

HOW TO PLACE YOUR ORDER

Meals are delivered by zones. Please turn on your TV to see your personalized order time and delivery schedule. When you are ready to enjoy a delicious meal, simply dial **FOOD (3663)** from your hospital phone, or **845-348-3006** from outside the hospital. We are here to take your order daily from 7:00 AM to 6:00 PM. We encourage you to place your order ahead of each meal period.

UNDERSTANDING WHAT YOUR DIET ORDER MEANS

CARDIAC DIET

Heart healthy diets are recommended to reduce blood cholesterol levels, manage blood pressure, and lower overall risk for cardiovascular diseases. These diets include 2g Na diet (Low Salt), Low Fat/Cholesterol, and Low Saturated Fat diets.

Foods Recommended: Fresh fruit, vegetables, lean meat, poultry, fish, beans/legumes, eggs, whole grains/whole wheat breads and pastas, skim or low-fat milk and yogurt.

Foods To Avoid/Limit: Processed meats (bacon, sausage, ham), fried foods, whole milk, butter.

CARBOHYDRATE CONTROLLED MEAL PLANS (CCMP)

This diet provides a specific amount of carbohydrates per day in conjunction with a designated number of calories. The goal of this diet is to assist in controlling blood sugar levels and weight management.

Foods Recommended: Fresh fruit, vegetables, lean meat, poultry, fish, eggs, beans/legumes, unsweetened cereals, whole grain/whole wheat breads and pastas, brown rice, diet sodas, sugar-free desserts.

Foods To Avoid/Limit: Sugar/syrups, white breads and pastas, white rice, sweetened cereals, juices, sodas, canned fruits.

RENAL DIET

Renal diets limit intake of specific nutrients including protein, sodium, potassium, phosphorus, and/or fluids. These diets include Chronic Kidney Disease (60g Pro, 2g Na, 2g K, Low Phos), Dialysis (100g Pro, 2g Na, 3g K, Low Phos, 1L fluids), Phosphorus Restricted, or 2g Potassium.

Foods Recommended: Fresh fruit and vegetables, whole grains, beans/legumes, brown rice.

Foods To Avoid/Limit: Processed cereals and desserts, processed meats (bacon, ham, sausage), fried meats, Processed cheeses (American), canned fruit, sodas.

CAFÉ HOURS

WEEKDAYS

Breakfast: 7:00 a.m. to 10:30 a.m.

Lunch/Dinner: 11:30 a.m. to 6:30 p.m.

WEEKENDS

Breakfast: 7:30 a.m. to 10:30 a.m.

Lunch/Dinner: 11:30 a.m. to 6:30 p.m.

ALWAYS AVAILABLE

BREAKFAST

Pancakes, Belgian Waffles, Scrambled Eggs, Hard Boiled Eggs, Turkey Sausage, Bacon, White or Whole Wheat Toast, English Muffin, Bagel

Cereals

Hot Cereals: Oatmeal, Cream of Wheat

Cold Cereals: Cheerios, Corn Flakes, Raisin Bran, Frosted Flakes, Rice Krispies

Parfait Bowls

Blueberries, Strawberries, Vanilla Yogurt, Granola

LUNCH & DINNER

Entrées

Grilled Chicken Breast, Broiled Salmon, Penne a la Vodka, Vegetable or Tofu Stir Fry

Sides

Mashed Potatoes, Potato Wedges, Steamed Broccoli, Vegetable Medley

Grill

Hamburger or Garden Burger, Chicken Quesadillas, Cheese Quesadillas, Crispy Chicken Sandwich, Chicken Tenders

Deli

Sandwiches - Chicken Salad, Tuna Salad, Egg Salad, Turkey, Ham,

Cold Plates - Chicken Salad, Tuna Salad, Egg Salad, Hummus

Salads - Caesar, Garden Salad

Fruit

Apple, Orange, Banana, Fruit Cocktail, Diced Peaches

Desserts

Apple Pie, Carrot Cake, Angle Food Cake

Pudding -Vanilla or Chocolate

Gelatin - Strawberry or Citrus

Ice Cream - Vanilla or Chocolate

(Sugar Free Options Available)

