



AULTMAN

CARDIAC PATIENT DINING MENU



AVI FOODSYSTEMS[®]

THE FAMILY DIFFERENCE IN HOSPITALITY SERVICES



AVI Fresh is proud to be the culinary services partner to Aultman Hospital. We take extraordinary pride in providing the highest quality, freshest menu available. Thank you for the opportunity to serve you.




We offer a variety of fresh daily features and an Always Available menu for your enjoyment.

A Cardiac diet has been prescribed to you by your physician. This diet is a plan to eat plenty of nutrient-rich foods, while avoiding foods that are high in fat, cholesterol, sodium and caffeine. We offer varieties of fresh foods in place of processed or fried foods to provide a nutritious meal.

If you have questions or concerns about your diet, please call ext. 36459. If you or your family are outside of the hospital, please call (330) 363-6459.

CARBOHYDRATE COUNTING




The exact carbohydrate amount for each menu item is listed alongside the selection. Those following a carbohydrate-controlled diet can choose items that align with a goal of up to 60 grams of carbohydrates per meal, or per your physician's order.

-  Vegetarian
-  Vegan
-  Gluten-Sensitive







The GS icon indicates selections are prepared without gluten ingredients.

RISE N' SHINE DAILY BREAKFAST SPECIALS








CLASSICS

- Buttermilk Pancake, 1 pancake (21) 
- Low-Cholesterol Eggs (0)  






FRESH FRUIT

- Banana (32)   
- Fruit Cup (10)   


SIDES

- Breakfast Potatoes (20)  
- Turkey Sausage, 2 links (1) 
- Cottage Cheese (3)  
- Vanilla Yogurt (9)  

CEREALS

- Cheerios (14)   
- Raisin Bran (28)  

HOT CEREALS





- Oatmeal (25)  
- Grits (25)   

BAKERY

- Blueberry Muffin (27) 

BEVERAGES



HOT

- Coffee (0)   
- Decaf Coffee (0)   
- Hot Tea (0)   
- Decaf Hot Tea (0)   

COLD

- Iced Tea (0)   
- Lemonade (16)   
- Diet Lemonade (0)   
- Soft Drinks (28)   
- Diet Soft Drinks (0)   

JUICE

- Apple (15)   
- Orange (13)   

MILKS

- Skim Milk (7)  
- 2% Milk (7)  
- Lactose Free Milk (11)  
- Soy Milk (15)   



DAILY CULINARY SPECIALS

MONDAY

LUNCH

Cornflake Chicken with Gravy (12) 

Traditional Stuffing (24)

Broccoli Vegetable Medley (9)   

DINNER

Meatloaf (14)

Baked Sweet Potato (39)   

Green Beans (6)   

THURSDAY

LUNCH

Homemade Meatloaf (14)

Yukon Gold Whipped Potatoes (20)  

Steamed Broccoli (8)   

DINNER

Roast Turkey (2) 

Traditional Stuffing (24)

Roasted Butternut Squash (15)   

SATURDAY

LUNCH

Beef Stroganoff (4)



Herbed Egg Noodles (19) 

Zucchini and Carrot
Medley(4)   

DINNER

Barbecue Chicken (13) 

Herb Roasted Red Potatoes (19)   

Corn (26)  

TUESDAY




LUNCH

Chicken Noodle Casserole (31)

Peas and Carrots (12)

DINNER

Pork Tenderloin Marsala (12)

Rice Pilaf (37)   




Roasted Vegetables (6)   

FRIDAY

LUNCH




Hamburger (30)

Potato Wedges (20)  

Garden Salad (4)   

DINNER

Penne with Meat Sauce (40)



Roasted Zucchini and
Yellow Squash (4)   

Garlic Breadstick (14) 

SUNDAY

LUNCH


Ricotta Stuffed Shells (33) 

Garlic Breadstick (14)  

Roasted Vegetables (6)   

DINNER

Slow Cooked Pot Roast (4) 

Steamed Red Skin
Potatoes (18)   

Steamed Carrots (11)   

WEDNESDAY

LUNCH

Shaved Roast Beef with Gravy (5)

Mashed Potatoes (21)  

Steamed Carrots (11)   

DINNER

Sloppy Joe on Bun (37)

Potato Wedges (20)  




Garden Salad (4)   












ENTRÉES

- Meatloaf (14)
- Pasta Marinara (58) 
- Baked Cod (1) 
- Seared Salmon (0) 
- Grilled Chicken Breast (3) 

SIGNATURE SANDWICHES

- Grilled Chicken Sandwich (30)
- Turkey Burger (32)
- Grilled Cheese with Swiss (23) 
- Peanut Butter and Jelly (54)  



SALADS

- Small Garden Salad (4)   
- Large Garden Salad (9)   
- Large Garden Salad with Grilled Chicken (8) 
- Fresh Fruit Cup (10)   






SIDES

- Green Beans (6)   
- Mashed Potatoes (21)  
- Steamed White Rice (32)   

SOUPS

- Chicken Noodle (10)
- Tomato (8)  






BROTHS

- Beef Broth (3) 
- Chicken Broth (3) 
- Vegetable Broth (3)   

DESSERTS

- Vanilla Pudding (23)  
- Chocolate Pudding (23)  
- Gelatin (15) 
- Chocolate Cake (32) 
- Sugar Cookie (18) 
- Chocolate Chip Cookie (26)
- Strawberry Shortcake (21) 

SUGAR FREE

- Vanilla Pudding (13)  
- Chocolate Pudding (16)  
- Gelatin (1) 

WHEN ORDERING GUEST TRAYS

Guest trays are available for \$10.00 and must be paid in advance by credit card.

To arrange payment, please contact Nutrition Services at (330.363.6459).

Guest meals are served during the patient's next regularly scheduled meal delivery and will feature the house menu selections only.



Scan here for more information!

