



## **IN-ROOM DINING**

Hackensack University  
Medical Center

Department of Nutrition  
and  
Food Management

## **Dining at Hackensack University Medical Center**

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 AM and 7:30 PM. When calling from outside the medical center to place a meal order for a patient, please call 201-996-5055
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.

### **Dining for your guests at Hackensack University Medical Center**

Your guests have several options for dining when they come to visit.

#### **The Second Street Café**

is open from 6:30 AM until 8 PM, and from 1 AM until 3 AM, 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 7 AM until 7 PM daily. 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 AM until 9 PM Monday through Friday, and 6:30 AM until 8 PM 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 AM to 7:30 PM. **Dial 6325.** Credit card payment accepted by phone.

## **About Your Diet**

### **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.**

**July 14, 2011**

## **BREAKFAST**

**SERVED 7:00 AM. TO 7:30 PM**

### **Eggs**

#### **Eggs to Order**

Scrambled Eggs

♥ Cholesterol Free Eggs

♥ Egg Whites

Fried Eggs or Hard Cooked Eggs

#### **Build your own Omelet**

*Choice of:*

Eggs, ♥ Cholesterol Free Eggs

♥ Egg Whites

American, Cheddar, Swiss,

Low Fat, Low Sodium Swiss Cheese

*Choice of Three:*

Green Peppers, Onions, Diced Tomatoes, Mushrooms,

Spinach, and Diced Ham

### **Breakfast Sandwich**

Taylor Ham, Egg, and Cheese on a Roll

### **From the Griddle**

**Plain or Cinnamon Raisin French Toast**

**Buttermilk Pancakes**

**Cheese Blintzes**

Served with Butter or ♥ Smart Balance,

Regular or Diet Syrup or Glazed Apples

### **Sides**

Bacon, Turkey Bacon

Sliced Ham

Country Sausage, Veggie Sausage (*contains soy*)

