

Breakfast Specials

Monday

Scrambled Eggs
Home Fried Potatoes
& Bacon

*Served with Cheerios, Banana,
1% Milk & Coffee*

Tuesday

French Toast,
Turkey Sausage

*Served with Mandarin Oranges,
1% Milk & Coffee*

Wednesday

Scrambled Eggs,
Hash Brown Patty
& Bacon

*Served with Raisin Bran, Banana,
1% Milk & Coffee*

Thursday

Southern Skillet:
Eggs, Turkey Sausage,
Cheese or LF Cheese,
Home Fried Potatoes

*Served with Seasonal Fresh Fruit,
1% Milk & Coffee*

Friday

Cheese Omelet
Home Fried Potatoes
& Turkey Sausage

*Served with Banana Rice Chex,
1% Milk & Coffee*

Saturday

French Toast, Turkey Sausage

*Served with Seasonal Fresh Fruit,
1% Milk & Coffee*

Sunday

Pancakes & Bacon
*Served with 1% Milk, Peaches
& Coffee*

Vandy Special:

Scrambled Eggs, Bacon,
& Home Fried Potatoes

*Served with a Biscuit, Seasonal Fresh Fruit
& Coffee*

Lunch Specials

Monday

♥ Balsamic Turkey Breast with Gravy,
Oven-Roasted Herbed Red Potatoes & California
Mixed Vegetables

Served with a Dinner Roll, Mixed Fruit & a Chocolate Chip Cookie

Roast Beef Sandwich on Wheat

Served with Chicken Noodle Soup & a Chocolate Chip Cookie

Tuesday

Lasagna with Italian Green Beans

Served with Fresh Fruit, Bread Stick & a Sugar Cookie

Chicken Salad Cold Plate

Served with Tomato Soup & a Sugar Cookie

Wednesday

♥ Crispy Oven Fried Chicken with Mashed Potatoes &
Green Beans

Served with Seasonal Fresh Fruit, Cornbread & a Chocolate Brownie

♥ Tuna Salad Flat

Served with Baked Potato Chips & a Chocolate Brownie

Thursday

BBQ Pulled Pork, Mac & Cheese and Collard Greens

Served with Cornbread, Pineapple Chunks & an Oatmeal Raisin Cookie

♥ Chef Salad

Served with Cream of Potato Soup & an Oatmeal Raisin Cookie

Friday

♥ Hamburger on a Bun with Lettuce & Tomato,
Potato Wedges & Cole Slaw

Served with a Chocolate Chip Cookie

♥ Turkey & Swiss Sandwich on Wheat

Served with Beef Vegetable Soup & a Chocolate Chip Cookie

Saturday

♥ Baked Pork Chop with Dressing & Broccoli

Served with Mixed Fruit, Dinner Roll & an Oatmeal Raisin Cookie

Twisted Beef Wrap

Served with Baked Potato Chips & a Chocolate Chip Cookie

Sunday

Chicken Parmesan with Penne Pasta & Broccoli

Served with a Fresh Fruit Cup, Bread Stick & Yellow Cake with Vanilla Frosting

Egg Salad Sandwich on Wheat Bread

Served with Chicken Noodle Soup & Yellow Cake with Vanilla Frosting

♥ Indicates a heart healthy entrée

If you are on a modified diet,
some items may not be available.

Dinner Specials

Monday

♥ Herb-Crusted Roast Beef with Gravy,
Pinto Beans & Mixed Vegetables

Served with Cornbread, & Peach Cobbler

♥ Fruit and Cottage Cheese Plate

Served with Chicken Rice Soup & Peach Cobbler

Tuesday

♥ Herb-Crusted Pork Loin with Gravy,
Roasted Sweet Potatoes & Turnip Greens

Served with a Dinner Roll & Chocolate Cake

Nashville Hot Chicken Wrap

Served with Creamy Broccoli Soup & Chocolate Cake

Wednesday

♥ Braised Beef Pot Roast, Roasted Herb Potatoes
& Summer Squash & Carrot Medley

Served with a Dinner Roll & Peach Crisp

♥ Fresh Vegetable & Spinach Salad

Served with Beef Barley Soup & Peach Crisp

Thursday

♥ Roasted Turkey with Gravy, Bread Dressing
& Green Beans

Served with a Dinner Roll & Pumpkin Pie

♥ Tuna Salad Cold Plate

Served with Tomato Florentine Soup & Pumpkin Pie

Friday

♥ Teriyaki Chicken with White Rice and
Stir-Fried Vegetables

Served with a Dinner Roll & Apple Crisp

♥ Parmesan White Fish, Wild Rice Pilaf & Mixed Vegetables

Served with a Dinner Roll & Apple Crisp

Saturday

♥ Farmer's Meatloaf with Gravy,
Garlic Mashed Red Potatoes & Sliced Carrots

Served with a Dinner Roll & Bread Pudding

♥ Chicken Salad on Wheat

Served with Navy Bean Soup & Bread Pudding

Sunday

Chicken Fried Steak with Country Gravy

Served with Mashed Potatoes, Green Beans & Blueberry Cobbler

♥ Chicken Caesar Salad

Served with Garden Vegetable Soup & Blueberry Cobbler

Liquid Diets

Clear Liquid Diet

Broth:

Beef, Chicken, Vegetable

Juice:

Apple, Cranberry, Grape

Gelatin:

Berry (Reg or SF)

Citrus (Reg or SF)

Fruit Ice:

Lemon or

Cherry (Reg or SF)

Coffee (Reg or Decaf)

Hot Tea (Reg or Decaf)

Lemonade

Iced Tea (Sweet or Unsweet)

Ginger Ale (Reg or Diet)

