**Patient Dining Instructions**

1. Please review the menu and make your choices; ask for meal alternatives if you have special dietary needs.
2. Dial 6325 at any time between 6:30 a.m. and 7:30 p.m. When calling from outside the Medical Center to place a meal order for a patient, please call 551-996-5055.
3. Place your order.
4. The associate will read back your selection; alternatives may be suggested to meet your special dietary needs.
5. Your meal will be freshly prepared and served within 60 minutes.

**Guest Dining Options**

Your guests have several options for dining when they come to visit Hackensack University Medical Center.

**The Second Street Café** is open from 6:30 a.m. until 7:30 p.m., and from 1 a.m. until 3 a.m., Monday through Friday, and limited hours Saturday and Sunday. Located on the ground floor of the Pavilion Building, it offers a wide array of foods for every appetite.

**The Aquarium Café** is open from 6:30 a.m. until 6:30 p.m., Monday through Friday, and limited hours Saturday and Sunday. Located off the main entrance at the Joseph Sanzari Children’s Hospital, it offers light bistro fare, from gourmet coffees and teas to salads, sandwiches, desserts, and snacks.

**The Lobby Coffee Shop** is open from 6 a.m. until 8:30 p.m. Monday through Friday, and 7 a.m. until 7:30 p.m. Saturday and Sunday. Located off the main entrance on the first floor Link Lobby, it offers light bistro fare, from gourmet coffees and teas to salads, sandwiches, and desserts.

**Bedside Guest Service** from this menu is served from 7:00 a.m. to 7:30 p.m. Dial 6325. Credit card payment accepted by phone.

---

**REGULAR**

A well-rounded meal plan that includes a wide variety of foods in moderation, to meet general nutrition needs. All other diets are based in this principle with specific diagnosis or treatment-related changes.

**FREQUENTLY PRESCRIBED SPECIAL DIETS**

**2 Gram Sodium:** Reduced from the average American diet range of 5 to 8 grams of sodium. The first step is limiting processed and preserved foods and table salt. It takes a few weeks for your taste buds to adjust, but is well worth your efforts in improved health.

**Heart Healthy:** Sodium is reduced to 2 grams with total fat, saturated fat, and cholesterol limited as well. This often works with specific medications for overall heart health.

**Consistent Carbohydrate/Calorie Controlled:** Carbohydrates, such as sugars and starches, and total calories are limited. This meal plan is used to help blood sugar reach and maintain normal levels.

**Clear Liquids:** A short term, very restrictive, nutritionally unbalanced meal plan that is limited to “see-through” liquids and semi-liquids (gelatin and ices).

**Full Liquids:** A short term nutritionally minimal meal plan that allows all liquids and semi-liquids (ice cream).

If you would like information regarding your special diet during your stay, please let us know.

*Revised 12/13*
Breakfast

SERVED 7:00 a.m. TO 7:30 p.m.

EGGS
- Eggs to Order
  - Scrambled eggs, ♥ Cholesterol-free eggs, ♥ Egg whites, Fried eggs or Hard cooked eggs
Build Your Own Omelet
  - Choice of one: Eggs ♥ Cholesterol-free eggs, ♥ Egg whites
  - Choice of three: Green peppers, onions, diced tomatoes, mushrooms, diced ham, American or low fat, low sodium Swiss cheese

BREAKFAST SANDWICH
- Taylor Ham, egg, and cheese on a roll

FROM THE GRIDDLE
- Texas-style French Toast or Buttermilk Pancakes Served with butter or ♥ Smart Balance, and regular or diet syrup or glazed apples

SIDES
- Cottage Cheese, Bacon, Turkey Bacon, Country Sausage, Home Fries

♥ CEREALS
- Hot Cereal Oatmeal, Cream of rice
- Cold Cereal Cheerios, Corn Flakes, Raisin Bran, Frosted Flakes, Rice Chex

FROM THE BAKERY
  - ♥ NY Style Bagel
  - ♥ Sliced Bread White, wheat, multigrain or rye bread
  - Muffins Corn, bran, or blueberry
  - Apple Danish

♥ FRUIT & YOGURT
- Whole Fruit in Season Apple, banana, orange, pear
- Fruit Salad, Stewed Prunes
- Fruit in Natural Juices Peaches, pears, pineapple, fruit cocktail, applesauce
- Yogurt Plain, vanilla, blueberry, strawberry banana, light lemon chiffon, light peach
- Cottage Cheese and Fruit Plate

BEVERAGES
- Freshly Brewed Coffee Regular or decaf
- Herbal Teas Peppermint, Chamomile
- Hot Tea Regular or decaffeinated
- Hot Chocolate Regular or sugar-free
- Juices Orange, apple, cranberry, prune, low sodium V-8
- Milk Whole milk, 2% milk, fat free milk, chocolate milk, lactose free milk
- Soy Milk Regular or Vanilla Flavored
- Soft Drinks Regular or diet, cola, lemon lime, ginger ale, iced tea Lemonade

Lunch and Dinner

SERVED 11:00 a.m. TO 7:30 p.m.

