

Room Service Menu

Breakfast

Cereal

Raisin Bran
Cheerios
Cornflakes
Granola (low fat)

Oatmeal
*Plain
*Cinnamon & Apple
Cream of Wheat

Breakfast Entrees

French Toast
Pancakes
Cholesterol Free
Scrambled Eggs

Cholesterol Free Omelet
*Cheese (low fat)
*Pepper & Onion

Fruit Plate w/Yogurt

- *Fresh fruit
- *Soft Fruit
- *Low Calorie Fruit

Breads

Bagels
* Plain
* Raisin
English Muffin
Danish
* Apple
* Raspberry

Toast
* White
* Raisin
* Rye
* Whole Wheat
Muffins
* Corn
* Blueberry

Choice of Sides

Roasted Red Potatoes - Mashed Potatoes
Rice - Noodles
And
Baby Carrots - Veggie Medley - Green Beans
- Butternut Squash

Beverages

Juice: Orange, Apple, Grape
Cranberry Cocktail (regular or sugar reduced)
V8 (Sodium Reduced)

Coffee/Tea: Regular or Decaf
Herbal Tea: Chamomile, Green, Peppermint

Hot Cocoa: Regular or Sugar Reduced
Milk: Skim, 1%, Chocolate, Lactaid, Soy

Lunch & Dinner

Make Your Own Sandwich Platter...

(Lettuce, Tomato, Coleslaw available)

Breads...

White - Whole Wheat - Rye - Wrap
- Wheat Sub Roll - Wheat Bulkie Roll -Hamburg Roll

Cheese...

Fat & Sodium Reduced Cheddar

Fillings...

Sliced Turkey
Tuna Salad
Grilled Pesto Chicken
Roasted Veggie
Fat & Sodium reduced Grilled Cheese
Grilled Chicken Breast

Chicken Salad
Veggie Burger
California Chicken

Personal Size Cheese Pizza

* w/Veggie Crumbles * w/Veggies

Entrée Salads

Large Fresh Veggie Plate
Tuna or Chicken Salad Plate
Caesar Salad, Plain or Grilled Chicken
Cottage Cheese & Fruit Plate (Fresh, Low Calorie or Soft fruit)

Soup & Crackers

*Soup du Jour *Chicken Noodle
Broth: Chicken or Beef (Regular or Sodium Reduced)

Side Orders

Garden Salad Cottage Cheese
Yogurt: Peach or French Vanilla (low fat)
Blueberry or Strawberry (low fat, sugar reduced)
Soy Yogurt: Blueberry or Strawberry

Hot Entrees

Tilapia w/Lemon Zest - Mild fish filet with lemon bread-crumbs.

Mediterranean Pasta - Penne pasta w/ olives, onions, beans, and garlic in seasoned tomato sauce.

Sliced Turkey - Sliced Roast Turkey with sodium and fat reduced gravy.

Chicken Breast w/Lemon Sauce - Grilled boneless breast of chicken, marinated & served in a light lemon sauce. (available without lemon sauce)

Florentine Loaf - Seasoned meatloaf with a tomato horseradish sauce.

Roasted Vegetable Lasagna - Fresh zucchini, summer squash, eggplant & mushrooms brushed w/roasted garlic & olives, layered w/cottage cheese, spinach lasagna noodles & marinara sauce.

Orders may be placed
7 a.m. to 7 p.m.

To place your order, please
call the extension listed below that
corresponds with the facility where
you are located.

Baystate Medical Center
Ext. 43463

Mary Lane Hospital
Ext. 73463

Franklin Medical Center
Ext. 33463



Baystate Health System

Food & Nutrition Services
Cardiac/Calorie Diet