



# MENU

Dial 63257 to place your order

Please plan your meals around your treatment, medications or insulin so you will be free to enjoy your meal when it arrives.

Order between 7:15 am and 6:00 pm.

Seasons Cafe is open 7:00 am to 7:00 pm for family and friends.

Please stay on the line to place your order with the next available staff member.

Calls may be monitored for quality assurance. We pledge to deliver your meal within 40 minutes.

## BREAKFAST

Served from 7:30 to 10:00 a.m.

### Traditional

Two eggs, served your way with your choice of bacon, ham or sausage, hash browns and toast

### Veggie Scramble

Two eggs scrambled with zucchini, onion and tomatoes topped with cheddar cheese

### Two Egg Omelet

Ham & Cheese Omelet  
Spinach & Cheese Omelet  
Sautéed Vegetables Omelet

### Breakfast Burrito

Scrambled eggs and cheddar cheese wrapped in a flour tortilla, served with salsa

### Breakfast Sandwich

Eggs and cheese on an English muffin.

### Cereals

Cream of Wheat, Cream of Rice, Oatmeal, Granola, Raisin Bran, Corn Flakes, Cheerios

### Fruits

Blueberries, Bananas, Grapes, Orange Wedges  
Apple Slices, Sliced Peaches, Mixed Fruit Cup  
Applesauce, Cantaloupe, Pears, Raisins

### Yogurt

Strawberry, Vanilla, Peach

### Breads & Toast

Wheat, 7-Grain, White, Rye, Sourdough  
Raisin Bread, Bagel, English Muffin, Rice Cakes  
Cinnamon Roll, Muffin of the Day

### Pancakes, French Toast or Belgian Waffles

Maple syrup or strawberry sauce and a side of bacon, ham or sausage link

### Yogurt Banana Split

Vanilla yogurt topped with strawberries, pineapple and bananas, sprinkled with granola and served with a cherry on top!

**LUNCH AND DINNER****Served from 10:30 a.m. to 6:30 p.m.****SOUPS**

Vegetable Soup in Beef Broth  
Chicken, Beef or Vegetable Broth  
Cream of Tomato, Cream of Mushroom  
Cream of Chicken, Chicken Noodle  
Homemade Soup of the Day

**DELI SANDWICHES****Breads**

Wheat, White, 7-Grain, Sourdough, Marbled Rye,  
Bagel, Tortilla

**Fillings**

Turkey, Ham, Roast Beef, Peanut Butter & Jelly,  
Tuna Salad, Egg Salad, Chicken Salad

**Cheese**

American, Cheddar or Swiss

**Toppings**

Mayo, Mustard, Ketchup, Lettuce, Tomato, Pickles,  
Onions, Peppers, Bacon

**SIDES****Veggies**

Broccoli, Carrots, Corn, Peas, Green Beans, Zucchini  
or Diced Yams

**Side Salads**

Coleslaw, Garden, Spinach or Caesar Salad or Potato  
Salad

**& More**

Whipped or Baked Potatoes, Baked Fries, Chips  
Steamed Rice, Rice Pilaf, Buttered Pasta, Mixed Fruit  
Cup or Cottage Cheese

**FROM THE GRILL****Hamburger or Veggie Burger**

Grilled beef or veggie patty, mayo, lettuce, tomato  
and a pickle on a whole wheat bun

**Grilled Cheese Sandwich**

American cheese on white bread

**Grilled Chicken or Fish Sandwich**

Herb chicken breast or seasoned fish filet with basil  
mayo, lettuce and tomato on a wheat bun

**French Dip**

Sliced roast beef on a French roll, served with au jus

**ENTRÉE SALADS****Caesar Salad**

Romaine lettuce, parmesan cheese, croutons and  
Caesar dressing. Grilled chicken on request

**Chef Salad**

Mixed greens, cucumbers, carrots and tomatoes,  
turkey, ham, cheese and hard-boiled egg

**Fruit Plate**

A medley of fruit, fresh or canned, served with  
yogurt or cottage cheese

**Dressings**

Ranch, Italian, French, Thousand Island  
Vinegar & Oil, Light Ranch, Fat Free Italian

**Meals for your Visitors**

For a nominal fee, patients may order meals  
for a family member or loved one, which will  
be delivered along with your meal. Simply  
ask your guest to prepay in Seasons Cafe  
before calling in the order. Then all of the  
food will be delivered together.

## ENTRÉES

**Beef Medallions**

Tenderloin tips in a light mushroom sauce

**Northwest Salmon**

Marinated and grilled salmon filet

**Classic Meatloaf**

Covered with brown gravy.