Home Fries

Cottage Cheese

♥ *Made with heart healthy ingredients*

## **Desserts**

### **♥ Fruit Salad**

#### **♥ Whole Fruit in Season**

Apple, Banana, Orange, Pear

#### **♥ Fruit in Natural Juice**

Mandarin Oranges, Peaches, Pears,  
Pineapple, Fruit Cocktail, Applesauce

### **New York Style Cheesecake**

With Caramel Sauce

#### **♥ Angel Food Cake**

With Raspberry Sauce

#### **Apple Pie**

#### **Chocolate Chip Cookie**

#### **Brownie**

#### **Ice Cream**

Double Chocolate or Vanilla

#### **♥ Sorbet**

Raspberry or Lemon

#### **Kozy Shack Pudding**

Vanilla, Diet Vanilla, Tapioca, Rice,  
Chocolate, Diet Chocolate

#### **♥ Regular or Diet Gelatin**

Strawberry, Tropical, Orange

## **Shakes**

#### **Fresh Milk Shakes**

Double Chocolate or Vanilla

#### **High-Protein Milk Shakes**

Double Chocolate or Vanilla

#### **♥ Yogurt Fruit Smoothies**

Banana Berry, Peach Passion Fruit,  
Mixed Berry

♥ *Made with heart healthy ingredients*

## **♥ Cereals**

Oatmeal

Cream of Rice

Cheerios

Corn Flakes

Raisin Bran

Frosted Flakes

Rice Chex

## **From the Bakery**

#### **♥ NY Style Bagel**

#### **Flaky Croissant**

#### **Muffin**

Corn, Bran, or Blueberry

#### **♥ Thomas' English Muffin**

#### **Flour Tortilla**

#### **♥ Roll**

#### **♥ Wheat Roll**

#### **♥ Sliced White, Wheat, Multigrain, or Rye Bread**

#### **Apple Danish**

## **♥ Fruit & Yogurt**

#### **Whole Fruit in Season**

Apple, Banana, Orange, Pear

#### **Fruit Salad**

#### **Stewed Prunes**

#### **Fruit in Natural Juices**

Mandarin Oranges, Peaches, Pears,  
Pineapple, Fruit Cocktail, Applesauce

#### **Yogurt**

Plain, Vanilla, Blueberry, Strawberry Banana,  
Light Lemon Chiffon, Light Peach

#### **Cottage Cheese and Fruit Plate**

♥ *Made with heart healthy ingredients*

## **Beverages**

### **Freshly Brewed Coffee**

Regular or Decaf

### **Herbal Teas**

Raspberry  
Peppermint  
Chamomile

### **Regular or Decaffeinated Tea**

### **Hot Chocolate**

Regular or Sugar-Free

### **Juices**

Orange, Apple, Cranberry, Prune,  
Low Sodium V-8

### **Soy Milk**

Regular or Vanilla Flavored

### **Lactose Free Milk**

**Whole Milk, 2% Milk,  
Fat Free Milk, or Chocolate Milk**

### **Lemonade**

### **Soft Drinks**

Regular or Diet

### **Cola**

### **Lemon Lime**

### **Ginger Ale**

### **Iced Tea**

## **LUNCH & DINNER**

### **♥ Beef Stew with Root Vegetables**

Chunky Beef and Vegetables in a Savory Sauce

### **Grilled Pork Cutlet**

Boneless Pork Cutlet with Chimichurri Sauce  
(Chopped Parsley and Minced Garlic)

### **Home Style Meatloaf**

Made with Beef, Veal, Turkey, and Herbs  
Served with Glaze

### **Bulgogi**

Korean Marinated Beef

### **Beef Chili**

Slow Simmered, Texas Style Chili

### **Choice of One Starch:**

Mashed Potato, Baked Potato, Side of Pasta  
Brown, White or Spanish Rice

### **♥ Choice of One or Two Vegetables:**

Green Beans, Kernel Corn, Sweet Peas, Spinach,  
Broccoli Spears, Baby Carrots,  
Vegetable Medley, Kimchi

### **Also Available**

### **Macaroni and Cheese**

Elbow Pasta in a Rich Cheese Sauce

### **Steamed Vegetable Dumplings**

Served with Ginger Dipping Sauce

### **Red Beans and Rice**

♥ *Made with heart healthy ingredients*

## **LUNCH & DINNER**

**SERVED 11:00 AM TO 7:30 PM**

### **Chef's Special of the Day**

**Available Monday through Friday**

**Just ask...**



### **Chef's Entrees**

*Served with choice of starch  
and one or two vegetables*

#### **♥ Chicken Marsala**

Sautéed Boneless Breast and Mushrooms in a  
Marsala Wine Sauce

#### **♥ Arroz Con Pollo**

Boneless Chicken served over Spanish Rice

#### **♥ Oven Roasted Chicken**

Seasoned with Mixed Herbs

#### **Chicken Parmesan**

Chicken Cutlet with Marinara Sauce and  
Mozzarella Cheese

#### **Hot Open Face Turkey Sandwich**

Sandwich Style in a Light Brown Sauce with  
Caramelized Onions on Rye Bread

#### **♥ Pan Seared Tilapia**

Served with Veracruz Sauce

#### **♥ Fresh Broiled Atlantic Salmon**

Drizzled with a Light Vegetable Bouillon

*♥ Made with heart healthy ingredients*

## **LUNCH & DINNER**

**SERVED 11:00 AM TO 7:30 PM**

### **Hot Soup Selections**

#### **Chicken Noodle Soup**

**♥ Low Sodium Vegetarian  
Minestrone**

#### **Vegetarian Potato Leek Soup**

#### **Miyeok Guk**

Asian Seaweed Soup

#### **Bouillon**

Chicken

**♥ Low Sodium Chicken**

**♥ Low Sodium Vegetable**



### **Soup of the Day**

**Available Monday through Friday**

**Just ask...**

*♥ Made with heart healthy ingredients*

## **LUNCH & DINNER**

**SERVED 11:00 AM TO 7:30 PM**

### **Salads**

#### **♥ House Salad**

Field Greens with Tomato Wedges,  
Cucumbers, and Julienne Carrots

#### **Greek Salad**

Leaf Spinach with Black Olives, Cherry Tomatoes,  
Cucumbers, Red Onions, and Crumbled Feta  
Cheese