Cookies - Lorna Doones, Chocolate Chip, Oatmeal Raisin, Graham Crackers

Flavored Ice - Lemon or Cherry

Beverages

Coffee - Regular, Decaf | **Tea** - Regular, Decaf, Mint, Chamomile

Hot Chocolate - Regular, Sugar Free | **Juice** - Apple, Cranberry, Orange, Grape, Lemonade | **Milk** - Regular, Skim, Lactaid, Soy | **Soda** - Cola, Diet Cola, Ginger Ale,

Diet Ginger Ale

Soups of the Day

Sunday - Beef Barley | **Monday** - Minestrone | **Tuesday** - Beef Barley

Wednesday - Tomato | **Thursday** - Cream of Chicken | **Friday** - Chicken Noodle

Saturday - Minestrone

Montefiore | Nyack

MENU

Place orders between 7:00 AM and 6:00 PM

**DIAL 3663 (FOOD) TO PLACE YOUR ORDER
FROM OUTSIDE THE HOSPITAL 845-348-3006**

BREAKFAST

SUNDAY

Western Scrambled Eggs
Bacon
Homefries
Cereal - Cream of Wheat

MONDAY

Cinnamon Swirl French Toast with Fruit Compote
Bacon
Cereal - Oatmeal

TUESDAY

Three Cheese Frittata Topped with Vegetable Hash
Turkey Sausage
Cereal - Cheerios

WEDNESDAY

Apple Filled Pancakes
Bacon
Cereal - Cream of Wheat

THURSDAY

Hickory Smoked Turkey Bacon & Cheesy Scrambled Eggs
Breakfast Potatoes
Cereal - Oatmeal

FRIDAY

Belgian Waffle with Macerated Fruit
Bacon
Cereal - Cream of Wheat

SATURDAY

Egg White, Cheese & Spinach on English Muffin
Turkey Sausage
Cereal - Oatmeal

LUNCH

SUNDAY

Chicken Parmesan
Spaghetti
Green Beans
Cold Alternate - Chicken Ceasar Wrap

MONDAY

Cuban Braised Shredded Beef
Cilantro Rice Pilaf
Mixed Vegetables
Cold Alternate - Tuna Salad Wrap

TUESDAY

Grilled Chicken Paillard with Grape Tomato Salad
Spinach Couscous
Cold Alternate - Fruit Cottage Cheese Bowl

WEDNESDAY

Shrimp Scampi
Spaghetti
Grilled Zucchini
Cold Alternate - Chicken Salad Wrap

THURSDAY

Grilled Flank Steak w/ Chimichurri
Cilantro Rice Pilaf
Vegetable Medley
Cold Alternate - Chefs Salad

FRIDAY

Caribbean Stewed Chicken
Coconut Rice
Roasted Carrots
Cold Alternate - South West Salad

SATURDAY

Barbecue Meatloaf
Mac & Cheese
Green Beans
Cold Alternate - Barbecue Chicken Wrap

DINNER

SUNDAY

Roasted Salmon
Brown Rice Pilaf
Steamed Mixed Vegetables
Cold Alternate - Barbecue Chicken Wrap

MONDAY

Barbecue Chicken Thighs
Roasted Sweet Potatoes
Steamed Broccoli
Cold Alternate - Chicken Cesar Wrap

TUESDAY

Pan Seared Asian Seabass w/ Lemon Cream Sauce
Vegetable Pilaf
Sauteed Mixed Vegetable
Cold Alternate - Tuna Salad Wrap

WEDNESDAY

Chicken Fajita
Yellow Rice
Green Beans
Cold Alternate - Fruit & Cottage Cheese Bowl

THURSDAY

Roast Turkey Breast
Mashed Sweet Potatoes
Garlic Green Beans
Cold Alternate - Chicken Salad Wrap

FRIDAY

Teriyaki Salmon
Steamed White Rice
Steamed Broccoli
Cold Alternate - Chefs Salad

SATURDAY

Boneless Roast Chicken Thighs
Baby Roasted Potatoes
Steamed Broccoli
Cold Alternate - Southwest Salad