



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.

Call between 7:30 am and 6:30 pm. Dial 63257 to place your order.

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.

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

BREAKFAST

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

Traditional Breakfast

Eggs cooked to order, bacon, ham or sausage, hash browns, toast or English muffin

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 Sandwich

Eggs and cheese on an English muffin with choice of ham, sausage or bacon

Cereals

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

Yogurt Parfait

Vanilla yogurt topped with your choice of strawberry, blueberry or pineapple then sprinkled with granola, whipped cream, and a cherry on top.

Fruits

Blueberries, Bananas, Grapes, Orange Wedges
Apple Slices, Diced Peaches, Mixed Fruit Cup
Applesauce, Cantaloupe, Sliced 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, gluten free

Pancakes, French Toast or Belgian Waffles

Maple syrup or strawberry sauce & whipped cream with a side of bacon, ham or sausage link

Breakfast Burrito

Scrambled eggs and cheddar cheese wrapped in a flour tortilla, served with salsa and choice of ham, sausage or bacon

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. • One entrée per order please.

SOUPS

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, French Roll, Gluten Free

Fillings

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

Cheese

American, Cheddar or Swiss

Toppings

Mayo, Mustard, Ketchup, Lettuce, Tomato, Pickles,
 Onions, Peppers, Cucumber, Spinach,

SIDES

Veggies

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

Side Salads

Coleslaw, Garden, Spinach or Caesar Salad or Potato
 Salad

& More

- Whipped Potatoes
- Baked Potato
- Baked Fries
- Chips
- Steamed Rice
- Rice Pilaf
- Buttered Pasta
- Fresh Fruit Cup
- Cottage Cheese
- Whole Wheat Roll
- Garlic Bread
- Rice Cakes

FROM THE GRILL

Build a Burger

Bun: Gluten Free Or Whole Wheat Bun

Condiments: Ketchup, Mustard, BBQ, Mayo,
 Basil Mayo, Honey Mustard

Patty: Hamburger, Veggie Patty, Cod Filet, Grilled Chicken

Cheese: Cheddar, American, Swiss

Toppings: Lettuce, Tomato, Pickle, Bacon,
 Onion (Fresh or Grilled), Grilled Mushrooms, Spinach

Grilled Cheese Sandwich

American cheese on white bread

French Dip

Sliced roast beef on a French roll, served with au jus
 (Grilled onions, mushroom and cheese available)

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, Thousand Island, Honey Mustard,
 Vinegar & Oil, Fat Free Italian, Caesar

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

• One entrée per order please.

Beef Medallions

Tenderloin tips in a light mushroom sauce

Northwest Salmon

Marinated and grilled salmon filet

Lemon Crusted Cod

Oven baked cod topped with lemon bread crumbs

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 & salsa

Chicken Cheese Enchilada

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

Personal Size Pizza

Cheese or Sausage or Veggie

Meatball SubSavory meatballs with marinara on a hoagie.
(Available with Cheddar, Swiss or Mozzarella.)**Herb Seared Breast of Chicken**

Seasoned with a blend of spices and grilled

Crispy Chicken Strips

3 Piece 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

Classic Macaroni and Cheese

Penne noodles and cheddar cheese

Penne AlfredoWith Broccoli and Mushroom.
(Available with Grilled Chicken or Grilled Salmon.)**Spaghetti**Noodles and marinara sauce.
(Available with Meatballs.)**Stir Fry over Rice**Broccoli, Carrot, Mushroom, Snow Peas, Bell Pepper.
(Available with Grilled Chicken, Salmon or Tofu.)**Loaded Baked Potato**

Available toppings: Cheese, Broccoli, Bacon, Green Onion, Mushroom, Salsa, Sour Cream, Butter

CONDIMENTS

Salt and Pepper	Salsa	Sugar	Jelly	Creamer (Half & Half)
Mrs. Dash	Sour Cream	Brown Sugar	Syrup Regular	Coffee Mate
Ketchup	Tartar Sauce	Splenda	Syrup Sugar Free	Smart Balance
Tabasco	Cream Cheese	Honey	Lemon Wedges	Butter
	Cranberry Sauce	Cinnamon		

SNACKS

Veggie Plate with Ranch Dressing**Apple Slices** with Peanut Butter or Cheese Slice**Fresh Fruit:** Apple, Banana or Orange, Cantaloupe, Grapes, Blueberries**Meat & Cheese Plate:** Turkey, Ham or Roast Beef with Swiss, Cheddar or American**Other:** Hard Boiled Eggs, Cheese Sticks, Rice Cakes

NUTRITION SUPPLIMENTS

Katie Shake: Orange, Strawberry, Lemon/Lime or Lactose Free 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, Original Soy, Buttermilk

Juice

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

Other Drinks

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

Smoothie

Mixed Berry, Strawberry, Strawberry/Banana
 (Protein powder available)

DESSERTS

Cake and Pie

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

Pudding

Chocolate, Vanilla, Tapioca, Custard

Ice Cream

Vanilla, Orange Sherbet, Popsicles

Cookies

Chocolate Chip or Peanut Butter Cookies

Low Carb Desserts

Sugar Free Chocolate Pudding
 Strawberry Sorbet, Lime Jell-O

Milkshakes

Chocolate, Strawberry, Vanilla
 (Protein powder available)

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: Mushroom, Tomato, Cream of Chicken

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, Original Soy, Milkshakes

Katie Shake: Orange, Strawberry or Lemon/Lime

Boost Pudding: Chocolate or Vanilla

Boost Plus: Chocolate or Vanilla