

## MEAL SERVICE DINING

St Joseph's Wayne Medical Center is pleased to offer our dining program. A Dining Assistant will visit you at bedside to take your meal selections daily.

Guest trays are available for purchase. Call extension 4306 for details.

## ST. JOSEPH'S WAYNE DIET OFFICE HOURS

6:30 AM - 6:30 PM

## MEAL DELIVERY TIMES

Breakfast:	7:30 AM - 9:00 AM
Lunch:	11:30 AM - 1:00 PM
Dinner:	4:30 PM - 6:00 PM



For customized requests, please contact the Wayne Diet office at extension 4306.



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## YOUR DIET GUIDE

Your diet is ordered by your doctor or dietitian and may change due to tests, treatment, or surgery.

Please note that not all menu items are appropriate for all diets. Please contact the Wayne Diet Office at extension 4306 for more details.

## FREQUENTLY PRESCRIBED DIETS

**Regular:** A diet with no restrictions that provides adequate nutrients to meet your nutritional requirements.

**Cardiac (Heart Healthy):** This diet is indicated for prevention and treatment of cardiovascular disease. Saturated fat, cholesterol, sodium, caffeine, and fluid may be restricted as needed.

**Diabetic:** This diet may be ordered to assist with regulating blood sugar in people with diabetes or hyperglycemia.

**Renal:** This diet provides specific amounts of protein, sodium, potassium, phosphorus, and/or fluid. It is used for patients with kidney disease.

**NPO:** This diet means "Nothing by Mouth," therefore, no food or drinks are allowed. You may be NPO for certain tests or surgery.

**Clear Liquid:** A short term, very restricted diet that is limited to "see-through" liquids and semi-liquids.

**Full Liquid:** A short term diet that allows all liquid and semi-liquids.

# Dining Menu



To place your order, dial:  
"4306" or (973) 389-6025





## Breakfast

**Sunday** – Buttermilk Pancakes with Turkey Sausage (2 carb)

**Monday** – Egg Sandwich with Fresh Fruit (3 carb) ✓

**Tuesday** – Whole Wheat French Toast Sticks and Beef Sausage (2 carb)

**Wednesday** – Eggs & Biscuit with Turkey Bacon (2 carb)

**Thursday** – Waffles with Warm Apples and Yogurt (2 carb) ✓

**Friday** – Egg Bites and English Muffin (2 carb) ✓

**Saturday** – Scrambled Eggs with Turkey Sausage Patty

### FRUIT & YOGURT ✓

**Fresh Fruit** – Banana (2 carb), Fresh Fruit Cup (1½ carb), Sliced Apples (1½ carb), Sliced Orange (1½ carb)

**Fruit in Natural Juice** – Diced Peaches (1 carb), Diced Pears (1 carb), Fruit Cocktail (1 carb)

**Greek Yogurt** – Plain or Vanilla (1 carb)

**Yogurt** – Plain, Vanilla, or Fruited (1 carb)

**Cottage Cheese & Fruit Platter** (3 carb)

### CEREALS & BREADS ✓

**Cold Cereal** – Cheerios, Corn Flakes, Raisin Bran, Rice Krispies, Special K, Honey Nut Chex (1-2 carb)

**Hot Cereal** – Oatmeal, Cream of Wheat, Cream of Rice, Grits (1-2 carb)

**Mini Bagels** – Plain or Whole Wheat (2 carb)

**Bread** – White, Wheat (1 carb), Rye, English Muffin (2 carb)

### MORNING SPECIALTIES

**Scrambled Eggs** (egg whites available)

**Breakfast Potatoes** (2 carb)


**Hard Boiled Eggs**

**Beef Sausage** 

**Pancakes** (2 carb)

**Turkey Sausage** 

**French Toast Sticks** (2 carb)

**Turkey Bacon** 

**Omelet Bar** (egg whites available)

with choice of mushrooms, spinach, peppers, onions, and/or low sodium Swiss, American, or Provolone

