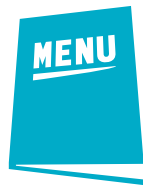


HOW TO PLACE YOUR ORDER

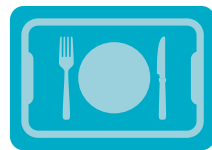
We are pleased to offer At Your Request - Room Service Dining® for our patients. This innovative dining program allows you to select meals from a wide variety of foods designed to enhance your experience as though you were eating at your favorite restaurant.



When you are ready to make your selections, dial "FOOD" (extension 3663) between the hours of 7:00 am and 6:30 pm.



We'll have your meal delivered to your room within forty-five (45) minutes or less.



Guest trays are also available for visiting guests and family members. Guest tray vouchers can be purchased in the cafeteria.



Please call extension 3663 for details.
From outside the hospital 845-348-3006

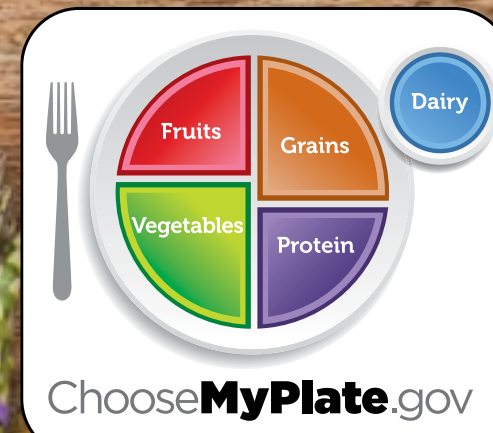
CAFE HOURS

WEEKDAYS

Breakfast 7:00 a.m. to 10:30 a.m.
Lunch: 11:30 a.m. to 2:30 p.m.
Dinner: 4:30 p.m. to 6:30 p.m.

WEEKENDS

Breakfast 7:30 a.m. to 10:30 a.m.
Lunch: 11:30 a.m. to 2:00 p.m.
Dinner: 4:30 p.m. to 6:30 p.m.



HERE IS INFORMATION ABOUT SOME OF THE MORE COMMONLY ORDERED DIETS:

CARDIAC DIET

This diet may be restricted in saturated fat, cholesterol, sodium, caffeine and fluid as needed. This diet is usually ordered for heart patients and patients with high blood pressure.

Suggested Food Choices: Food prepared without added salt or excessive fat, skim or low fat milk, unsalted crackers, fresh fruits, vegetables, egg substitute, lean meat, poultry and fish.

Suggested Foods to Limit: Whole milk, butter, processed meats (bacon, sausage, ham), fried foods, rich desserts and table salt.

DIABETIC/CALORIE CONTROLLED DIET

This diet provides specific amounts of calories, carbohydrate, protein and fat to control blood sugar and/or weight.

Suggested Food Choices: Foods prepared without added sugar, unsweetened cereal, whole grain breads, diet soda, diet gelatin, canned fruits in juice, sugar substitutes, coffee and tea.

Suggested Foods to Limit: Sugar, candy, regular soda, white bread, sweetened cereals and fruit juices.

RENAL DIET

This diet provides specific amounts of protein, sodium, potassium, fluids and/or phosphorus. It is used for patients with kidney disease.

Suggested Food Choices: Foods prepared without salt, fruits and vegetables low in potassium such as green beans, peas, apples, measured portions of meat, milk and dairy products for protein.

Suggested Foods to Limit: Foods prepared with salt, high potassium fruits and vegetables, such as oranges, bananas, tomatoes, potatoes and excessive amounts of meats, milk and other protein sources.

Montefiore | Nyack

MENU

Place orders between 7:00 AM and 6:30 PM
DIAL 3663 (FOOD) TO PLACE YOUR ORDER.
FROM OUTSIDE THE HOSPITAL 845-348-3006



BREAKFAST

JUICES & FRUITS

| | |
|--------------------------------|--|
| JUICE: <i>(4 oz)</i> | Grape (19g), Orange (17g), Apple (21g), Cranberry (21g), Prune (15g), LS V-8 Juice (10g) |
| FRESH FRUIT: | Apple (18g), Banana (22g), Orange (16g), Fresh Fruit Cup (15g) |
| CANNED FRUIT: | Applesauce (14g), Peaches (15g), Pears (17g), Dried Prunes (13g), Fruit Cocktail (10g) |

HOT CEREALS

Cream of Wheat® (23g)
Oatmeal (33g)

