

Drinks

Served All Meals

Call
2-3463
(2-DINE)

Milk

Fat-free | Lactose Free Fat-free
2% Reduced Fat
Whole - Regular or Chocolate
Low-fat Buttermilk
Hot Chocolate

Plant Based

Vanilla Almond Milk | Vanilla Soy Milk

Juice

Apple | Grape | Orange | Prune | V8

Juice Blends

Cran-Grape Drink | Diet Cranberry Drink

Cold Drinks

Bottled Water
Iced Tea - Regular or Decaf
Coke - Regular or Diet
Dr Pepper - Regular or Diet
Sprite - Regular or Zero
Gatorade - Fruit Punch or Lemon-Lime
Gatorade G2 - Grape
Ginger Ale

Ask about
our seasonal
drinks



Coffee and Tea

Hot Coffee - Regular or Decaf
Hot Tea - Regular or Decaf
English Breakfast Tea
Green Tea

Decaf Herbal Teas

Chamomile | Lemon Ginger
Mint | Lemon

Fortified Drinks

Mix and match available

Boost Plus

Chocolate | Strawberry | Vanilla

Boost Breeze

Peach | Wild Berry

Boost Glucose Control

Assorted Flavors

Smoothies

Banana Strawberry
Green Machine | Strawberry

Milkshakes

Chocolate | Strawberry | Vanilla



Desserts and Snacks

Served
All Meals

Sweets

Angel Food Cake *with Strawberries*
Mini Bundt Cakes - Carrot, Chocolate,
Pineapple, Red Velvet
Dutch Apple Pie | Warm Peach Crisp
Sugar-free Cherry Pie

Cookies

Chocolate Chip | Graham Crackers
Oatmeal Raisin | Sugar-free Lemon
Sugar-free Gourmet Walnut Brownie

Jell-O Gelatin

Cherry | Lime
Sugar-free Lemon | Orange
Sugar-free Panna Cotta *with Fresh Berries*

Pudding

Banana | Chocolate | Tapioca
Sugar-free Vanilla

Yogurt

Cherry | Mixed Berry | Light Peach
Low-fat Plain, Vanilla or Strawberry Whips
Greek Yogurt
Key Lime | Fat-free Blueberry or Vanilla
Fat-free, Sugar-free Triple Zero Mixed Berry

Parfaits

Low-fat Vanilla Yogurt - *with granola
and your choice of fresh seasonal
berries or canned peaches*
Sugar-free Jell-O - *Layers of sugar-free
vanilla pudding with seasonal berries*



Fresh Fruit

Fresh Fruit Cup
Blueberries | Strawberries
Honeydew | Pineapple
Seedless Grapes
Whole Fruit
Apple | Banana

Ask
about our
seasonal fruit
and seasonal
berries

Canned Fruit

Applesauce | Fruit Cocktail
Mandarin Oranges
Peaches | Pears | Pineapple
Dried Prunes or Raisins



Ice Cream and More

Chocolate | Strawberry | Vanilla
Fat-free, Sugar-free Vanilla
Rainbow Sherbet
Fat-free Vanilla Frozen Yogurt

Toppings

Caramel, Chocolate or Strawberry Syrup
Chopped Walnuts | M&M's
Fresh Fruit -
Banana, Pineapple or Strawberries
Sugar-free Whipped Topping

Italian Ice and Sugar-free Popsicles

Assorted Flavors



Room Service Menu

Please order between 6:30 a.m. and 9:30 p.m.

Call
2-3463
(2-DINE)

Regular
Diet

Breakfast

Please place orders between 6:30 and 10:30 a.m.

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Hot Cereal

Cream of Rice | Cream of Wheat
Grits | Oatmeal



Cold Cereal

All Bran Complete | Cheerios - *Regular or Honey Nut*
Cinnamon Toast Crunch | Corn Flakes | Frosted Flakes
Granola | Raisin Bran | Rice Krispies | Special K

Ask about our wide variety of toppings

Pancakes and More

Belgian Waffle - *Multigrain or buttermilk*
Pancakes - *Multigrain or buttermilk*
French Toast

Ask about condiments

Toppings

Warm Berry Compote | Sugar-free Whipped Topping

Two Fresh Eggs

Fried | Hard Boiled | Poached | Scrambled
or Scrambled Egg Beaters

Breakfast Proteins

Applewood Smoked Bacon | Country Sliced Ham
Chicken Apple Sausage Link | Pork Sausage Link
Turkey Sausage Patty | Vegetarian Breakfast Patty
Sautéed Tofu

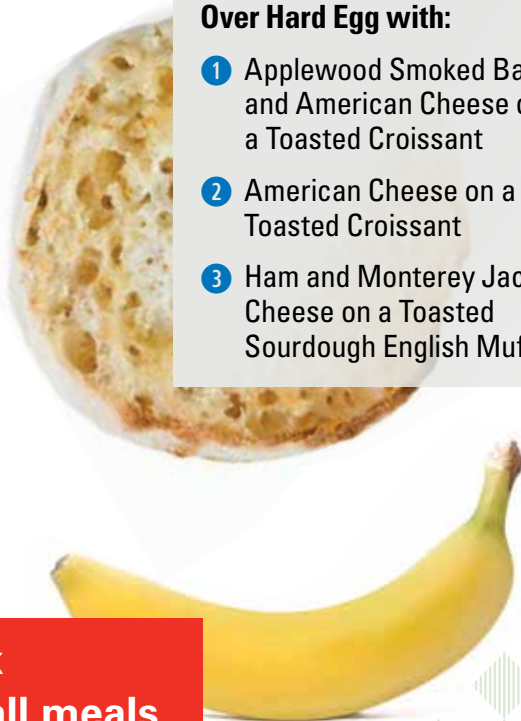
Breads

Biscuit - *with Cream Gravy if desired*
Croissant | Flour Tortilla | Pastry of the Day
Toasted Bagel - *Plain or Raisin*
Toasted Bread - *White or Whole Wheat*
Toasted English Muffin -
Sourdough or Whole Wheat
Banana Nut Bread

Sides and Starches

Avocado | Sliced Tomatoes | Cottage Cheese
Potatoes O'Brien | Refried Beans | White Rice

See Drinks, Dessert and Snack selections for options served all meals.