HOT SOUP SELECTIONS
- Soup of the Day Please ask for today’s special
  - Chicken Noodle Soup, ♥ Low sodium vegetarian, Minestrone, Vegetarian Potato Leek Soup, Miyoko Guk (Asian seaweed soup), Chicken bouillon

SIDE SALADS
  - ♥ House Salad Fresh greens with tomato, cucumbers, & carrots
  - Classic Caesar Salad Romaine lettuce with toasted croutons, parmesan cheese, & Caesar dressing
  - Your Choice of Dressing: Balsamic, French, Italian, or Oil & Vinegar

THICK CRUST PIZZA
  - Choice of three toppings: Pepperoni, mushrooms, extra cheese

SIGNATURE SANDWICHES
  - Build it your way
    - Breads White, wheat, rye, multigrain: whole wheat bun
    - Main Ingredients Turkey, ham, roast beef, chicken salad, tuna salad, egg salad, American, or low fat, low sodium Swiss cheese
    - Toppings Leaf lettuce, tomato slices, red onion slices
    - Add A Side Pickle, cole slaw, macaroni salad
  - Your choice of condiments: Ketchup, low sodium Ketchup, mustard, light mayonnaise, or French dressing

  Also Available
  - Peanut Butter & Jelly
  - Hummus Cup
  - BLT
  - Grilled Cheese American or Swiss cheese on white, wheat, rye, or multigrain bread
  - Chicken Fingers Choice of dipping sauces: BBQ, honey mustard, or sweet-n-sour

FROM THE GRIDDLE
- All grill items served with lettuce, sliced tomato, coleslaw, or macaroni salad, on a whole wheat bun
  - ♥ Grilled Chicken Breast, Marinated with California dressing
  - Burgers Beef burger ♥ Ground turkey burger ♥ Dr. Praeger’s veggie burger
  - Your choice of cheese American, or low fat, low sodium Swiss
  - Your choice of condiments: Ketchup, low sodium Ketchup, mustard, light mayonnaise, or French dressing

Penne Pasta ~ You Choose the Style
- Bolognese A rich beefy meat sauce with onions, garlic, & herbs
- Marinara Rich and thick - tomato & herb sauce
- Mediterranean Sautéed baby spinach, plum tomatoes, garlic, olive oil & white wine sauce; add optional grilled chicken or shrimp

Also Available
- Macaroni & Cheese Elbow pasta in a rich cheese sauce

DESSERTS

♥ Fruit Salad
- ♥ Whole Fruit in Season Apple, banana, orange, pear
- ♥ Fruit in Natural Juice Peaches, Pears, pineapple, fruit cocktail, applesauce
- ♥ Angel Food Cake with Raspberry Sauce
- ♥ Regular or Diet Gelatin Strawberry, tropical, orange
- ♥ Sherbet Raspberry or Lemon
- ♥ Yogurt Fruit Smoothies Banana berry, peach passion fruit, mixed berry
- ♥ Ice Cream Chocolate or vanilla
- ♥ Kozy Shack Pudding Vanilla, diet vanilla, rice, chocolate, diet chocolate
- ♥ New York Style Cheesecake
- ♥ Apple Pie
- ♥ Chocolate Chip Cookie
- ♥ Brownie

CHIEF’S ENTREES

- Served with choice of starch & vegetable
  - ♥ Chicken Marsala Sautéed boneless breast & mushrooms in a marsala wine sauce
  - ♥ Arroz Con Pollo Boneless chicken served over white rice or spanish rice
  - ♥ Oven Roasted Chicken Seasoned with mixed herbs
  - ♥ Pan Seared Tilapia Served with Veracruz Sauce
  - ♥ Fresh Broiled Atlantic Salmon Drizzled with a light vegetable bouillon
  - ♥ Beef Stew with Root Vegetables Chunky beef and vegetables in a savory sauce

  Chicken Parmesan With marinara sauce and mozzarella cheese
  - ♥ Home Style Meatloaf With Glaze Made with beef, turkey, and herbs
  - ♥ Steamed Vegetable Dumplings Served with ginger dipping sauce

  Choice of Starch: Mashed potato, baked potato, or white rice

  Choice of Vegetable: Green Beans, kernel Corn, sweet peas, spinach, broccoli spears, baby carrots

DESSERTS

♥ These menu items made with heart healthy ingredients

HackensackUMC
Nutrition & Food Management