



**Hunterdon
Medical Center**

Your full circle of care.



*A La Carte
From the Heart*

Your Personal Menu

Breakfast

Available to order from 6:30 am – 6:30 pm

Beverages

Juice Varieties

Apple
Orange
Cranberry
(regular or light)
Prune
Low Sodium V8

Milk Varieties

Skim
Lowfat
Whole
Chocolate
Soy
Lactaid

Fresh Milk Shake
(Vanilla or Chocolate)

Yogurt Drink

Other Selections

Tea
(Regular, Decaf, Green or Herbal)

Coffee
(Regular or Decaf)

Hot Chocolate
(Regular or Diet)

Cappuccino

Brewed Iced Tea

Raspberry Lemonade

Bottled Water

Sodas
(Regular or Diet)
Cola • Lemon Lime • Ginger Ale

Cereals

Cheerios
Corn Flakes
All Bran Flakes
Rice Crunchins
Kashi
Granola
Hot Oatmeal
Cream of Wheat
Cream of Rice
Brown Sugar, Raisins & Flax Seed
upon request

Fruit & Yogurt

Banana • Apple • Orange
Seedless Grapes
Fresh Fruit Cup
Sliced Mango
Sliced Peaches
Prunes
Pear Halves
Applesauce
Yogurt
Low Fat or Non Fat
Vanilla • Peach • Berry

Breakfast Entrees

Egg Substitute may be requested

Cheese Omelet
your choice of cheese
Alpine Lace Swiss or Cheddar

Scrambled Eggs

Classic Hardboiled Egg

Multigrain Pancakes

or

Cinnamon French
Toast

*Both served with
maple syrup*

Breakfast Sides

Sausage Links

Two vegetarian or turkey sausage links

Home-style Potatoes

Cubed, lightly seasoned and oven roasted

Bread Basket

White, Whole Grain, Wheat or Rye Toast
Whole Wheat or Traditional English Muffin,
Bagel (1/2 or Whole), Tortilla,
Blueberry Muffin or Bran Muffin



Lunch & Dinner Selections

Available to order from 11 am until 6:30 pm

Soups

Soups: • Chicken Noodle • Cream of Tomato • Vegetarian Minestrone • Soup of the Day

Broths: (*Low Sodium also available*) • Chicken • Vegetable • Beef

Hot Entrees

Island Tilapia

Delicate mild fish filet topped with a hint of tropical fruits and coconut

Citrus Salmon

Baked salmon filet with lemon zest

Hot Roast Beef Sandwich

Thinly sliced roast beef on your choice of bread, topped with demi-glaze

Rainbow Tortellini or Whole Wheat Pasta

Your choice of marinara or pesto sauce

Vegetable Chili

A blend of vegetables and beans in a lightly spiced tomato base served over basmati brown rice

Grilled Marinated Chicken Breast

Chicken breast marinated in vinaigrette

Oven Roasted Turkey

Turkey breast sliced and served with gravy

Roast Pork Tenderloin

Mildly seasoned and served with demi-glaze

Vegetable & Beef Stir-Fry

Served over basmati brown rice

Vegetarian version available with tofu

Pasta Puttanesca

Whole wheat pasta with diced tomatoes, olives, capers and spinach

Sliced grilled chicken added upon request

Pizza

Individual cheese pizza

From the Grill

Buffalo Burger

Vegetarian Burger

or

Salmon Burger

Served with lettuce and tomato

Cheese added upon request

Grilled Chicken Sandwich

served on a whole wheat roll

with lettuce & tomato

Grilled Cheese

American or Alpine Swiss on white, multi grain, wheat or rye bread

Sides

Whipped Potatoes

Whipped Sweet Potatoes

Garden Blend Vegetables

Black Beans

Spinach

Basmati Brown Rice

Seasoned Noodles

Green Beans

Baby Carrots

Dinner Roll

Side Salads

Gourmet Garden Salad

Mix of fresh greens garnished with tomato, cucumber and shredded carrot

Fresh Crudités of Vegetables

Enjoy this crunchy variety of vegetables with your choice of hummus or salad dressing

Wheat Berry • Pasta Salad • Coleslaw • Sliced Avocado

Dressings

Ranch • French • Honey Dijon • Italian • Toasted Sesame • Oil & Vinegar

On the Light Side • Italian • French • Cilantro Lime • Caesar

Entree Salads

Grilled Chicken may be added to any of the following salads

Cottage Cheese & Fruit Plate

Combination of cantaloupe, honeydew, grapes and other seasonal fruit with a scoop of cottage cheese

Caesar Salad

Romaine lettuce garnished with shredded parmesan cheese and croutons

Asian Mandarin Salad

Gourmet greens with mandarin oranges, scallions, shredded carrots, bell pepper strips and toasted sesame seeds

Santa Fe Salad

Chopped romaine lettuce with diced tomatoes, scallions, olives, cilantro, corn and black beans garnished with tortilla chips

