

# GARDEN CAFÉ MENU



Sioux Center Health  
An Avera Partner

# Breakfast

7:00 – 10:00 A.M.



## BREAKFAST OF THE DAY

When you call, ask about our breakfast of the day (available until 10:00 am)

## CEREAL

### HOT CEREAL

oatmeal (1) | cream of wheat (1) | malt-o-meal (2)

brown sugar (1) | raisins (1)

available upon request for hot cereals

### COLD CEREAL

frosted flakes (2) | cheerios (1.5) | honey nut cheerios (2) | rice krispies (1.5) | corn flakes (1) | raisin bran (2)

skim milk (1) | 2% milk (1)



## ENTRÉES

### OMELET

two egg omelet prepared with your choice of:

ham | sausage | bacon | bell peppers | onions | tomatoes | spinach | american cheese | cheddar cheese

### EGGS

two eggs prepared to your liking scrambled | fried | hard boiled

### BREAKFAST BURRITO (4)

flour tortilla filled with eggs, potatoes, onions, peppers, and cheese  
sausage | mexican chorizo  
\*hot sauce and salsa available

### FRENCH TOAST (3)

two slices of texas toast dipped in egg batter and grilled

### PANCAKES (4)

two light and fluffy pancakes

### BELGIAN WAFFLE (4)

one toasty belgian waffle

### HISPANIC COMFORT BREAKFAST (6)

two eggs, refried beans, rice, and flour tortilla.

eggs: scrambled | fried | hard boiled

meat: sausage patty | sausage links | bacon | turkey sausage patty | ham patty | mexican chorizo

### YOGURT PARFAIT (4)

8 oz. of vanilla yogurt mixed with fresh fruit and granola

## SIDES

### YOGURT (1)

raspberry | strawberry | blueberry | vanilla

### FRUIT

fresh fruit cup (1) | banana (2) | apple (1) | orange (1) | strawberries (1) | grapes (1) | pineapple (1) | raspberries (1) | blackberries (1)

### MUFFIN (2)

blueberry | apple cinnamon

### TOAST (1.5)

white | wheat berry | rye | cinnamon raisin

### BAGEL (4)

plain | blueberry

### ENGLISH MUFFIN (2)

## ADD ONS

### MEATS

sausage patty | sausage links | bacon | turkey sausage patty | turkey bacon | ham patty | mexican chorizo

### TOPPINGS/SPREADS

cream cheese | strawberry cream cheese | strawberry/grape jelly (1) | sugar free strawberry/grape jelly | honey (1) | butter | peanut butter

regular syrup (2) | light syrup

## Meal Service Times

Breakfast ..... 7:00 a.m. – 10:00 a.m.

Lunch ..... 11:00 a.m. – 1:30 p.m.

Dinner ..... 5:00 p.m. – 6:30 p.m.

## CONSTANT CARBOHYDRATE MEAL PLAN

If you have diabetes or already follow a constant carbohydrate meal plan, it is recommended to eat three well-balanced meals per day. If possible, you should eat at the same time everyday and approximately four hours apart.

The number in the parentheses (#) equals carbohydrate choices per item. One (1) carbohydrate choice is equal to 15 grams of carbohydrates. The number of carbohydrate choices is listed behind the food items. If no carbohydrate value is shown, that item has few or no carbohydrates. If you are on a constant carbohydrate meal plan, try to choose 3-5 carbohydrate choices per meal.

## ORDERING

- To place a room service order, please dial \*38138 anytime between 7:00 am and 6:30 pm to place your order. Please include your name and room number.
- A nutrition service team member will be happy to assist if you need help with the ordering process, or if your doctor prescribed a restricted diet.
- Please allow 45 minutes or less for food preparation and delivery.
- Some items may not be available or may need to be altered if your provider has prescribed a modified diet.
- If you find that you would like food service outside of our room service hours, please notify your care team and they can help by offering items available near your room.

