

LIQUID DIETS

CLEAR LIQUID MENU

Juices

Apple (1g) | Grape (1g) | Cranberry (1g)

Broths

Chicken | Beef | Vegetable

Hot Beverages

Fresh Brewed Coffee:

Regular

Tea:

Decaf

Gelatin (18g)

Italian Ice (2g)

FULL LIQUID MENU

Juices

Apple (1g) | Cranberry (1g)

Grape (1g) | Orange (1g)

Prune (20g)

Cereals

Cream of Wheat (2g)

Oatmeal (1.5g) | Grits (1.5g)

Broths

Beef | Chicken | Vegetable

Soup

Soup of the Day (Pureed)

Desserts

Pudding:

Vanilla (1.5g) | Sugar-Free Vanilla (1g)

Chocolate (1.5g) | Sugar-Free Chocolate (1g)

Ice Cream:

Vanilla (1g) | Sugar-Free Vanilla (1g)

Chocolate (1g) | Sugar-Free Chocolate (1g)

Sherbet (2g)

Gelatin:

Regular (1g) | Sugar-Free (0g)

Hot Beverages

Fresh Brewed Coffee:

Regular

Tea:

Decaf

Cold Beverages

Iced Tea (1g)

A Patient Dining Associate will come to your room to review your menu choices, and adjust them as needed. Please use this menu throughout your stay to help you with making your selections.

Please let your Patient Dining Associate know if you have any religious, ethnic, or other special diet restrictions.

To Speak with a Food and Nutrition Services Supervisor please call:

Virtua Our Lady of Lourdes

2-3590 Supervisor

856-261-9440 Supervisor Cell Phone

Virtua Willingboro

8-4042 Supervisor



MENU

BELIEVE IN
THE POWER OF
food



TO PLACE
YOUR ORDER:

A Patient Dining Associate will
visit you to take your order.

Our menu features daily Chef Specials as well as comforting "Alternative" items. Our skilled Chefs prepare each meal using the freshest ingredients tailored to your prescribed diet.

We have additional seasonings available that you can request to suit your personal taste. If you have questions about your diet, a Registered Dietitian is available to assist you.

Your meal will be freshly prepared and delivered to you during the meal time.

DIET INFORMATION

Your diet, like your medication, is an important part of your treatment and may speed your recovery. You will receive the diet ordered by your doctor who may transition your diet through your stay.

- Regular** - There are no diet restrictions for this diet.
- Sodium Restricted (2000 mg sodium)** - You will be served herbs and spices instead of salt as your seasoning. Foods such as processed cheese, bacon, luncheon meats, hot dogs, sausage and ham will be limited.
- Low Cholesterol / Low Fat** - You will be served fresh fruits and vegetables, lean meats, low-fat salad dressings and low-fat dairy products.
- Consistent Carbohydrate** - Carbohydrate containing foods have the greatest effect on your blood sugar. You will be served the same amount of carbohydrates at each meal. Foods that contain carbohydrates include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, sodas and sweets/desserts.
- Renal** - While on this diet, your meals may limit one or more of the following: Fluids, Protein - found in eggs, meat, and dairy products (milk, cheese), Sodium - found in cured meats (bacon/ ham) and other highly processed foods, Potassium - high in some fruits and vegetables, Phosphorus - found in milk, nuts, chocolate and colas.
- Clear Liquid** - You will be served clear liquids including juices, coffee, tea, broth, and jello. Milk or cream with your coffee will not be served.
- Full Liquid** - In addition to clear liquids, you may enjoy milk and milk products, including pudding and yogurt.

*Heart Healthy or Cardiac diets can include the combination of the Low-Cholesterol / Low-Fat and Sodium Restricted diets.



A COMPASS ONE HEALTHCARE COMPANY



BREAKFAST

SUNDAY

Classic Breakfast Plate

Scrambled Eggs
Bacon | English Muffin (1.5)
Fresh Orange (1)

MONDAY

Cheese Omelet

Turkey Sausage
Sautéed Breakfast Potatoes (1.5)
English Muffin (1.5) | Fresh Fruit Cup (1)

TUESDAY

French Toast Platter

Grilled Cinnamon French Toast (2)
Scrambled Eggs
Sausage Links | Fresh Orange (1)

WEDNESDAY

Turkey Sausage Breakfast Plate

Scrambled Eggs | Turkey Sausage Links
English Muffin (1.5) | Fresh Fruit Cup (1)

THURSDAY

Home-style Breakfast Platter

Buttermilk Pancakes (2)
Cheese Omelet | Bacon | Fresh Orange (1)

FRIDAY

Country Breakfast

Scrambled Eggs
Sautéed Breakfast Potatoes (1.5)
Sausage | English Muffin (1.5)
Fresh Orange (1)

SATURDAY

Sunrise Breakfast

Buttermilk Pancakes (2)
Scrambled Eggs | Turkey Sausage
Fresh Fruit Cup (1)

BREAKFAST ALTERNATIVES

Eggs

Hard Boiled | Scrambled
Egg White Scrambled | Fried | Omelet

Sides

Breakfast Potatoes (1.5) | Bacon
Chicken or Turkey Sausage

Cereals

Grits (1.5) | Oatmeal (1.5) | Cream of Wheat (2)
Assorted Cold Cereal (1)
Blueberry Muffin (2) | English Muffin (1.5)
Bagel (3.5) | Assorted Toast (1)

