



Desserts

- Angel Cake
- GF Chocolate Pudding
- GF Tapioca Pudding
- GF Custard
- GF Jello
- GF Popsicle
- GF Sorbet Orange, Strawberry or Lemon
- GF Italian Ice Lemon or Cherry
- GF Ice Cream Chocolate, Vanilla or Strawberry
- GF Frozen Yogurt
- GF Raspberry Sherbet

Fruits

- Sliced Peaches
- Diced Pears
- Grapes
- Applesauce
- Apples
- Fruit Cup
- Bananas
- Oranges

Beverages

- Coffee
- Tea
- Herbal Tea
- Hot Chocolate
- Ginger Ale
- Coke
- Root Beer
- Diet Soda available
- Seltzer Water
- Milk
- Juice

Specials

- | Lunch/Soup Specials | Dinner/Entrée |
|------------------------|--|
| Sun GF Butternut Apple | Sun Pot Roast |
| Mon Cream of Broccoli | Mon Chicken Parmesan with Pasta |
| Tues GF Lentil | Tues GF Baked Haddock with Julienne Vegetables |
| Wed Corn Chowder | Wed Turkey Shepherd's Pie |
| Thur Beef Barley | Thu Grilled Chicken Marsala |
| Fri Chowder du Jour | Fri Seafood Casserole |
| Sat Cream of Chicken | Sat Roast Pork w/ Balsamic Glaze |



The heart of Catholic Medical Center is to provide health, healing, and hope in a manner that offers innovative, high quality services, compassion, and respect for the human dignity of every individual who seeks or needs our care as part of Christ's healing ministry through the Catholic Church.



Patient Experience—Putting Patients First
At CMC we value your opinion. After you leave the hospital, you will receive a confidential survey regarding your experience. Your opinions help us understand what we are doing right and what we need to improve. Thank you in advance!



dining
heart healthy menu



Information About Your Diet

A CMC Nutrition Ambassador will be assisting you with your menu selection prior to each meal. If you would like to see your dietitian, please alert your Nutrition Ambassador. If your doctor has prescribed a modified diet for you, some items on this menu may not be allowed or may be modified to fit your prescribed diet order.

Registered Dietitians

Registered Dietitians are available to discuss your modified diet. If you would like to see your dietitian please alert your Nutrition Ambassador or call the Diet office at 603.663.6953 for further nutrition education.





Breakfast

Yogurts

- Fruited Yogurt — Blueberry, Strawberry or Vanilla
- Greek Yogurt — Blueberry, Strawberry or Vanilla

Cereals

- Cornflakes
- Cream of Wheat
- Crispy Rice
- Oatmeal
- Raisin Bran
- Rice Chex
- Shredded Wheat
- Special K
- Toasty-O's

Hot Off The Grill

- Scrambled Eggs
- Egg Substitute
- Breakfast Sandwich *your choice of bread, cheese*
- Omelets
- Choice: *Cheese Onions Peppers Mushroom Tomato*
- French Toast
- Pancakes

Breakfast Breads

- Wheat Toast
- White Toast
- Rye Toast
- English Muffin
- Bagel
- Apple Muffin
- Blueberry Muffin
- Corn Muffin
- Banana Bread
- Gluten-Free Bread

Soups & Starters

- Chicken Broth
- Chicken Noodle Soup
- Soup du Jour *(see back page)*
- Tomato Soup
- Vegetable Soup

Salads

- Garden Side Salad *Italian French Oil & Vinegar*
- Chef Salad *Italian French Oil & Vinegar*
- Grilled Italian Chicken Salad
- Cottage Cheese and Fruit Plate

Hot Sandwiches

- Hamburger
- Cheeseburger
- Veggie Burger
- Grilled Cheese
- Choice of *Tuna or Tomato*
- Cheese Quesadilla
- Also available w/ *chicken*

Pasta Bar

- Penne
- Linguini
- Cheese Tortellini
- Gluten-Free Pasta

Sauces

- Red Sauce
- Meat Sauce

Toppings

- Meatballs
- Grilled Chicken

Create Your Own Sandwich

- Chicken Salad
- Peanut Butter & Jelly
- Tuna
- Turkey Breast
- Egg Salad

Breads

- Wheat
- White
- Rye
- Bulkie Roll
- Pita Pocket
- Gluten-Free Bread

Vegetables

- Lettuce
- Tomato
- Sliced Onion

Entrées

- Baked Haddock
- Grilled Chicken Breast
- Chicken & Gravy with Peas and Carrots
- Shrimp Scampi w/ Linguini
- Boneless Pork Chop
- Roasted Turkey
- Macaroni & Cheese *also available as a side dish*
- Meatloaf
- NY Sirloin Steak
- Chef Special *(see back page)*

Sauces available with any of the above: *Mustard Glaze*
Poultry Gravy
Beef Gravy
BBQ Sauce

Sides

- Broccoli
- Carrots
- Squash
- Mixed Veggies
- Baked Potato
- Mashed Potato
- White Rice
- Dinner Roll