# Lunch & Dinner



11 A.M. – 1:30 P.M. | 5:00 – 6:30 P.M.

## ENTRÉE - PICK ONE PER ORDER

### MEAL OF THE DAY

when you call, ask about our meal of the day (available during meal hours)

### HAND PATTIED HAMBURGER (3)

100% beef patty served on your choice of bun

### GRILLED TURKEY BURGER (3)

classic turkey burger with your favorite burger toppings

### CHICKEN SANDWICH

grilled (3) or crispy (4) chicken breast served on your choice of bun

### BATTERED FISH SANDWICH (5)

breaded and fried cod served on your choice of bun

### BUN OPTIONS

white | pretzel

### BLT (3)

classic bacon, lettuce, and tomato sandwich on white or wheat bread

### GRILLED CHEESE SANDWICH (3)

add ham

### QUESADILLA (2)

with lettuce and onion  
cheese | chicken | chorizo

### CHICKEN TENDERS (2)

choice of dipping sauces available

## SOUPS

chicken noodle (1) | low sodium chicken noodle (1) | beef vegetable (1) | low sodium vegetable (1) | cream of tomato (1) | low sodium cream of tomato (1)

## SALADS

strawberry spinach salad | chef salad | side salad (shredded lettuce, carrots, tomato, and cheese)  
add ham or chicken

### DRESSINGS

ranch | caesar | honey mustard (1) | thousand island

### FAT FREE DRESSINGS

ranch (1) | raspberry vinaigrette (.5) | french (1)

## HOMESTYLE

### ROAST BEEF

tender and slow-roasted beef

### COUNTRY FRIED STEAK (1)

beefsteak coated with seasoned flour and pan-fried

### GRILLED SALMON

lightly seasoned salmon fillet

### CHICKEN ENCHILADA (4)

shredded chicken and cheese rolled up in a flour tortilla covered in enchilada sauce

### MEXICAN TAMALES (4)

traditional steam cooked corn dough "masa" and chicken wrapped in corn husks



## TOASTED SUB SANDWICHES (3)

### TBM SUB

turkey, provolone cheese, bacon, and a special sauce topped with lettuce and tomatoes

### TURKEY AVOCADO CLUB

turkey, bacon, provolone cheese with avocado cream sauce

## COLD SANDWICHES

chicken salad | ham and cheese | turkey and cheese | roast beef and cheese

### BREAD CHOICES (3)

white | wheat | rye | croissant | bun | flour tortilla

### CHEESE CHOICES

american | swiss | cheddar | provolone | pepper jack

## SIDES - PICK 2 PER ORDER

applesauce (1)

baked potato (2)

broccoli

carrots

cheese balls (1)

corn (1)

cottage cheese

dinner roll (1)

french fries (2)

garlic bread (1)

green beans

guacamole

macaroni and cheese (3)

mashed potatoes (1) and gravy

onion rings (2)

peas (1)

peach, pear, or mandarin oranges fruit cup (1)

potato chips (2)

refried beans (1.5)

roasted black beans and corn (1)

spanish rice (1)

sweet potato fries (1)

## TOPPINGS AND CONDIMENTS

bacon

lettuce

tomato

onions

pickles

regular mayo

light mayo

ketchup (.5)

BBQ (1)

yellow mustard (1)

honey mustard (1)

ranch

fat free ranch (1)

tartar sauce

hot sauce

salsa

# Heart Healthy Menu

This diet is intended to help control fluid retention and to decrease blood cholesterol levels. Foods are lower in saturated fat, trans fat, cholesterol, and sodium. Gluten-free noodles available.

