

HOW TO PLACE YOUR ORDER

We are pleased to offer room service delivery 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 will have your meal delivered to your room.



Please call extension 3663 for details. From outside the hospital call 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: Food 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 (4 OZ): Grape (19g), Orange (17g), Apple (21g), Cranberry (21g), Prune (15g),

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

BREADS & BAKERY

Plain Bagel (33g), English Muffin (Reg or Wheat) (21g)

MUFFIN

Blueberry, Corn

SUNRISE CUISINE

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

BREAKFAST SIDES

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

OMELET

(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

LIQUID DIETS

CLEAR LIQUID DIET

LS Broth: Vegetable, Beef, Chicken

Juice: Grape, Apple, Cranberry

Gelatin (Reg. or SF): Berry, Citrus

FRUIT ICE

COFFEE (Reg. or Decaf)

HOT TEA (Reg. or Decaf)

LEMONADE

GINGER ALE

FULL LIQUID DIET

Includes All Clear Liquid Diet Items Plus the Following:

Pureed Soup, Cream of Wheat®, Vanilla Yogurt

Pudding (Reg. or SF):

Vanilla, Chocolate

Ice Cream:

Vanilla, Chocolate

Milk:

Fat Free, 1% Low Fat, Chocolate, Lactose Free, Soy

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)

GARDEN SIDES

Garden Salad, Carrot & Celery Sticks (3g), Creamy Cole Slaw (7g), Macaroni Salad (18g)

DRESSINGS

Italian (Reg & LF), Ranch (Reg & LF), Caesar (Reg & LF), Balsamic Vinaigrette (GF)

DELI BAR

BREADS

Wheat (12g), White (14g), Marble Rye (14g), Kaiser Roll (33g), White (GF) 34g)

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)

FROM THE GRILL

Grilled Cheese (30g), BLT (32g), Hamburger (28g), Cheeseburger (30g), Baked Chicken Tenders (21g), Grilled Chicken Breast Sandwich (28g), Black Bean Burger (43g), Chicken Quesadilla (32g)

ENTREES

TURKEY MEATLOAF (12g)

Traditional home-style meatloaf which is seasoned then oven baked

FARMER'S POTROAST (17g)

Tender slow roasted beef pot roast and veggies

SLICED ROAST TURKEY BREAST (GF)

Oven slow roasted then carved to the plate

HERB GRILLED CHICKEN BREAST (GF)

Marinated in a flavorful herb sauce

PARSLEY & GARLIC SALMON (GF)

Baked Salmon topped with Garlic and Parsley

SHRIMP SCAMPI (GF)

Sautéed Shrimp finished in a rich garlic sauce

CHICKEN STIR FRY

Chicken and vegetables stir fried in a sweet and tangy sauce

LUNCH & DINNER

PASTA

Spaghetti (32g), Penne (23g), Pasta (GF) 23g)

SAUCE:

Marinara (GF), (2g), Alfredo (5g)

ADD:

Meatballs or Grilled Chicken

ACCOMPANIMENTS

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), Macaroni & Cheese (23g)

COMPLIMENTS:

Dinner Roll (White or Wheat) (22g), Baked Potato Chips (43g), Pita Chips (28g), Hummus (6g)

BEVERAGES

HOT:

Coffee (Reg. or Decaf), Herbal Tea (Reg. or Decaf), Hot Chocolate (Reg. or SF)

COLD:

Lemonade (Reg. or SF), Ginger Ale (Reg. or Diet), Cola, Bottled Water

JUICE:

Grape, Orange, Apple, Cranberry, Prune

COLD MILK:

(8 OZ = 11G)
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 (21g)

YUMMY DELIGHTS:

Apple Pie (34g), Carrot Cake (50g), Angel Food Cake (Reg. or SF) (21g)

PUDDING:

(Reg. (25g) or SF)
Vanilla, Chocolate

GELATIN:

(Reg. or SF (10g))
Berry, Citrus (19g)

FROZEN DESSERTS:

(Reg. (19g) or SF (15g))
Ice Cream: Vanilla or Chocolate
Fruit Ice: Lemon or Cherry (18g)

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.

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