COLD CEREALS

Corn Flakes® (18g)
Rice Krispies® (18g)
Cheerios® (GF) (20g)
Raisin Bran® (27g)
Frosted Flakes® (25g)

LOW FAT YOGURT

(Reg. (33g) or Light (19g))

Vanilla, Strawberry, Blueberry

BREADS & BAKERY

Plain Bagel (33g)

English Muffin *(Reg. or Wheat)* (21g)

MUFFIN: Blueberry, Corn, Bran (30g)

MORNING FARE

Scrambled Eggs *(Reg. or Egg Whites)*
Hard Boiled Egg
French Toast *(Reg. or Whole Wheat)* (33g)
Pancake *(Buttermilk or Whole Wheat)* (17g)
Fresh Strawberries

BREAKFAST SIDES:

Hash Brown Potatoes (21g)
Bacon
Turkey or Pork Sausage
Cottage Cheese

OMELET & BURRITO SHOP

(Made-to-Order)

Eggs: Regular or White

OMELET EXTRAS:

Cheese, Onion, Tomato, Mushrooms,
Green Pepper, Broccoli, Spinach,
Ham, Bacon, Salsa

BREAKFAST SANDWICH:

CHOICE OF: English Muffin (21g) or
Kaiser Roll (33g)

CHOICE OF FILLING:

Egg, Cheese, Bacon, Ham

LUNCH & DINNER

BROTHS & SOUPS

| | |
|---------------------|--|
| LS GF BROTH: | Vegetable, Beef, Chicken |
| LS SOUP: | Tomato Basil (16g), Chicken Noodle (16g), Cream of Chicken (15g), Garden Vegetable (GF) (10g) |

FROM THE GARDEN

| | | |
|---------------------------|---|---|
| SIDE SALADS: | Garden Salad Spinach Salad (GF) (7g), Carrot & Celery Sticks (3g), Creamy Cole Slaw (7g), Macaroni Salad (18g) | DRESSINGS: Italian <i>(Reg. & LF)</i> French <i>(Reg. & LF)</i> Ranch <i>(Reg. & LF)</i> Caesar <i>(Reg. & LF)</i> Balsamic Vinaigrette (GF) Honey Mustard |
| ENTRÉE SALADS: | Chicken Caesar Salad (9g), Chef Salad (GF) (9g), Chicken (20g), Tuna (20g) or Egg Salad Cold Plate (20g), Fruit & Cottage Cheese Plate (GF) (34g) | |

DELI BAR

| | | |
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| BREADS: | Wheat (12g), White (14g), Multi-grain (18g), Marble Rye (14g), Kaiser Roll (33g), White (GF) (14g) | GRILL FAVORITES Grilled Cheese (30g) BLT (32g) Hamburger (28g) Cheeseburger (30g) Baked Chicken Tenders (21g) Grilled Chicken Breast Sandwich (28g) Black Bean Burger (43g) Chicken Fajita (38g) |
| GARDEN: | Onion, Lettuce, Tomato, Dill Pickle | |
| CHEESES: | American, Cheddar, Provolone, Swiss | |
| MEATS & FILLINGS: | Ham, Turkey, Roast Beef, Chicken (GF), Tuna (GF) or Egg Salad (GF) | |

SIGNATURE DELI

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| TURKEY FLATBREAD (26g) Turkey, Red Onion & Spring Mix with Cranberry Mayo on Whole Grain Flatbread | MEDITERRANEAN VEGGIE WRAP (43g) Grilled Eggplant with Cucumbers, Peppers, Lentils and shallots in a Whole Grain Tortilla with Tzatziki Sauce and Feta |
|---|---|

AMERICAN COMFORTS

| | |
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| TURKEY MEATLOAF (12g) Traditional home-style meatloaf which is seasoned then oven baked | SLICED ROAST TURKEY BREAST (GF) Oven slow roasted then carved to the plate |
| FARMER’S POT ROAST (17g) Tender slow roasted beef pot roast and veggies | HERB GRILLED CHICKEN BREAST (GF) Marinated in a flavorful herb sauce |
| BEE STEW Chicken (18g) or Vegetable (7g) | COD (GF) Cod Marinated in a blend of Orange and Lemon Juice and Herbs |
| BRAISED PORK (GF) (5g) Pork smothered in a Dijon Mustard Sauce. | PARSLEY & GARLIC SALMON (GF) Baked Salmon topped with Garlic and Parsley |

Condiments available upon request

DIAL 3663 (FOOD) TO PLACE YOUR ORDER.
If your Physician has prescribed a modified diet, some items may not be available.

