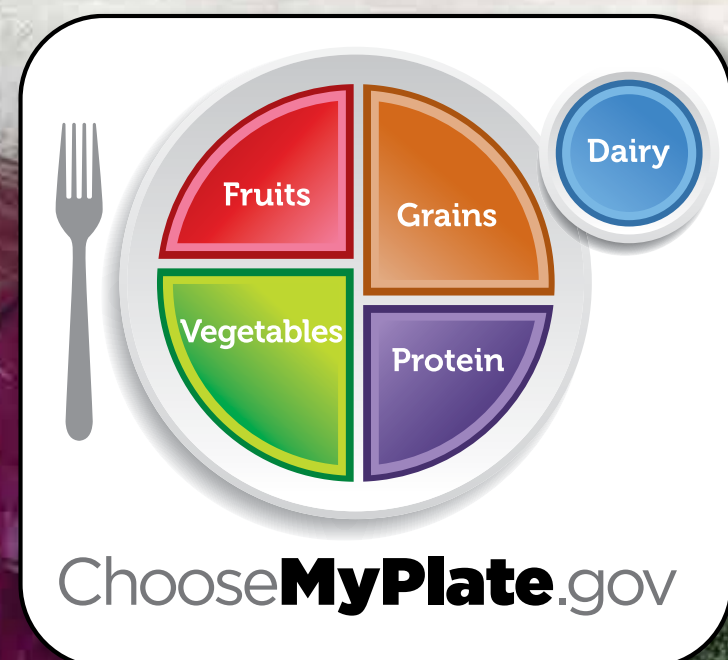


Our goal is to provide you with an excellent dining experience. For your safety, our staff is continuously trained on all cleaning standards and processes. Rest assured, your service-ware has been properly sanitized for each meal. All your food is prepared in a sanitized and disinfected restaurant-style kitchen environment.

In the hospital, we take a clinically led, chef-inspired menu to deliver nutrition that heals. Trusted brands are used to provide you with enjoyable and nutritious meals appropriate for your provider-approved diet order.

We encourage you to try our featured daily specials.

If you need further assistance, please call extension 14343 between 6:30am and 6:30pm. Family members may place orders for loved ones or order a guest tray for themselves by calling 405-271-4343.. Guest tray available for \$7.50 with a credit card.



Available Every Day

Breakfast

Available to order between 6:30am and 10:00am

Hot & Cold Cereals

Oatmeal · Cream of Wheat®
 Cheerios® (Regular or Honey Nut)
 Corn Flakes® · Raisin Bran®
 Rice Krispies®

Entrees

Scrambled Eggs: (Regular or Low Cholesterol)
 Pancakes

Sides

Bacon
 Sausage Patty (Pork or Turkey)
 Greek Yogurt (Blueberry, Strawberry, or Vanilla)
 LF Cottage Cheese
 Blueberry Muffin

Lunch & Dinner

Available to order between 10:00am and 6:30pm

Hot Entrees & Grill

Herb Baked Chicken Breast
 Roasted Turkey Breast
 Hamburger, Cheeseburger
 Veggie Burger
 Chicken Tenders
 Golden Fried Catfish

Deli Sandwiches

Turkey · Ham · BLT · PB&J

Chef Salads

Tossed Salad · Pita & Veggies with Hummus · Fruit & Cottage Cheese Plate

Fruit

Whole Fruit	Banana · Orange · Red Delicious Apple
Chilled Fruit	Applesauce · Fresh Fruit Cup · Diced Peaches · Pineapple Tidbits

Soups & Vegetables

Soup: Chicken Noodle · Cream of Chicken · Tomato
Vegetables: Tossed Salad · Fresh Veggie Cup · Green Beans · Sliced Carrots

Sides

Steak Fries
 Mashed Potatoes & Gravy
 Macaroni & Cheese
 Potato Chips (Baked or Regular)
 Cool Ranch Doritos

Desserts

COOKIES:	Oatmeal Raisin Chocolate Chip	PUDDING: (Reg or NSA)	Vanilla · Chocolate
	Sugar Graham Crackers Vanilla Wafers	GELATIN:	Lime (Reg) · Raspberry (Reg) · Orange (Reg or SF)
BAKERY:	Brownie · Angel Food Cake · Pound Cake	FROZEN:	Ice Cream: Vanilla Chocolate · Strawberry Sherbet: Orange Popsicle: Cherry (Reg) Banana (Reg) Orange (Reg or SF)

Beverages

HOT:	Coffee (Reg or Decaf) Tea (Reg or Decaf) Hot Chocolate (Reg or NSA)	JUICE:	Apple · Cranberry Grape · Orange Prune
	COLD:		MILK:
	Iced Tea Sprite (Reg or Diet) Coke (Reg or Diet) Dr. Pepper (Reg or Diet) Lemonade		

KEY: REG: REGULAR · NSA: NO SUGAR ADDED · LF: LOW FAT · SF: SUGAR FREE

Menu



Breakfast Specials

6:30am - 10:00am

To order the breakfast special, call the Diet Office at 14343. If you would like to make substitutions to the special, the diet office operators will assist you.

