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# Write In List

## Always on the Menu

Our goal is to provide you with an excellent meal experience. A variety of healthy and tasty menu choices are offered.

This brochure lists menu choices which we always have. They can be included at meals. You can order them instead of or with your menu choices.

Items you choose **must be allowed on your current diet order** for you to receive them!

The items in this brochure **can be written on your selective menu**, in addition to the choices listed.

*Enhancing the Patient Meal Experience*

***Food Matters***



*(Please turn over for menu items)*

**Grain Products**

**Oatmeal** (instant)

**Cold Breakfast Cereals**

(Bran Flakes, Corn Flakes, Rice Krispies, Multigrain Cheerios, Rice Chex)

**Muffins**

(Banana, Blueberry Bran, Carrot Cinnamon,)

**Bread** (Whole Wheat, White)

**Rice Cakes**

**Crackers** (Soda, Goldfish)

**Pancakes / Syrup**

(at meals only)

**Protein Choices**

**Peanut Butter**

**Cheddar Cheese**

(Marble, Medium Light)

**Baked Omelet, Plain** (at meals only)

**Boiled Egg** (at meals only)

**Hummus**

(lunch, supper & snacks only)

**Vegetables and Fruit****Whole Fresh Fruit**

(Banana, Orange)

**Apple Wedges****Fruit Cups**

(Peaches, Pears, Fruit Salad, Mandarin Oranges, Applesauce, Blueberry Applesauce, Peach Applesauce)

**\*Tossed Salad / Dressing**

**Carrots or Celery Sticks / Dip**

**Fruit Source Bar**

**\* Starches**

**Mashed Potatoes**

**Oven Roasted Potatoes** (Wedges)

**Steamed Rice** (Chinese)

Plain GF Rotini Pasta

**Dinner Roll** (Whole Wheat, White)

**Milk Products****Stirred Yogurt**

(Strawberry, Raspberry, Vanilla)

**Minigo Yogurt**

(Peach Vanilla, Raspberry Peach, Raspberry Vanilla)

**Greek Yogurt**

(Key Lime, Peach Mango, Cherry)

**Milk**

(1%, 2%, Homo, Chocolate, Skim)

**\* Soups**

Cream of Mushroom, Tomato, Chicken Noodle, Chicken Rice Congee, Broth - Beef, Chicken, Vegetable

**\* Main Courses****Roast Turkey**

(sliced, diced, with gravy)

**Roast Beef**

(sliced, diced, minced, pureed, with gravy)

**Baked Chicken Breast**

(whole breast, minced, pureed, diced, with gravy)

**Baked Salmon or White Fish****Baked Chicken Fingers****Macaroni and Cheese****Hamburger**

(Beef, Black Bean Vegetarian)

**Meatballs**

(Beef or Vegetarian)

**Cheese Pizza**

**Sandwiches** – Whole Wheat or White (Cheese, Egg Salad, Chicken Salad, Turkey)

(\*also available at Evening Snack)

**Condiments**

Variety of jams, honey

Cheese Whiz, Nutella, \*Plum Sauce, \*Miracle Whip, \*Cranberry Sauce

\*Variety of Salad Dressings

Hot Sauce (at meals only)

\*Extra Gravy (on the side)

**Desserts****Puddings**

(Vanilla, Chocolate, Butterscotch, Rice, Tapioca, Custard, Lemon Meringue)

**Jello**

(Strawberry, Orange, Cherry, Lime)

**Cookies**

(Arrowroot, Digestive, Oatmeal Raisin, Oreo)

**Granola Chocolate Chip Bar**

**Soft cookie** (Chocolate Chip)

**Cranberry Trail Mix****Baked Items**

(Banana Loaf, Rice Krispie Square)

**Nutrigrain Bars**

(Blueberry, Apple Cinnamon)

**Frozen Desserts**

(Vanilla Ice Cream, Orange Sherbet, Popsicle)

**Gluten Free Foods****Muffins**

(Blueberry-Lemon, Quinoa Spice)

**Cookies**

(Chocolate Chip, Gingersnap)

**Grains**

(White Dinner Bun, Multigrain Rice, Bread, Waffles (at meals only), \*Plain Pasta)

**Sandwiches**

(Cheese, Egg, Turkey, Chicken Salad)

**\*GF Breaded Chicken Pieces**

**\*Gravy** (Poultry, Brown, )

**Beverages**

**Coffee** (regular or instant)

**Tea** (regular)

**Herbal Tea** (Mint, Lemon)

**Hot Chocolate** (package/at meals only)

**Juices** (Apple, Orange, Grape)

**1% Lactaid, Soy Beverage**