

# B E D S I D E M E N U

Flavorful, nutritious food is a cornerstone of good health.

Please enjoy your meals during your hospital stay.



## TO ORDER

Order your meals with a dining caregiver or by using the meal-ordering app.

Download our app: [clevelandclinic.org/order-food](https://clevelandclinic.org/order-food)

Facility ID: **cceast**

A patient dining caregiver will visit daily if no selections are made.

## GUEST TRAYS

Guest trays may be ordered with a patient dining caregiver.

Please purchase vouchers in the cafeteria.

# EVERY DAY MENU

## BUILD YOUR OWN MEAL

### breakfast

Scrambled Eggs  
French Toast  
Pancakes  
Blintzes with  
    Blueberry Compote  
Breakfast Potatoes  
Bacon  
Pork Sausage

Veggie Sausage  
Turkey Sausage  
Fruit & Yogurt Parfait  
Oatmeal  
Cream of Wheat  
Apple Cinnamon Cream of Wheat  
English Muffin  
    *(Wheat or White)*  
Blueberry Muffin

#### BYO OMELET

Egg or Egg Substitute  
Choice of Breakfast Meat  
    *(Bacon, Ham, Pork Sausage,  
    Turkey Sausage)*  
Choice of Cheese  
    *(American, Cheddar, Feta,  
    Pepper Jack, Swiss)*  
Choice of Vegetable  
    *(Mushrooms, Onion, Pepper,  
    Spinach, Tomato)*

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### lunch + dinner

#### SOUP

Chicken Noodle  
Tomato Bisque

#### GRILL

Hamburger  
Garden Burger  
Vegan Burger  
Turkey Burger  
Chicken Breast  
Grilled Cheese  
Grilled Chicken

#### DELI

Egg Salad  
Tuna Salad  
Chicken Salad  
Turkey  
Roast Beef  
Ham  
Hummus  
American Cheese  
Swiss Cheese  
Cheddar Cheese  
Pepper Jack Cheese  
Peanut Butter & Jelly

#### BREAD

Wheat Bread  
White Bread  
Pita  
White Bun  
Wheat Bun

#### SALAD

Garden  
Greek  
Chicken Caesar  
Chef Salad  
Side Salad  
Fresh Fruit & Cheese Plate  
Hummus & Vegetable Platter

**REQUEST CONDIMENTS — LISTED ON THE BACK — AT TIME OF ORDER.**

## more lunch + dinner

### COMFORT FOODS

Grilled Chicken  
Mediterranean Baked Haddock  
Beef Pot Roast  
    with Demi Glace  
Beef Stroganoff  
Roast Turkey

Chicken Pot Pie  
Crispy Tofu

### SIDES

Mashed Potatoes  
Brown or White Rice  
Sweet Potatoes  
Macaroni & Cheese

Egg Noodles  
Green Beans  
Steamed Carrots  
Steamed Broccoli  
Steamed Corn  
Baked Fries  
Assorted Baked Chips  
Dinner Roll

## beverages

### HOT

Coffee or Tea (*Regular or Decaf*)  
Hot Chocolate (*Regular*)  
Hot Chocolate Sugar Free  
Chamomile Tea

### MILK

Fat Free  
2%  
Whole  
Lactose Free  
Vanilla Soy  
Chocolate

### JUICE

Grape  
Orange  
Apple  
Cranberry  
Prune  
V8 Juice (*Regular*)  
V8 Juice (*Low Sodium*)

### COLD

Diet Coke®  
Sprite® Zero  
Sugar Free Lemonade or Fruit Punch  
Ginger Ale  
Diet Ginger Ale  
Unsweetened Iced Tea

## desserts

Sugar Cookie  
Vanilla or Chocolate  
    Pudding  
No Sugar Added Pudding  
Ice Cream  
Orange Sherbet  
Assorted Gelatin  
Lemon or Cherry Fruit Ice  
Chocolate Chip Cookie

Oatmeal Raisin Cookie  
Rocky Road Brownie  
Cheese Cake Trifle  
    with Berries  
Vanilla Wafers  
Strawberry Banana  
    Smoothie  
Orange Dreamsicle  
    Smoothie

## available at all meals

### FRUIT

Apple  
Banana  
Orange  
Mandarin Oranges  
Pear Cup  
Peach Cup  
Grapes  
Applesauce  
Stewed Prunes  
Dates  
Fresh Fruit Cup

### CEREAL

Cornflakes  
Rice Krispies  
Cheerios  
Rice Chex

### YOGURT + OTHER SIDES

Lite Vanilla  
Lite Strawberry  
Lite Peach  
Lite Blueberry  
Greek Vanilla  
Cottage Cheese  
Cottage Cheese &  
    Fruit Plate

**DAILY  
SPECIALS**  
**ON BACK!**

## lunch + dinner daily specials

## condiments

### SUNDAY

Roasted Turkey Breast  
Macaroni and Cheese  
Steamed Broccoli

### MONDAY

BBQ Chicken Thigh  
Cheese Grits  
Green Beans

### TUESDAY

Asian Beef Pepper Steak  
White Rice  
Steamed Carrots

### WEDNESDAY

Lemon Rosemary Chicken Thigh  
Sweet Potatoes  
Steamed Broccoli

### THURSDAY

Tomato Basil Chicken  
Penne  
Zucchini with Tomato

### FRIDAY

Homemade Meatloaf  
Smashed Red Potatoes  
Garlic and Herb Steamed Broccoli

### SATURDAY

Teriyaki Chicken Thighs  
Brown Rice  
Steamed Carrots

#### Sweeteners

Brown Sugar  
Equal  
Honey  
Splenda  
Sugar  
Sweet 'n Low  
Syrup  
SF Syrup

#### Dressings

Balsamic Dressing  
Balsamic Vinegar  
Caesar  
Honey Mustard  
Italian  
Olive Oil  
Ranch

#### Sauces

BBQ  
Blueberry Compote  
Gravy  
Hot Sauce

Ketchup  
Lemon Herb Sauce  
Light Mayonnaise  
Mustard  
Relish  
Salsa  
Sour Cream  
Tartar Sauce

#### General

Butter  
Half & Half  
Creamer  
Grape Jam  
Lemon Juice  
Margarine  
Parmesan Cheese  
Peanut Butter  
Pepper  
Salt  
Seasoning Packet  
Strawberry Jam  
Sugar-Free Jelly

**What is a diet order?** A diet order is part of your care plan and it provides guidance as to the amount and types of food and drink you can have during your hospital stay. All patients will have a diet order and it may change during your stay.

**Regular Diet:** Has no therapeutic restrictions per meal order and includes a variety of healthy, nutritious options. You may be restricted on how much or how often you can place a meal order.

**Therapeutic Diet:** Includes healthy, nutritious options that will limit what and how much you can eat, how often you can eat, and possibly the texture of your food. These diets support healing and recovery.

**NPO Diet:** Also known as a "Nothing by Mouth" Diet, restricts all eating and drinking before and after certain procedures and/or tests, and is for your safety.



**Scan QR code**  
for nutritional information  
for all offerings.