Sprite® (Reg or Diet)

Full Liquid Diet

*Includes all Clear Liquid Diet
items plus the following*

Tomato Soup

Cream of Chicken

Cream of Wheat®

Grits

Vanilla Yogurt

Pudding:

Vanilla (Reg or SF)

Chocolate (Reg or SF)

Ice Cream:

Vanilla, Chocolate

Milk:

Fat Free, 1%

Whole, Soy, Chocolate,
Lactose Free

Juice:

Orange, Prune

Hot Chocolate (Reg or SF)

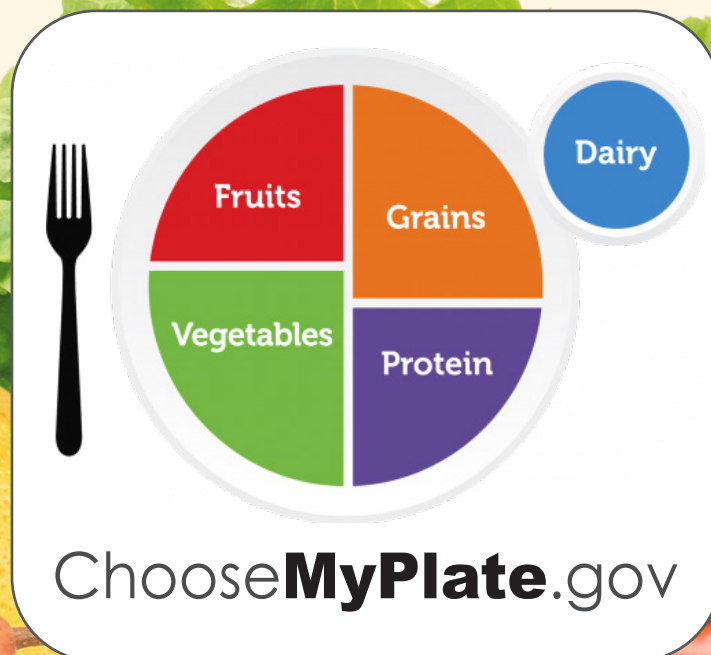
We are pleased to offer you personal room service dining. This innovative dining program allows you to select meals from a wide variety of foods designed to enhance your experience.

How to Place Your Order

We encourage you to try our featured daily specials. Throughout the day a host will assist you with your meal preference based on your physician's diet order.

If you are on a modified diet, the host will assist you with your selections. Your doctor may have ordered a special diet for you to support your overall health. This diet may be different from what you eat at home and may taste different due to nutrient restrictions like salt.

If you need further assistance please call extension 3-EATS (3-3287) between 5:00 am and 7:00 pm.



Available Every Day

Breakfast

- ♥ Oatmeal
- ♥ Grits
- Pancakes
- Assorted Cereals
- Scrambled Eggs
- Bacon
- ♥ Turkey Sausage
- Breakfast Potatoes
- Biscuit
- ♥ Bagel
- Chobani Yogurt
- Blueberry Muffin

Lunch & Dinner

- ♥ Create Your Own Burger
- Chicken Tenders
- ♥ Chicken Breast Sandwich
- ♥ Create Your Own Deli Sandwich
- ♥ Tuna Salad Cold Plate
- ♥ Chicken Salad Cold Plate
- Pepperoni Pizza
- Cheese Pizza
- Veggie Pizza
- Chicken or Cheese Quesadilla
- ♥ Chicken or Vegetable Stir Fry
- ♥ Cottage Cheese & Fruit Plate
- ♥ Chef Salad
- ♥ Chicken Caesar Salad

Sides

- ♥ Classic Tomato Soup
- ♥ Chicken Noodle Soup
- ♥ Garden Vegetable Soup
- ♥ Garden Salad
- ♥ Cottage Cheese
- ♥ Mashed Potatoes
- Mac & Cheese
- ♥ Steamed Rice
- ♥ Green Beans
- ♥ Sliced Carrots
- ♥ Baked Lays
- Pretzels
- ♥ Baked Potato

Desserts

- ♥ **Fruit:** Banana, Orange, Apple, Fresh Fruit Salad, Assorted Soft Fruit Cups, Applesauce, Grapes, Pineapple Chunks
- ♥ **Pudding** (Reg. or SF)
- ♥ **Gelatin**
- ♥ **Cookies**
- ♥ **Ice Cream**
- ♥ **Sherbet**
- ♥ **Fruit Ice (Reg or SF)**
- ♥ **Yummy Delights:**
- ♥ Vanilla Wafers,
- ♥ Graham Crackers, Chocolate Brownie,
- ♥ Peach Crisp,
- ♥ Angel Food Cake

Beverages

- Hot:** Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)
- Hot Chocolate (Reg or SF)
- Cold:** Iced Tea (Sweet or Unsweet)
- Ginger Ale (Reg or Diet)
- Sprite® (Reg or Diet)
- Coke® (Reg or Diet)
- Dr. Pepper® (Reg or Diet)
- Powerade® (Red or Blue)
- Bottled Water
- V8 Juice
- Milk:** Fat Free, 1%, Whole, Soy, Chocolate, Lactose Free
- Assorted Fruit Juices**
- Flavored Water:**
- Tropical Mango,
- Strawberry Kiwi

Your doctor may have ordered a special diet for you to support your overall health. All items may not be available on all diets.

Menu

VANDERBILT  UNIVERSITY

MEDICAL CENTER



Need to Place a Food Order?

Please call 1-2433 or if calling from a personal phone 615-421-2433.
To ensure delivery during meal service, call before the following hours:
Breakfast- preorder for the next day by 7pm, Lunch- 10am, Dinner-2:30pm