Deli Specialties

Cranwich

Sliced turkey on a whole wheat roll served with lettuce, tomato and light cranberry mayonnaise

King's Bounty

Sliced roast beef piled on rye bread with smoked gouda cheese, lettuce, tomato and a creamy horseradish sauce

Italian Vegetarian Delight

Grilled roasted vegetables on foccacia bread with sliced mozzarella and a light pesto spread

Bread choices for the following: *Wheat, White, Rye, Multi Grain Bread or Whole Wheat Roll*

Traditional Deli Sandwich

Choose turkey, ham, roast beef or cheese (Alpine Swiss, American or Gouda) & condiments of choice

Home Style Sandwich Spreads

*Egg, tuna or chicken salad
Choose a dip or spread on your favorite bread served with a pickle spear*

Peanut Butter & Jelly

An American favorite!

To Order:

DIAL F - O - O - D (3663)

Snacks

Whole Wheat Crackers
Low Sodium Crackers

Granola Bar
Graham Crackers

Baked Potato Chips
Pretzels

Sun Chips

Desserts

Fresh Fruit

Apple Pie

Cheesecake Brownie

Cookies: *White Chocolate Cherry, Chocolate Chip, Peanut Butter or Vanilla Wafers*

Berry Parfait

Popsicle: *Cherry, Grape or Orange*

Italian Ice: *Lemon or Raspberry*

pudding: *Chocolate, Vanilla or Rice (Regular or Diet)*

Vanilla Custard: *Regular or Diet*

Ice Cream: *Vanilla or Chocolate (Regular or Diet)*

Orange Sherbet

Gelatin Cup: *Mixed flavors (Regular or Diet)*

Condiments

Butter

Margarine

Cream Cheese

Light Cream Cheese

Peanut Butter

Grape Jelly

Strawberry Jelly

Diet Fruit Spread

Sugar

Sugar Substitute

Non Dairy Creamer

Half n Half

Honey

Lemon

Maple Syrup

Diet Syrup

Ketchup

Mustard

Mayonnaise

Light Mayonnaise

Mrs. Dash

Salt

Pepper

Salsa

Liquid Diets

Clear Liquid

Broth, Cranberry Juice, Apple Juice,
Gatorade, Tea, Black Coffee,
Gelatin, Popsicle or Italian Ice

Full Liquid

All Beverages, Cream Soups, Broths,
Cream of Wheat or Rice Cereal,
Pudding, Vanilla Yogurt, Custard,
Ice Cream, Sherbet, Gelatin,
Popsicle or Italian Ice

Guest Trays

Guest trays may be ordered through room service
Enjoy a three course breakfast with beverage for \$5.00
or a four course lunch or dinner with beverage for \$9.00
Cash payment due when the meal is delivered.

Our Nutrition Department is here to provide you with Excellent Meals and Service

Please let us know if you have any questions or concerns

Welcome to the Hunterdon Medical Center "A La Carte" Dining

The Food and Nutrition Department is pleased to offer you a delicious room service menu program that enables you to order what you want to eat when you want it.

How to Place Your Order

1. Dial F-O-O-D (3663) between the hours of 6:30am - 6:30pm.
2. If you are placing an order for a patient from outside HMC dial 908-788-6131.
3. Identify yourself to our dining associate who will verify your name, room number and the diet order prescribed by your physician.
4. Place your order and your meal will be prepared fresh and delivered within 45 minutes.

Things to remember when placing your order

- Our menu is abundant with many healthy foods for you to choose from.
- Certain tests require that you not eat for a period of time.
- Place your order after returning from your test or treatment.
- You may pre order your meals up to 3 meals in advance.
- Your physician has ordered your diet and certain foods on our menu may not be available due to your physician directed restriction.
- For information on your diet while hospitalized please dial 3663 and ask to speak to a nutritionist . For your post discharge educational needs we recommend our Center for Nutrition and Diabetes Management at 908-237-6920.

Special/Restricted Diets

Our menu selection provides a variety of healthful options that are available for most diets. For patients on a special or restricted diet, the room service attendant will guide you in making your meal choices.

Diabetic Management

Consistent carbohydrate diets help you keep better control over your blood glucose levels. Please call in your orders by the following times prior to meals. Your meals will be delivered on a set schedule in order to best manage your blood sugar, blood sugar monitoring and medication.

- ▶ **BREAKFAST** order by 7 am = meal time 7:30 am – 8:15am
- ▶ **LUNCH** order by 11 am= meal time 11:30 am – 12:15 pm
- ▶ **DINNER** order by 4 pm = meal time 4:30 pm – 5:15 pm

Carbohydrate Patterns	
1500 calories	3 carbohydrate choices or 45 grams at all meals
1800 calories	4 carbohydrate choices or 60 grams at all meals
2000 calories	5 carbohydrate choices or 75 grams at all meals