



# FRESH IS BEST

## CARDIAC PATIENT DINING MENU

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.



# RISE N' SHINE DAILY BREAKFAST SPECIALS



## CLASSICS

- Buttermilk Pancake, 1 pancake (1.0) **V**
- French Toast, 1 slice (1.5) **V**
- Low-Cholesterol Eggs (0) **GS V**
- Cheese Omelet (0) **GS V**
- Vegetable Omelet (0) **GS V**
- Egg White Burrito (2.5) **V**

## SIDES

- Hash Brown Potatoes (1) **GS V**
- Turkey Sausage, 2 links (0) **GS**
- Cottage Cheese (0) **GS V**

## YOGURTS

- Greek Vanilla (1) **GS V**
- Lite Strawberry (1) **GS V**
- Blueberry (1) **GS V**

## CEREALS

- Cheerios (1) **GS V VE**
- Raisin Bran (2) **V VE**
- Rice Chex (1.5) **GS V VE**
- Rice Krispies (1) **V VE**
- Special K (1) **V VE**
- Granola (3) **V**

## HOT CEREALS

- Cream of Wheat (1.5) **V VE**
- Oatmeal (1) **V VE**
- Grits (1) **GS V VE**

## FRESH FRUIT

- Apple (1.5) **GS V VE**
- Banana (2) **GS V VE**
- Orange (1) **GS V VE**
- Fruit Cup (1) **GS V VE**
- Fruit Plate with Cottage Cheese(2) **GS V**

## BAKERY

- Blueberry Muffin (1.5) **V**
- Wheat Toast(1) **V VE**
- White Toast(1) **V VE**
- Rye Toast (1) **V VE**
- English Muffin (1.5) **V**
- Plain Bagel (2) **V VE**

## BEVERAGES



## HOT BEVERAGES

- 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 BEVERAGES

- Iced Tea (0) **GS V VE**
- Lemonade (0.5) **GS V VE**
- Diet Lemonade (0) **GS V VE**
- Soft Drinks (1.5-2.5) **GS V VE**
- Diet Soft Drinks (0) **GS V VE**

## 100% JUICES

- Apple (1) **GS V VE**
- Cranberry (1) **GS V VE**
- Orange (1) **GS V VE**
- Prune (1.5) **GS V VE**

## MILKS

- Skim (1) **GS V**
- 2% (1) **GS V**
- Lactose Free (1) **GS V**
- Soy (1) **GS V VE**

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Carbohydrate exchange indicated within parenthesis.

**V** Vegetarian **VE** Vegan **GS** Gluten-Sensitive

The GS icon indicates selections are prepared without gluten ingredients.

# DAILY FEATURES

## SUNDAY LUNCH

- Ricotta Stuffed Shells (1.5) 
- Garlic Breadstick (1)  
- Roasted Vegetables (0.5)   

## DINNER

- Slow Cooked Pot Roast (0) 
- Steamed Red Skin Potatoes (1)   
- Steamed Carrots (0.5)   

## MONDAY LUNCH

- Cornflake Chicken with Gravy (0.5) 
- Traditional Stuffing (1.5)
- Broccoli Vegetable Medley (0.5)   

## DINNER

- Meatloaf (0.5)
- Baked Sweet Potato (2)  
- Green Beans (0.5)   

## TUESDAY LUNCH

- Chicken Noodle Casserole (1)
- Peas & Carrots (1)

## DINNER

- Pork Tenderloin Marsala (0.5)
- Rice Pilaf (2)   
- Roasted Vegetables (0.5)   

## WEDNESDAY LUNCH

- Shaved Roast Beef with Gravy (0)
- Mashed Potatoes (1.5)  
- Steamed Carrots (0.5)   

## DINNER

- Sloppy Joe on Bun (2.5)
- Potato Wedges (1)  
- Cucumber Tomato Salad (0)   

## THURSDAY LUNCH

- Homemade Meatloaf (0.5)
- Yukon Gold Whipped Potatoes (1)  
- Steamed Broccoli (0)   

## DINNER

- Roast Turkey (0)
- Traditional Stuffing (1.5)
- Roasted Butternut Squash (1)   