Lunch and Dinner

Other menu items and portion sizes available

Please place orders between 11 a.m. and 9:30 p.m.

Call 2-3463 (2-DINE)

Choose from a variety of foods, all prepared with high-quality ingredients.

Soups

Made from scratch
Baked Potato
Home-style Herb Chicken Noodle
Garden Vegetable | Texas Chili

Ask about our Soup Specials

Salads

Try our chef's homemade or assorted Ken's dressings



Small Salad - *Garden or Caesar*

Chicken Caesar Salad

Grilled chicken breast, crisp romaine lettuce, tomatoes, shredded Parmesan cheese and croutons

Fresh Fruit Platter

Assorted seasonal fresh fruit and berries, served with cottage cheese

Turkey Cobb Salad

Fresh garden mixed greens, feta cheese, low-sodium turkey, diced tomatoes, applewood smoked bacon, English cucumber and hard boiled egg



Sandwiches are served with a dill pickle spear

Build Your Own Sandwich

Full or half. Toasted by request.

BREADS

Croissant | French Baguette | Pita
Wheat Hoagie Roll | White or Whole Wheat Bread

MEATS

Applewood Smoked Bacon | Boar's Head Ham or Turkey
Chicken, Egg or Tuna Salad

BOAR'S HEAD CHEESES

American | Cheddar | Low-sodium Swiss
Monterey Jack | Provolone

Sandwich Fixings

Leaf Lettuce | Tomato | Red Onion | Dill Pickle Chips
Avocado | Mayonnaise | Mustard
Roasted Red Pepper Hummus | Peanut Butter
Assorted Natural Jams and Honey | Sugar-free Jellies

Hot Off the Grill

Served on locally baked breads, with french fries

BURGERS:

Black Angus Beef
Turkey
Boca Vegetarian

Ask about our toppings

Savory Chicken Wrap

Chicken tenders, jasmine rice, tangy citrus slaw and Monterey Jack Cheese in a jalapeño cheese tortilla

Ask for honey mustard dip

Hot Dog

100% beef

Philly Cheese Steak

Thinly sliced ribeye beef sautéed with onions and bell peppers with melted provolone

Grilled Cheese

Classic American Cheese

Grilled Chicken Sandwich

Lightly seasoned grilled chicken breast

Sautéed Tofu

Sides and Chips

Avocado
Carrot and Celery Sticks
Sliced Tomatoes and Seedless Cucumbers
Dill Pickle Spear
Kalamata or Black Olives
Homemade Tangy Citrus Slaw
Potato Salad | Cottage Cheese
Roasted Red Pepper Hummus
Homemade Pita Chips
Goldfish Crackers
Lay's Potato Chips | Popcorn
Pretzels | Sun Chips
Specialty Chips



Our team works hard to ensure your meals taste great and are good for you.

Entrées

Tuscan Chicken

Chicken breast stuffed with spinach, artichoke, sun-dried tomatoes, feta and mozzarella cheeses with alfredo sauce, steamed asparagus and white or brown rice

Ask about our Seasonal Chef Specials and Sauces

Chicken Tenders Basket

Lightly breaded chicken tenders with choice of honey mustard or ranch dip, served with french fries and choice of vegetable side

Braised Turkey Breast

Slow cooked turkey, served with cranberry sauce, giblet gravy, cornbread dressing and steamed carrots

Flat-Iron Steak

Grilled well-done steak with sautéed mushrooms, baked potato and roasted vegetables

Grilled Salmon

Fresh Atlantic salmon with sautéed spinach and kernel corn

Grilled Shrimp

Butterflied shrimp with quinoa pilaf and green beans almondine

White Fish

Cornbread batter filet, fried or Cajun-baked with tartar or cocktail sauce, macaroni and cheese and steamed mixed squash

Grilled Chicken Fettuccini Alfredo

Lightly seasoned grilled chicken breast with creamy, cheesy pasta, choice of vegetable side and bread

Bone in Pork Chop

Served with a rich demi-glaze, heirloom potato medley and choice of vegetable side

Breads and Pastries

Cornbread | Crackers | Croissant
Dinner Roll - *White or Whole Wheat*
Parmesan Garlic Bread | Pastry of the Day
Banana Nut Bread



Personal Pizza

Cheese
Roasted Vegetable
Turkey Pepperoni

Vegetables

STEAMED

Asparagus | Broccoli
Carrots | Mixed Squash

SEASONED

Green Beans
Kernel Corn
Mushrooms
Roasted Vegetables
Sautéed Spinach

Ask about our seasonal vegetables



Starches

Baked Potato
Baked Sweet Potato
Sweet Potato or French Fries
Mashed Potatoes
Roasted Fingerling Potatoes
Brown, Jasmine or White Rice
Quinoa Pilaf
Cornbread Dressing
Macaroni and Cheese
Spaghetti with Meat Sauce
Black, Garbanzo, Pinto or Refried Beans