## Beverages

**Coffee** – Regular or Decaf

**Hot Tea** – Regular, Decaf, Chamomile, or Green Tea

**Hot Chocolate** – Regular or Sugar-Free

**Iced Tea** – Sweetened or Unsweetened

**Milk** – 2%, Skim, Lactose Free (Fat Free) or Soy

**Juices** – Apple, Orange or Cranberry (1 carb), Diet Cranberry, or Prune (1½ carb)

**Soda** – Cola, Diet Cola, Ginger Ale, or Diet Ginger Ale

**Bottled Water**

## Lunch and Dinner

*Kosher and Halal Meals available upon request*

**Sunday**

**Lunch** – Vegetable Soup, Beef Stew with Egg Noodles and Carrots (3 carb)

**Dinner** – Chicken Parmesan with Marinara Sauce, Cavatappi Pasta, and Green Beans (2 carb)

**Monday**

**Lunch** – Chicken Noodle Soup, Pot Roast with Macaroni & Cheese and Key West Vegetables (2½ carb)

**Dinner** – Chicken Francese with Polenta and Mixed Grilled Vegetables (2 carb)

**Tuesday**

**Lunch** – Vegetable Beef Soup, Hamburger with Carrot Coins (2½ carb)

**Dinner** – Ginger Chicken with Brown Rice and Green Beans (2 carb)

**Wednesday**

**Lunch** – Minestrone Soup, Lemon and Herb Tilapia with Rice Pilaf and Carrots (2 carb)

**Dinner** – Roast Turkey with Gravy, Stuffing and Broccoli (2 ½ carb)

**Thursday**

**Lunch** – Beef Barley Soup, Meatloaf with Mashed Potatoes and Brussel Sprouts (2 carb)

**Dinner** – Chicken Marsala with Red Roasted Potatoes and Carrots (2 carb)

**Friday**

**Lunch** – Potato Leek Soup, Flounder Francese with Rice & Quinoa and Broccoli (5 carb)

**Dinner** – Pasta Mediterranean and Asparagus (2 carb) ✓

**Saturday**

**Lunch** – Chicken Noodle Soup, Arroz Con Pollo with Yellow Rice and Mixed Vegetables (3 carb)

**Dinner** – Rigatoni with Meatballs (4 pieces), Marinara Sauce, and Peas (4 carb)

## Other Entrées

*Served with choice of two sides*

**Baked Tilapia**

**Herb Baked Chicken**

**Grilled Chicken Breast**

**Grilled Vegetable Platter** ✓ 

## Other Sides ✓

Broccoli

Pasta (1¼ carb)

Green Beans

Egg Noodles (1½ carb)

Carrots (½ carb)

Mashed Potatoes (1 carb)

Side Salad (½ carb)


Roasted Potatoes (1 carb)

French Fries (2 carb)

Steamed White Rice (1½ carb)

Macaroni & Cheese (2 carb)

Steamed Brown Rice (1½ carb)

✓ = Vegetarian  = High Salt Carbohydrate counts per serving are listed in parentheses ( )

## CREATE YOUR OWN DELI SANDWICH

**Choice of:** Tuna Salad, Chicken Salad, Roast Turkey, Peanut Butter & Jelly (½ carb) ✓

**Bread Options (2 carb)**

White

Wheat

Rye

**Cheese Options**

Low Sodium Swiss


American


Cheddar

Provolone


## From The Grill


**Burgers-**


Beef (2 carb) 

Turkey (2 carb) 

Veggie 3½ ✓

**Chicken Tenders-** 2 pieces (1½ carb) 

**Chicken Quesadilla** (4 carb) 

**Vegetable Quesadilla** 4½ ✓ 



**Personal Pizza** (3 carb) ✓ 

**Grilled Cheese:** With Low Sodium Swiss, American, Cheddar, or Provolone ✓

## Desserts

**Fresh Fruit**

**Cakes**

Angel Food Cake (2 carb) , Pound Cake (1¼ carb), Carrot Cake (2 carb) , Chocolate Cake (2 carb)

**Gelatin**

Orange\*, Cherry, Diet Strawberry

**Pudding\***

Chocolate, Vanilla (1½ carb)

**Ice Cream\***

Chocolate, Vanilla (1 carb)

**Fruit Ice**

Cherry, Lemon\* (1 carb)

*\*No-Added Sugar Options Available*

## Liquid Diet Menus

### CLEAR LIQUID:

**Entrée Beverages**

Broth (Chicken, Beef, or Vegetable)  
Coffee (Regular or Decaf), Hot Tea (Regular, Decaf, Green Tea, Chamomile Tea), Iced Tea (Sweetened or Unsweetened), Juice (Apple, Cranberry, Diet Cranberry), Soda (Ginger Ale or Diet Ginger Ale)

**Desserts\***

Gelatin, Fruit Ice

### FULL LIQUID:

**Entrée**

Broth (Chicken, Beef, or Vegetable), Pureed Soup, Hot Cereal, Plain Yogurt

**Beverages**

Coffee, Hot Tea, Iced Tea, Juice, Soda, Milk, Hot Chocolate, Diet Hot Chocolate

**Desserts\***

Gelatin, Fruit Ice, Ice cream, Pudding

*\*No-Added Sugar Options Available*