Monday

Oatmeal, Scrambled Eggs, Bacon & Home Fried Potatoes

Served with an English Muffin & a Banana

Tuesday

Cream of Wheat®, Buttermilk Pancakes & Sausage Patty

Served with Applesauce

Wednesday

Oatmeal, Scrambled Eggs, Bacon & Home Fried Potatoes

Served with an English Muffin & a Banana

Thursday

Cream of Wheat®, French Toast & Bacon

Served with a Applesauce

Friday

Oatmeal, Buttermilk Pancakes & Sausage Patty

Served with a Banana

Saturday

Cream of Wheat®, Scrambled Eggs, Bacon & Home Fried Potatoes

Served with an English Muffin & a Banana

Sunday

Oatmeal, French Toast & Sausage Patty

Served with Applesauce

Lunch Specials

10:00am - 3:30pm

To order the lunch special, call the Diet Office at 14343. If you would like to make substitutions to the special, the diet office operators will assist you.

Monday

Braised Beef Pot Roast with Beef Gravy over Parsley Egg Noodles

Served with Green Beans · Dinner Roll · Pineapple Tidbits · Orange Sherbet or Pudding.

Tuesday

Hamburger or Cheeseburger on Bun

Served with Home Fried Potatoes or Steamed Rice · Broccoli Florets · Cookie · Diced Peaches

Alternate Entree (Sodium Reduced Diets): Roast Pork Loin

Wednesday

Farmer's Meatloaf with Beef Gravy

Served with Mashed Potatoes or Steamed Rice · Green Peas · Dinner Roll · Sugar Cookie or Pudding.

Thursday

Chicken Fried Steak with Mashed Potatoes & Cream Gravy

Alternate Entree (Sodium Reduced Diets): Herb Baked Chicken Breast with Steamed Rice

Served with a tossed Salad · Dinner Roll · Fresh Fruit.

Friday

Herb Baked Chicken with Parsley Egg Noodles

Served with a Dinner Roll · Green Peas · Diced Peaches.

Saturday

Pasta & Meatballs

Penne in Marinara with Meatballs

Served with a Dinner Roll, Broccoli Florets, Tossed Salad & Pineapple Tidbits.

Sunday

Herb Baked Chicken with Poultry Gravy

Served with Macaroni & Cheese or Steamed Rice · Dinner Roll · Sliced Carrots · Diced Peaches.

Dinner Specials

3:30pm - 6:30pm

To order the dinner special, call the Diet Office at 14343. If you would like to make substitutions to the special, the diet office operators will assist you.

Monday

Roasted Turkey Breast with Poultry Gravy

Served with Mashed Potatoes or Steamed Rice · Green Beans · Dinner Roll · Orange Sherbet.

Tuesday

Chicken Tenders with Cream Gravy

Served with Dinner Roll · Mashed Potatoes · Green Beans · Brownie

Alternate Entree (Sodium Reduced Diets): Herb Baked Chicken with Poultry Gravy

Wednesday

Roast Pork Loin with Gravy

Served with Steamed Rice · Dinner Roll · Sliced Carrots · Pineapple Tidbits.

Thursday

Roasted Turkey Breast with Poultry Gravy

Served with Tomato Soup or Steamed Rice · Dinner Roll · Sliced Carrots · Vanilla Ice Cream

Friday

Golden Fried Catfish

Served with Brown Rice · Dinner Roll · Green Beans · Diced Peas · Pound Cake.

Saturday

Pork Carnitas

Slow Roasted Pork Shoulder with Latin Spice Blend topped with Roasted Bell Peppers & Served with a Flour Tortilla.

Served with Spanish Rice · Corn · Fresh Fruit Cup · Pudding.

Sunday

Beef Stroganoff Served over Parsley Egg Noodles

Served with a Dinner Roll · Green Peas · Diced Peaches · Brownie.

Liquid Diets

Clear Liquid Diet

BROTH:	Beef · Chicken Vegetable
JUICE:	Apple · Cranberry Grape
GELATIN:	Cherry (Reg) Orange (Reg or SF) Raspberry (Reg)
POPSICLE:	Cherry (Reg) Orange (Reg or SF) Banana (Reg)
	Coffee (Reg or Decaf)
	Hot Tea (Reg or Decaf)
	Iced Tea
	Lemonade
	Sprite (Reg or Diet)
	Coke (Reg or Diet)
	Dr. Pepper (Reg or Diet)

Full Liquid Diet

Includes All Clear Liquid Diet Items
Plus the Following:

	Tomato Soup Cream of Chicken Soup (Strained) Cream of Wheat® Vanilla Greek Yogurt
PUDDING: (Reg · NSA)	Vanilla · Chocolate
FROZEN:	Ice Cream: Vanilla Chocolate · Strawberry Sherbet: Orange
MILK:	Fat Free · 1% · Whole Soy · LF Chocolate Lactose Free
JUICE:	Orange · Prune
	Hot Cocoa (Reg · NSA)

The above menu represents the selections for a standard, regular diet. If you are on a modified or therapeutic diet, the above selections may differ slightly. Our diet office operators are available at 1-4343 from 6am to 6pm to assist you with any questions

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