## BREAKFAST

### CEREAL

hot: oatmeal (1) | cream of wheat (1) | malt-o-meal (2)  
brown sugar (1) and raisins (1) are available upon request

cold: cheerios (2) | honey nut cheerios (2) | rice krispies (1.5) | corn flakes (1) | raisin bran (2) | frosted flakes (2)  
served with skim milk (1)

### HEART HEALTHY OMELET

egg omelet prepared with your choice of: turkey bacon | turkey sausage | bell peppers | onions | tomatoes | spinach | light cheddar cheese

### EGGS

scrambled | egg whites | over easy | hard boiled  
one egg per day is allowed on the heart healthy diet

### FRENCH TOAST (3)

two slices of texas toast dipped in egg batter and grilled to perfection. Served with butter spread, syrup, or fresh fruit

### PANCAKES (4)

two light and fluffy pancakes, served with butter spread, syrup, or fresh fruit

### YOGURT PARFAIT (4)

vanilla yogurt mixed with fresh fruit and granola

## SIDES

### MEAT

turkey sausage | turkey bacon

### YOGURT

raspberry (1) | strawberry (1)

### FRUIT

mixed fresh fruit cup (1) | banana (2) | apple | orange | strawberries | grapes | pineapple (1) | raspberries (1) | blackberries (1)

### BREADS

wheat berry (1.5) | white (1.5) | rye (1.5) | cinnamon raisin (1.5) | english muffin (2) | plain bagel (5) | blueberry bagel (5)

### CONDIMENTS

cream cheese | strawberry/grape jelly (1) | honey (1) | butter spread | peanut butter

## LUNCH & DINNER

### ENTRÉE SALADS

garden salad | strawberry spinach salad | chef salad with chicken

### SOUPS

LOW SODIUM CHICKEN NOODLE (1)  
chicken breast, carrot, onion, celery, herbs, cavatappi noodles, homemade chicken stock

### LOW SODIUM VEGETABLE (1)

celery, onion, carrot, potato, tomato, corn, and peas

### LOW SODIUM CREAM OF TOMATO (1)

a tomato based soup, blended with celery and a hint of garlic

### ENTRÉES

#### SWEDISH MEATBALLS

seasoned meatballs in a creamy mushroom gravy, served over egg noodles

#### GRILLED SALMON

lightly seasoned and baked to perfection

#### GRILLED TILAPIA

lightly seasoned with a salt-free house blend and baked

#### BACON-WRAPPED CHICKEN BREAST

tender chicken seasoned with a garlic-herb blend and wrapped in turkey bacon

#### BONELESS PORK CHOP

lightly seasoned and baked to perfection

#### CHICKEN QUESADILLA (2)

seasoned chicken, lettuce, onion and light cheddar cheese in a crisp tortilla

#### TACOS (2)

seasoned ground turkey tacos served with all your favorite toppings

#### CHICKEN FAJITAS (2)

tender sliced chicken with peppers and onions served in tortillas

#### HEART SMART PASTA (4)

flavorful meat sauce served over pasta

#### CHICKEN ALFREDO (3)

grilled chicken and creamy alfredo sauce served over pasta

### HOT SANDWICHES

#### MEATBALL SUB (3)

tender meatballs tossed with marinara and topped with a sprinkle of cheese on a toasted hoagie bun

#### MUSHROOM & SWISS BURGER (3)

seasoned turkey burger topped with tender mushrooms and swiss cheese

#### TURKEY BURGER (3)

classic turkey burger with your favorite burger toppings

#### GRILLED CHICKEN SANDWICH (3)

juicy chicken lightly seasoned and grilled

#### BLT (3)

turkey bacon, lettuce, and tomato sandwich with light mayonnaise

### BUILD YOUR OWN SANDWICH OR WRAP (3)

#### BREADS (3)

white | wheat berry | rye | bun | wrap

#### MEATS

reduced-sodium ham | turkey | beef

#### TOPPINGS

lettuce | tomato | onion | guacamole

#### CONDIMENTS (1) - 1 OR 2 PACKETS

light mayo | yellow mustard | honey mustard | dijon mustard | BBQ | ketchup | ranch

### SIDES - PICK 2 PER ORDER

applesauce (1) | au gratin potatoes | baked potato (2) | broccoli | carrots | carrots & celery sticks | corn (1) | fresh mixed fruit cup (1) | fruit cup: peach, pear, or mandarin oranges (1) | green beans (1) | peas (1) | roasted black beans & corn (1) | side salad