## FRIDAY LUNCH

- Hamburger (1.5)
- Potato Wedges (1)  
- Cucumber Tomato Salad (0)   

## DINNER

- Penne with Meat Sauce (3.0)
- Roasted Zucchini  
and Yellow Squash (0.5)   
- Garlic Bread Stick (1) 

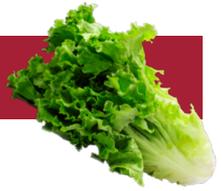
## SATURDAY LUNCH

- Beef Stroganoff (0)
- Herbed Egg Noodles (1) 
- Zucchini and Carrot Medley (0.5)   

## DINNER

- BBQ Chicken (0.5) 
- Herb Roasted Red Potatoes (1)   
- Corn (1.5)   

ALWAYS AVAILABLE



## SALADS

- Small Tossed Salad (0) <sup>GS V VE</sup>
- Large Garden Salad (0.5) <sup>GS V VE</sup>
- Large Garden Salad with Grilled Chicken (0.5) <sup>GS</sup>
- Fresh Fruit Plate with Cottage Cheese (1.5) <sup>GS V</sup>
- Mixed Fresh Fruit Cup (1) <sup>GS V VE</sup>
- Fresh Fruit Cup (1-2) <sup>GS V VE</sup>
- Chicken Salad (0) <sup>GS</sup>
- Tuna Salad (0) <sup>GS</sup>
- Berry Bowl (1) <sup>GS V VE</sup>

## SOUPS

- Chicken Noodle (0.5)
- Tomato (0.5) <sup>GS V</sup>
- Hearty Vegetable Soup (0.5) <sup>GS V VE</sup>

## BROTHS

- Beef Broth (0) <sup>GS</sup>
- Chicken Broth (0) <sup>GS</sup>
- Vegetable Broth (0) <sup>GS V VE</sup>

## SIDES

- Carrots (0.5) <sup>GS V VE</sup>
- Corn (1.5) <sup>GS V VE</sup>
- Broccoli (0) <sup>GS V VE</sup>
- Green Beans (0.5) <sup>GS V VE</sup>
- Mashed Potatoes (1.5) <sup>GS V</sup>
- Baked Sweet Potato (2) <sup>GS V VE</sup>
- Steamed White Rice (1.5) <sup>GS V VE</sup>

### WHEN ORDERING GUEST TRAY

- Guest trays are \$7.00 and must be paid by credit card in advance of the meal delivery.
- Nutrition Services will take payment over the phone (330.363.6459).
- The guest meal will be served with the patient's meal at the next regularly scheduled patient meal delivery.



Scan QR code with smartphone to access patient menus.

Select patient dining and scroll to the desired menu: Regular, Cardiac, Renal

## SANDWICHES

- Hamburger (1.5)
- Grilled Chicken Sandwich (1)
- Turkey Burger (2)
- Grilled Cheese with Swiss (1.5) <sup>V</sup>
- Grilled Portobella Mushroom on a Wheat Bun (2) <sup>V VE</sup>
- Peanut Butter and Jelly (2.5-4) <sup>V VE</sup>

## ENTRÉES

- Meatloaf (0.5)
- Pot Roast (0) <sup>GS</sup>
- Pasta Marinara (4) <sup>V</sup>
- Baked Cod (0) <sup>GS</sup>
- Seared Salmon (0) <sup>GS</sup>
- Roast Turkey (0) <sup>GS</sup>

## DESSERTS

- Vanilla Pudding (1.5) <sup>GS V</sup>
- Chocolate Pudding (1.5) <sup>GS V</sup>
- Sugar-Free Vanilla Pudding (1) <sup>GS V</sup>
- Sugar-Free Chocolate Pudding (1) <sup>GS V</sup>
- Gelatin (1) <sup>GS</sup>
- Sugar-Free Gelatin (0) <sup>GS</sup>
- Sugar Cookie (1) <sup>V</sup>
- Chocolate Chip Cookie (1.5) <sup>V</sup>
- Strawberry Shortcake (1.5) <sup>V</sup>
- Chocolate Cake (2) <sup>V</sup>