Fruits & Yogurts

Fresh Fruit Cup (1) | Diced Peaches (1) | Pears (1)
Applesauce (1) | Seasonal Fresh Fruit (1)
Assorted Yogurts (1)



LUNCH

SUNDAY

Roasted Turkey with Herb Gravy (1)
Mashed Potatoes (1), Baby Carrots (0.5),
Dinner Roll (1), Fruit Cup (1)

Chicken Salad on Kaiser Roll (2)

Tomato Soup (0.5), Side Salad

MONDAY

Penne Pasta with Meat Sauce (1)

with Broccoli (0.5), Dinner Roll (1),
Peaches (1)

Chef Salad (0.5)

Choice of Dressing
Vegetable Soup (0.5), Saltine Crackers (1)

TUESDAY

Beef Stroganoff served with Egg Noodles (2)

Baby Carrots (0.5), Sugar Cookie (1)

Hummus and Pita Platter (2)

served with Broccoli Cheddar Soup (1)

WEDNESDAY

Hamburger on Bun (1.5)

Side Salad,
Tomato Soup (0.5),
Baked French Fries (1.5),
Pears (1)

Fresh Fruit & Cottage Cheese Plate (2)

served with Tomato Soup (0.5),

THURSDAY

Chicken Alfredo Penne Pasta (2)

served with Broccoli (0.5)
Fresh Fruit Cup (1)

Turkey Club Sandwich (2)

with Chicken Noodle Soup (0.5)

FRIDAY

Grilled Boneless Chicken Breast

Mac and Cheese (1.5),
Fresh Green Beans,
Chocolate Chip Cookie (1)

Tuna Salad Sandwich (2.5)

Tomato Soup (0.5)

SATURDAY

Turkey Burger on Wheat Bun (2)

with Lettuce, Tomato, Onion, served
Chicken Noodle Soup (0.5),
Side Salad
Angel Food Cake (2)

Egg Salad on Kaiser Roll (2)

with Vegetarian Chili (0.5)

DINNER

SUNDAY

Beef Stroganoff served with Egg Noodles (2)
Green Beans,
and Chocolate Pudding (1)

Salmon Caesar Salad

Broccoli Cheddar Soup (1),

MONDAY

Asian Chicken Stir Fry (1)

Rice (1), Orange (1)

Tuna Salad Sandwich (2.5)

Tomato Soup (0.5)

TUESDAY

Homemade Meatloaf served with Gravy (1)

(made with Beef & Turkey)
served with Mashed Potatoes (1)
Vanilla Pudding (1)

Chicken Caesar Wrap (3)

Vegetable Soup (0.5)

WEDNESDAY

Chicken Caesar Salad

Broccoli Cheddar Soup (1),
Dinner Roll (1)
Chocolate Chip Cookie (1)

Cheese Quesadilla (3)

served with Vegetarian Chili (0.5)

THURSDAY

Roasted Turkey with Herb Gravy (1)

Mashed Sweet Potatoes (1),
Green Beans, Dinner Roll (1)
Angel Food Cake (2)

Classic Grilled Cheese Sandwich (2)

Tomato Soup (0.5)

FRIDAY

Seared Tilapia

Broccoli (0.5), Brown Rice (1.5),
Oatmeal Cookie (1)

Chef Salad (0.5)

Chicken Noodle Soup (0.5)

SATURDAY

Chicken Parmesan (1)

Penne Pasta (2),
Green Beans, Sugar Cookies (1)

Fruit and Yogurt Plate (3)

served with a Blueberry Muffin (2),
Vegetable Soup (0.5)

LUNCH & DINNER ALTERNATIVES

Build Your Own Sandwich

Turkey | Tuna | Chicken Salad
Available on Wheat | White Bread (1)
Roll (2) | Wrap (3)
Lettuce | Tomato | Onion | Pickles
Cheese: American | Swiss | Provolone

Soups & Salads

Chicken Caesar Salad (1)
Chef Salad (0.5) | Garden Salad
Cottage Cheese and Fruit Plate (2)
Dressings: Italian, Ranch (1), Caesar,
Fat Free Ranch (1), Fat Free Italian
Soups: Chicken Noodle (0.5) | Tomato (0.5)

Hot Grill

Grilled Cheese (2) | Hamburger (2)
Turkey Burger (2) | Garden Burger (3)
Grilled Chicken Sandwich (2)
Chicken Tenders (1)
Cheese Steak Chicken or Beef (4)
Lettuce | Tomato | Onion | Pickles
Cheese: American | Swiss | Provolone

Comfort Foods

Baked Fish
Grilled Chicken
Penne Pasta with Marinara (2) | Pizza (4)
Mac and Cheese (2)

Sides

White or Brown Rice (1.5)
Mashed Potatoes (1) | Pasta (2)
French Fries (1.5) | Carrots (0.5) | Broccoli
Green Beans | Lettuce & Tomato
Side Salad

Desserts

Ice Cream (1) | SF Ice Cream (1)
Sherbet (2) | Water Ice (2)
Chocolate Chip Cookies (1.5)
Sugar Cookies (1.5)
Seasonal Fresh Fruit (1)
Angel Food Cake (2)
Gelatin (1) | Pudding (1.5)

Beverages

Coffee: Regular | Decaf
Tea: Regular | Decaf | Iced
Juice: Apple (1) | Cranberry (1)
Orange (1) | Prune (1)
Lemonade (2) | Unsweetened Iced Tea
Milk: Skim | 2% | Soy (1) | Whole
Lactose Free (1)