



# FRESH IS BEST

## PATIENT DINING MENU

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.



### Carbohydrate Exchanges

The carbohydrate exchange for each menu item is shown in parenthesis next to the selection.

0-5 = (0) servings	21g-27g = (1.5) servings
6g-12g = (0.5) servings	28g-35g = (2) servings
13g-20g = (1) serving	36g-42g = (2.5) servings

**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)
- French Toast (1.5)
- Scrambled Eggs (0)
- Scrambled Eggs with Cheese (0)
- Breakfast Burrito (2)
- Hard-Cooked Egg (0)

## HAND CRAFTED OMELETS

- Cheese Omelet (0)
- Vegetable Omelet (0)
- Ham and Cheddar Cheese Omelet (0)

### SIDES

- Hash Brown Potatoes(1)
- Bacon, 2 slices (0)
- Turkey Sausage, 2 links (0)
- Pork Sausage Patty (0)
- Cottage Cheese (0)

### FRESH FRUITS

- Apple (1.5)
- Banana (2)
- Orange (1)
- Fruit Cup (1)
- Fruit Plate with Cottage Cheese (1.5)

### YOGURTS

- Greek Vanilla (1)
- Lite Strawberry (1)
- Blueberry (1)

### CEREALS

- Cheerios (1)
- Raisin Bran (2)
- Rice Chex (1.5)
- Rice Krispies (1)
- Special K (1)
- Cream of Wheat (1.5)
- Oatmeal (1)
- Grits (1)
- Granola (3)

### BAKERY

- Blueberry Muffin (2)
- White Toast (1)
- Wheat Toast (1)
- Rye Toast (1)
- English Muffin (1.5)
- Plain Bagel (2)
- Croissant (2)



## BEVERAGES



### HOT

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

### JUICE

- Apple (1)
- Cranberry (1)
- Orange (1)
- Prune (1.5)

### COLD

- Iced Tea (0)
- Lemonade (0.5)
- Diet Lemonade (0)
- Soft Drinks (1.5-2.5)
- Diet Soft Drinks (0)
- Gatorade(1.5)

### MILKS

- Skim Milk (1)
- 2% Milk (1)
- Lactose Free Milk (1)
- Soy Milk (1)
- Chocolate Milk (1.5)



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

Carbohydrate exchange indicated within parenthesis.

Vegetarian Vegan Gluten-Sensitive

The GS icon indicates selections are prepared without gluten ingredients.

# DAILY CULINARY SPECIALS

## 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)   
Macaroni & Cheese (1)   
Broccoli Vegetable Medley (0.5)   

## DINNER

Baked Dijon Ham (0.5)   
Baked Sweet Potato (2)     
Steamed Green Beans (0.5)   

## TUESDAY LUNCH

Chicken Noodle Casserole (1)  
Peas & Carrots (1)  
Southern Style Biscuit (2) 

## 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 with Gravy (0.5)  
Yukon Gold Whipped Potatoes (1)    
Steamed Broccoli (0)   

## DINNER

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

## FRIDAY LUNCH

Cheeseburger (1.5)  
Potato Wedges (1)    
Cucumber Tomato Salad (0)   

## DINNER

Penne with Meat Sauce (3.0)  
Roasted Zucchini and Yellow Squash (0)     
Garlic Bread Stick (1) 

## SATURDAY LUNCH

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

## DINNER

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

ALWAYS AVAILABLE



## SALADS and FRUIT

- Small Tossed Salad (0) GS V VE
- Large Garden Salad (0.5) GS V VE
- Large Garden Salad with Grilled Chicken (0.5) GS
- Turkey Chef Salad (1.0) GS
- Fresh Fruit Plate with Cottage Cheese (1.5) GS V
- Fresh Berry Bowl (1) GS V VE
- Fresh Fruit Cup (0.5-1.0) GS V VE
- Whole Fresh Fruit (1) GS V VE
- Fresh Fruit Plate with Chicken Salad (1.5) GS
- Applesauce (1) GS V VE
- Peaches (1) GS V VE
- Diced Pears (1) GS V VE
- Mandarin Oranges (1) GS V VE
- Chicken Salad (0) GS
- Tuna Salad (0) GS
- Egg Salad (0) GS V

## SOUPS

- Chicken Noodle Soup (0.5)
- Tomato Soup (0.5) GS V
- Hearty Vegetable Soup (0.5)

GS V VE

## BROTHS

- Beef Broth (0) GS
- Chicken Broth (0) GS
- Vegetable Broth (0) GS V VE



## SIGNATURE SANDWICHES

- Hamburger (1.5)
  - Cheeseburger with American or Swiss (1.5)
  - Black Bean Burger (3) V VE
  - Grilled Chicken Sandwich (1)
  - Turkey Burger (2)
  - Grilled Portobella Mushroom on Whole Wheat Bun (2) V VE
  - Grilled Cheese Sandwich (1.5) V
  - Chicken Salad Croissant (2)
  - Turkey Club Sandwich (2.5)
  - Chicken Caesar Wrap (3.5)
  - BLT (1.5)
  - Peanut Butter and Jelly (2.5-4) V VE
- Gluten free bun is available upon request.*

## ENTRÉES

- Meatloaf (0.5)
- Chicken Quesadilla (3)
- Cheese Quesadilla (3) V
- Chicken Tenders (1.5)
- Pasta Marinara (4) V
- Baked Cod (0.5) GS
- Seared Salmon (0) GS
- Roast Turkey (0) GS

## SIDES

- Carrots (0.5) GS V VE
- Corn (1.5) GS V VE
- Green Beans (0.5) GS V VE
- Mashed Potatoes (1.5) GS V
- Mashed Potatoes with Gravy (1.5)
- Potato Wedges (1) V VE
- Macaroni and Cheese (1.0) V
- Baked Sweet Potato (2) GS V VE
- Pasta Marinara (2.0) V
- Steamed White Rice (1.0) GS V VE
- Cottage Cheese (0) GS V
- Hard-Cooked Egg (0) GS V
- Baked Potato Chips (1.5) GS V VE
- Pretzels (1.5) V VE
- Penne Pasta Salad (1.5) V VE

## PIZZAS

- Cheese Pizza (1.5) V
- Pepperoni Pizza (1.5)
- Veggie Pizza (2) V

## DESSERTS

- Vanilla Pudding (1.5) GS V
- Chocolate Pudding (1.5) GS V
- Sugar-Free Vanilla Pudding (1) GS V
- Sugar-Free Chocolate Pudding (1) GS V
- Gelatin (1) GS
- Sugar-Free Gelatin (0) GS
- Apple Pie (2.5) V
- Ice Cream (1-2) GS V
- Sugar Cookie (1) V
- Chocolate Chip Cookie (1.5) V
- Strawberry Shortcake (1.5) V
- Chocolate Cupcake (2) V

### 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