LUNCH & DINNER

PERSONAL CHEESE PIZZA (44g)

YOUR CHOICE OF:

Green Peppers, Onions, Fresh Mushrooms,
Broccoli, Tomatoes, Pepperoni
** Gluten Free Pizza available.*

ITALIAN “STYLE”

| | |
|---------------|---|
| PASTA: | Spaghetti (32g), Penne (23g), Pasta (GF) (23g) |
| SAUCE: | Marinara (GF) (2g), Alfredo (5g), Meat Sauce (GF), Pesto (GF) |
| ADD: | Meatballs or Grilled Chicken |

SIGNATURE

Penne Fantastica (43g)

**Penne (Pasta (GF)) tossed with Fresh Spinach, Roasted Red Peppers,
Sun-Dried Tomatoes and Pesto.**

ACCOMPANIMENTS

| | |
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| VEGETABLES: | Carrots (7g), Green Beans (6g), Corn (18g), Broccoli, Zucchini, Vegetable Medley (6g), Peas (13g) |
| ON THE SIDE: | White Rice (17g), Brown Rice (20g), Whipped Potatoes (20g), Oven Baked Fries (24g), Baked Potato (31g), Mashed Sweet Potatoes (14g), Bread Stuffing (16g), Macaroni & Cheese (23g) |
| COMPLIMENTS: | Dinner Roll <i>(White or Wheat)</i> (22g), Baked Potato Chips (43g), Pita Chips (28g), Hummus (6g) |

BEVERAGES

| | | | |
|--------------|--|--|--|
| HOT: | Coffee <i>(Reg. or Decaf)</i> , Herbal Tea <i>(Reg. or Decaf)</i> , Hot Chocolate <i>(Reg. or SF)</i> | JUICE: | Grape, Orange, Apple, Cranberry, Prune |
| COLD: | Lemonade <i>(Reg. or Diet)</i> , Iced Tea <i>(Reg. or Decaf)</i> , Ginger Ale <i>(Reg. or Diet)</i> , Cola, Bottled Water | COLD MILK: <i>(8 oz = 11g)</i> | Fat Free, 1% Low Fat, Whole, Chocolate (26g), Lactose Free (13g), Soy (8g) |

DESSERTS

| | | | |
|----------------------------|---|--|---|
| COOKIES: | Graham Crackers (17g), Chocolate Chip (15g), Oatmeal Raisin (14g), Lorna Doone <i>(Reg. or SF)</i> (21g) | PUDDING: <i>(Reg. (25g) or SF)</i> | Vanilla, Chocolate |
| | | GELATIN: <i>(Reg. or SF (10g))</i> | Berry, Citrus (19g) |
| YUMMY DELIGHTS: | Apple Pie (34g), Carrot Cake (50g), Angel Food Cake (36g) <i>(Topping and Strawberry)</i> | FROZEN DESSERTS: <i>(Reg. (19g) or SF (15g))</i> | Ice Cream: Vanilla or Chocolate Fruit Ice: Lemon or Cherry (18g) Lactose Free Ice Cream (16g) |

KEY

**(G): CARBOHYDRATES • FF: FAT FREE • LF: LOW FAT
LS: LOW SODIUM • SF: SUGAR FREE • GF: GLUTEN FREE**

DIAL 3663 (FOOD) TO PLACE YOUR ORDER.
If your Physician has prescribed a modified diet, some items may not be available.

LIQUID DIETS

CLEAR LIQUID DIET

| | |
|--|--------------------------|
| LS BROTH: | Vegetable, Beef, Chicken |
| JUICE: | Grape, Apple, Cranberry |
| GELATIN: <i>(Reg. or SF)</i> | Berry, Citrus |

FRUIT ICE

COFFEE *(Reg. or Decaf)*

HOT TEA *(Reg. or Decaf)*

LEMONADE *(Reg. or Diet)*

ICED TEA *(Reg. or Decaf)*

GINGER ALE *(Reg. or Diet)*

FULL LIQUID DIET

Includes All Clear Liquid Diet Items Plus the Following:

| | |
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| | Pureed Soup Cream of Wheat® Vanilla Yogurt |
| PUDDING: <i>(Reg. or SF)</i> | Vanilla, Chocolate |
| ICE CREAM: | Vanilla, Chocolate |
| MILK: | Fat Free, 1% Low Fat, Chocolate, Lactose Free, Soy |

DIAL 3663 (FOOD) TO PLACE YOUR ORDER.
If your Physician has prescribed a modified diet, some items may not be available.