### DESSERT - PICK ONE PER ORDER

angel food cake (2) with strawberries (1) | orange sherbet (2) | rainbow sherbet (2) | chocolate pudding (1.5) | vanilla pudding (1) | strawberry jell-o (1) | orange jell-o (1) | fresh fruit cup (1)

**BEVERAGES** regular coffee | decaf coffee | skim milk (1) | black tea | earl grey tea | green tea | chamomile tea | mint tea | orange juice (1) | apple juice (1) | grape juice (2) | tomato juice (.5) | V-8 (.5) | cranberry juice (1)

# Drinks

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## JUICE

apple (1) | orange (1) | cranberry (1) |  
grape (2) | tomato (.5) | V-8 (.5)

## MILK

skim (1) | 2% (1) | chocolate (2)

## COFFEE

regular | decaf  
half and half | french vanilla creamer | hazelnut  
creamer | sugar | sugar substitute

## HOT CHOCOLATE (1)

SUGAR-FREE HOT CHOCOLATE

MEXICAN HOT CHOCOLATE (1.5)

## TEA

black | earl grey | green | chamomile | mint

## SODA - REGULAR

ginger ale (2) | lemon lime shasta (2) | pepsi (3)  
| mountain dew (3) | dr. pepper (3)

## SODA - DIET

lemon lime shasta | pepsi | mountain dew |  
dr. pepper

# Dessert

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pick 1 per order

## DESSERT OF THE DAY (2-4)

choice changes daily, ask what dessert is available

## COOKIES (2)

choice changes daily, ask what cookie is available

## ICE CREAM (1)

chocolate | vanilla | strawberry

## PUDDING

chocolate (1.5) | vanilla (1)

## JELL-O (1)

orange | strawberry

## SHERBET

orange (2) | rainbow (2)

## ANGEL FOOD CAKE (2)

add strawberries (1)

# Liquid Menu

## CLEAR LIQUID DIET

### BROTH

beef | chicken | vegetable

### JELL-O (1)

strawberry | orange

### POPSICLES (1)

assorted flavors

### BEVERAGES

apple juice (1) | cranberry juice (1) | grape juice (2)

### COFFEE | HOT TEA

### DRINKS

lemon lime shasta (1) | diet lemon lime shasta | ensure clear (3)

## FULL LIQUID DIET

includes items from the clear liquid diet

### HOT CEREAL

oatmeal (1) | cream of wheat (1) | malt-o-meal (2)

### PUDDING

chocolate (1.5) | vanilla (1)

### SOUP (1)

cream of tomato | low sodium cream of tomato

### MILK

skim (1) | 2% (1) | chocolate (2)

### HOT CHOCOLATE (1)

SUGAR-FREE HOT CHOCOLATE

MEXICAN HOT CHOCOLATE (1.5)

### ICE CREAM (1)

chocolate | vanilla | strawberry

### MILKSHAKE (2)

chocolate | vanilla | strawberry

### VANILLA YOGURT (1)

### ENSURE (3)



At Sioux Center Health, we strive to serve you with fresh, chef-prepared meals that are designed with your health in mind. Our team works to support you in your journey of health and healing with customer service at the forefront of our operation. We truly believe in the mission of Sioux Center Health and are honored to serve you in a way that promotes the very best experience possible. We strive to individualize your experience with our talented chefs, dietitians who support your nutritional plan, and team members who deliver meals promptly with a smile.

Please let us know if you have any concerns and thank you for letting us serve you during your stay.

## FAMILY AND GUESTS

- One complimentary meal is provided for each meal time. Please place order when patient meal is ordered.
- The Garden Café is located on the lower level. You will find a variety of selections offered each day from 7:00 a.m. – 6:30 p.m.
- Starbucks coffee kiosk is located in the Town Center.
- Vending machines are available 24 hours a day and are located on the lower level by the Garden Café.