**Hearty Beef Stew**

Beef, potatoes, carrots, onion and celery

**Rice & Bean Burrito**

Black beans, corn, rice, cheddar cheese in a tortilla, topped with sour cream &amp; salsa

**Personal Size Pizza**

Cheese or Sausage or Veggie

**Lemon Crusted Cod**

Oven baked cod topped with lemon bread crumbs

**Herb Seared Breast of Chicken**

Seasoned with a blend of spices and grilled

**Crispy Chicken Strips**

Breaded chicken strips baked and served with ranch or BBQ dipping sauce.

**Hot Open-Faced Sandwich**

Roast beef or turkey topped with gravy on your choice of bread

**Chicken Cheese Enchilada**

Tortilla filled with chicken, green onion and cilantro topped with a mild red chili sauce and cheddar cheese

**Classic Macaroni and Cheese**

Penne noodles and cheddar cheese

## PASTA

**Spaghetti with Meatballs**

Noodles, marinara sauce and meatballs

**Pasta Primavera**

Tomatoes, carrots, snow peas, mushrooms, black olives and penne noodles tossed in a lemon vinaigrette

## CONDIMENTS

Salt	Tabasco	Brown Sugar	Syrup:	Lemon Wedges
Pepper	Salsa	Splenda	Regular & Diet	Cream Cheese
Mrs. Dash	Sour Cream	Honey	Creamer	Smart Balance
Ketchup	Sugar	Jelly	Coffee Mate	Butter

## SNACKS

**Veggie Plate** with Ranch Dressing**Apple Slices** with Peanut Butter or Cheese Slice**Fresh Fruit:** Apple, Banana or Orange**Meat & Cheese Plate:** Turkey, Ham or Roast Beef with Swiss, Cheddar or American

## NUTRITION SUPPLIMENTS

**Katie Shake:** Orange or Strawberry**Boost Plus:** Chocolate or Vanilla**Boost Glucose Control:** vanilla**Boost Breeze:** Peach or Orange**Boost Pudding:** Chocolate or Vanilla

## BEVERAGES

**Basics**

Coffee – Regular, Decaf  
 Tea – Regular, Decaf, Herbal, Iced Tea  
 Hot Cocoa – Sugar Free,  
 Bottled Water

**Milk**

Whole, 2%, Fat Free, Chocolate,  
 Lactaid, Vanilla Soy, Buttermilk

**Juice**

Apple, Orange, Grape, Cranberry, Prune  
 Pineapple, Low Sodium V-8

**Other Drinks**

Regular & Diet Cola, Lemon/Lime Soda  
 Gatorade, Lemonade  
 Crystal Light

**Milkshakes**

Chocolate, Strawberry, Vanilla

## DESSERTS

**Cake and Pie**

Angel Food Cake w/Fruit Sauce, Chocolate Lava  
 Cake, Apple Pie, Lemon Meringue Pie

**Pudding**

Chocolate, Vanilla, Tapioca, Custard

**Ice Cream**

Vanilla, Orange Sherbet, Popsicles

**Cookies**

Chocolate Chip or Peanut Butter Cookies

**Low Carb Desserts**

Chocolate Pudding, Cheesecake,  
 Strawberry Sorbet, Jell-O

## LIQUID DIET MENU

**If your physician ordered a liquid diet for you, please make your meal selections from the following lists. If you are unsure, please ask your nurse. Our dietary staff can help you with your selections when you call.**

## CLEAR LIQUID DIET MENU

This diet includes all clear liquids

**Coffee:** Regular, Decaf

**Tea:** Regular, Decaf, Iced, Herbal

**Broth:** Chicken, Beef, Vegetable

**Juice:** Cranberry, Apple, Grape

**Jell-O:** Strawberry, Orange

**Jell-O Diet:** Lemon-Lime

**Popsicles:** Cherry, Orange, Grape

**Strawberry Sorbet**

**Gatorade:** Fruit Punch, Grape,  
 Lemon/Lime, Orange

**Boost Breeze:** Peach or Orange

## FULL LIQUID DIET MENU

This diet includes all clear liquids plus the following:

**Soups:** Cream of Chicken, Mushroom, Tomato

**Cereal:** Cream of Rice, Cream of Wheat

**Juice:** Orange, Pineapple, Prune

**Pudding:** Vanilla, Chocolate, Tapioca,

**Sherbet, Vanilla Ice Cream**

**Custard, Vanilla Yogurt**

**Drinks:** Milk- whole, 2%, Skim, Lactose-Free and  
 Chocolate, Vanilla Soy, Milkshakes

**Katie Shake:** Orange or Strawberry

**Boost Pudding:** Chocolate or Vanilla

**Boost Plus:** Chocolate or Vanilla