



**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 Selections

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  
• Cream of Mushroom • Soup of the Day

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

## 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 or Salmon 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 focaccia 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 2-5-5-8**