#### **Italian Salad**

Mixed Greens with Roasted Red Peppers, Cherry  
Tomatoes, Bite Size Mozzarella Cheese, and  
Chopped Basil

#### **Classic Caesar Salad**

Romaine Lettuce with Toasted Croutons,  
Parmesan Cheese, and Caesar Dressing

Entrée Size:

#### **Grilled Chicken Caesar Salad**

Romaine Lettuce with Toasted Croutons, Parmesan  
Cheese, Caesar Dressing, and Grilled Chicken

*Your Choice of Dressing:*

Ranch, Italian, Balsamic, French,  
Olive Oil and Red Wine Vinegar

♥ *Made with heart healthy ingredients*

## **LUNCH & DINNER**

### **From the Grill**

*All Grill Items Served with Lettuce and Sliced Tomato*

#### **Burgers**

Beef Burger  
Ground Turkey Burger  
Dr. Praeger's Veggie Burger

#### **Grilled Chicken Breast**

Marinated with California Dressing

#### **Your Choice of Bread**

White, Wheat, Rye, Multigrain; Wheat or Hero Roll

#### **Your Choice of Cheeses**

American, Cheddar, Swiss,  
Low Fat Low Sodium Swiss, Provolone

#### **Your Choice of Two Sides**

Pickle, Cole Slaw, Potato Chips,  
Pretzels, Macaroni Salad, Kimchi

#### **Your Choice of Condiments**

Ketchup, Low Sodium Ketchup, Mustard,  
Light Mayonnaise, Ranch or French Dressing

#### **Also Available**

#### **Grilled Cheese**

Your Choice of Bread

#### **Chicken Fingers**

*Choice of Sauces:*  
BBQ, Honey Mustard,  
Ranch, Sweet-n-Sour

♥ *Made with heart healthy ingredients*



## **LUNCH & DINNER**

**SERVED 11:00 AM TO 7:30 PM**

### **Pasta Choices**

*Select either Penne or Spaghetti*

#### **Chicken Alfredo**

Sautéed Chicken, Creamy Alfredo Sauce,  
Parmesan Cheese, and Chopped Parsley

#### **Bolognese**

A Rich Beef Meat Sauce with  
Onions, Garlic, and Herbs

#### **Marinara**

Also Available with Meatballs

#### **Aglio e Olio**

Plain with Garlic, Olive Oil, and Parmesan Cheese

#### **Mediterranean Style**

Sauteed Baby Spinach, Plum Tomatoes, Garlic,  
Olive Oil and White Wine Sauce  
*Optional Grilled Chicken*



### **Thick Crust Pizza**

*Choice of Three Toppings:*

Pepperoni, Mushrooms, Green Peppers,  
Diced Onions, Spinach, Extra Cheese

♥ *Made with heart healthy ingredients*

## **LUNCH & DINNER**

### **Your Signature Sandwich**

*Build it your way*

#### **Breads**

White, Wheat, Rye, Multigrain;  
Wheat or Hero Roll

#### **Main Selections**

Turkey, Ham, Roast Beef,  
Chicken Salad, Tuna Salad, Egg Salad

#### **Cheeses**

American, Cheddar, Swiss,  
Low Fat Low Sodium Swiss, Provolone

#### **Toppings**

Leaf Lettuce, Tomato Slices, or Red Onion Slices

#### **Add Two Sides**

Pickle, Cole Slaw, Potato Chips,  
Pretzels, Macaroni Salad, Kimchi

#### **Condiments**

Ketchup, Low Sodium Ketchup, Mustard,  
Light Mayonnaise, Ranch or French Dressing



### **Also Available**

**Peanut Butter & Jelly**

**Hummus Cup**

**BLT**