prune Juice                 | Lactaid Milk    |
| Cranberry Juice             | Soy Milk        |
| Lemonade                    |                 |
| Crystal Light Raspberry Ice |                 |
| Iced Tea                    |                 |
|                             | Cola            |
| Coffee                      | Diet Cola       |
| Decaf Coffee                | Ginger Ale      |
| Hot Tea                     | Diet Ginger Ale |
| Hot Chocolate               |                 |

# Desserts

- |                        |                      |
|------------------------|----------------------|
| Dessert of the Month   | Sugar Free Ice Cream |
| Fresh Baked Cookie     | Sugar Free Sorbet    |
| Fresh Fruit Cup        | Italian Ice          |
| Ice Cream or Sherbet   | Pudding              |
| Lactose Free Ice Cream | Gelatin              |

# Liquid Diets

## CLEAR LIQUID DIET

- Apple Juice
- Cranberry Juice
- Grape Juice
- Coffee or Tea
- Lemonade
- Crystal Light Raspberry Ice
- Iced Tea
- Regular or Diet Soda

## BROTHS

- Chicken, Beef, or Vegetable

## DESSERTS

- Fruit Ice
- Assorted Gelatin
- Sugar Free Sorbet

## FULL LIQUID DIET (Includes Clear Liquid)

- Milk

## CEREALS

- Cream of Wheat

## SOUPS

- Tomato
- Cream of Chicken
- Cream of Mushroom

## DESSERTS

- Puddings
- Ice Cream

## OUR PROMISE

The Food & Nutrition Department at South County Hospital is dedicated to promoting good health and nourishing the bodies and souls of our patients by providing fresh, healthy, nutritious meals. Your satisfaction is our highest priority and we strive to provide you with an exceptional dining experience. If for any reason you are not 100% satisfied with your dining experience, please call ext. 1448 and let us know how we can better meet your expectations.

## HOW TO PLACE YOUR ORDER

Please review the menu and choose the foods you would like to order. Your Diet Tech will come to your room to take your order.

If your doctor has prescribed a modified diet, some items on the menu may not be appropriate for you. Your Diet Tech will assist in making the appropriate selections.

## VISITORS & GUESTS

We invite you to dine at our cafeteria located on the ground level.

**Cafeteria is open 7 days a week, 7 a.m. - 6:30 p.m**

Guest meals are available for \$5. Please ask your diet technician for details. Vending meal, snack, and beverage options are always available. Vending machines are located in the hallway off the main lobby.

*Expressly For You*  
Personal Service Dining<sup>SM</sup>

by *sodexo*\*



# Dining Menu



**A Diet Technician will visit your room or call you to take your order.  
For assistance or information, please call ext. 1448.**

  
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