



# AULTMAN

## PATIENT DINING MENU



AVI FOODSYSTEMS<sup>®</sup>

THE FAMILY DIFFERENCE IN HOSPITALITY SERVICES



AVI Fresh is proud to be the culinary services partner to Aultman Hospital. Our goal is to provide you with healthy, fresh meals created by our Chefs, prepared by the culinary team, approved by our Registered Dietitians and served to you by our Patient Service Ambassador. 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. Our Patient Service Ambassador will guide you in making your meal selections. We will ensure the foods you select fit in to the diet your doctor has ordered. If a meal selection does not fit into your diet plan, our Patient Service Ambassador will be able to offer you an alternate selection.

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.

- V Vegetarian
- VE Vegan
- GS Gluten-Sensitive

The GS icon indicates selections are prepared without gluten ingredients.

# RISE N' SHINE DAILY BREAKFAST SPECIALS

## CLASSICS

- Buttermilk Pancake (21) V
- Scrambled Eggs (0) GS V
- Hard-Cooked Egg (1) GS V

## FRESH FRUITS

- Banana (32) GS V VE
- Fruit Cup (10) GS V VE

## SIDES

- Breakfast Potatoes (20) GS V
- Bacon, 2 slices (0) GS
- Turkey Sausage, 2 Links (1) GS
- Pork Sausage Patty (1) GS
- Cottage Cheese (3) GS V
- Vanilla Yogurt (9) GS V

## CEREALS

- Cheerios (14) GS V VE
- Raisin Bran (28) V VE
- Oatmeal (25) V VE
- Grits (25) GS V VE

## BAKERY

- Blueberry Muffin (27) V
- Southern Style Biscuit (27) V

## BEVERAGES

### HOT

- Coffee (0) GS V VE
- Decaf Coffee (0) GS V VE
- Hot Tea (0) GS V VE
- Decaf Hot Tea (0) GS V VE
- Herbal Tea (0) GS V VE

### COLD

- Iced Tea (0) GS V VE
- Lemonade (16) GS V VE
- Diet Lemonade (0) GS V VE
- Soft Drinks (28) GS V VE
- Diet Soft Drinks (0) GS V VE
- Gatorade (22) GS V VE

### JUICE

- Apple (15) GS V VE
- Orange (13) GS V VE

### MILKS

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



# DAILY CULINARY SPECIALS

## MONDAY

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### LUNCH

Cornflake Chicken with Gravy (12)

Macaroni & Cheese (18) 

Broccoli Vegetable Medley (9)   

### DINNER

Baked Dijon Ham (15) 

Baked Sweet Potato (39)   

Steamed Green Beans (6)   

## THURSDAY

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### LUNCH

Homemade Meatloaf with Gravy (14)

Yukon Gold Whipped Potatoes (20)  

Steamed Broccoli (8)  

### DINNER

Roast Turkey (2) 

Traditional Stuffing (24)

Roasted Butternut Squash (15)   

## SATURDAY

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### LUNCH

Beef Stroganoff (4)



Herbed Egg Noodles (19) 

Zucchini and Carrot Medley (4)   

### DINNER

Boneless Barbeque Chicken Breast (13) 

Herb Roasted Red Potatoes (19)   

Corn (26)  


## TUESDAY

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### LUNCH




Chicken Noodle Casserole (31)


Peas and Carrots (12)   

Southern Style Biscuit (27) 

### DINNER

Pork Tenderloin Marsala (12)

Rice Pilaf (37)   

Roasted Vegetables (6)   




## FRIDAY

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### LUNCH




Cheeseburger (30)



Potato Wedges (20)   

Garden Salad (4)   

### DINNER

Penne with Meat Sauce (40)

Roasted Zucchini and Yellow Squash (4)   



Garlic Breadstick (14)  



## SUNDAY

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### 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

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### 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)
- Grilled Chicken Breast (3) <sup>GS</sup>
- Chicken Tenders (21)
- Pasta Marinara (58) <sup>V</sup>
- Baked Cod (1) <sup>GS</sup>
- Seared Salmon (0) <sup>GS</sup>

## SIGNATURE SANDWICHES

- Gluten free bun available upon request.
- Black Bean Burger (46) <sup>V</sup> <sup>VE</sup>
  - Grilled Chicken Sandwich (30)
  - Grilled Cheese Sandwich (22) <sup>V</sup>
  - Chicken Caesar Wrap (51)
  - Peanut Butter and Jelly (54) <sup>V</sup> <sup>VE</sup>

## SALADS & FRUIT

- Small Garden Salad (4) <sup>GS</sup> <sup>V</sup> <sup>VE</sup>
- Large Garden Salad (9) <sup>GS</sup> <sup>V</sup> <sup>VE</sup>
- Large Garden Salad with Grilled Chicken (8) <sup>GS</sup>
- Fresh Fruit Cup (10) <sup>GS</sup> <sup>V</sup> <sup>VE</sup>
- Applesauce (13) <sup>GS</sup> <sup>V</sup> <sup>VE</sup>
- Peaches (14) <sup>GS</sup> <sup>V</sup> <sup>VE</sup>
- Mandarin Oranges (13) <sup>GS</sup> <sup>V</sup> <sup>VE</sup>
- Egg Salad (2) <sup>GS</sup> <sup>V</sup>

## SIDES

- Green Beans (6) <sup>GS</sup> <sup>V</sup> <sup>VE</sup>
- Mashed Potatoes (21) <sup>GS</sup> <sup>V</sup>
- Mashed Potatoes with Gravy (23)
- Potato Wedges (20) <sup>GS</sup> <sup>V</sup> <sup>VE</sup>
- Macaroni and Cheese (18) <sup>V</sup>
- Pasta Marinara (30) <sup>V</sup>
- Steamed White Rice (32) <sup>GS</sup> <sup>V</sup> <sup>VE</sup>
- Cottage Cheese (3) <sup>GS</sup> <sup>V</sup>
- Hard-Cooked Egg (1) <sup>GS</sup> <sup>V</sup>
- Baked Potato Chips (24) <sup>GS</sup> <sup>V</sup> <sup>VE</sup>
- Pretzels (23) <sup>V</sup> <sup>VE</sup>

## SOUPS

- Chicken Noodle (10)
- Tomato (8) <sup>GS</sup> <sup>V</sup>

## DESSERTS

- Vanilla Pudding (23) <sup>GS</sup> <sup>V</sup>
- Chocolate Pudding (23) <sup>GS</sup> <sup>V</sup>
- Gelatin (15) <sup>GS</sup>
- Ice Cream (18) <sup>GS</sup> <sup>V</sup>
- Apple Pie (23) <sup>V</sup>
- Chocolate Cupcake (32) <sup>V</sup>
- Sugar Cookie (18) <sup>V</sup>
- Chocolate Chip Cookie (26)
- Strawberry Shortcake (21) <sup>V</sup>

## SUGAR FREE

- Vanilla Pudding (13) <sup>GS</sup> <sup>V</sup>
- Chocolate Pudding (16) <sup>GS</sup> <sup>V</sup>
- Gelatin (1) <sup>GS</sup>

## 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!

