

PATIENT MENU

REGULAR DIET

Breakfast 6:30-10:30 a.m.

Lunch 11 a.m.-4 p.m.

Dinner 4-7 p.m.

Night Owl Service 7-9 p.m.

Please request a night owl menu or visit luch.org/NightOwlMenu to see our options.

Please call ext. **16223** to order your meal. From outside, call **909-651-6223** to order your meal.

Due to space on the tray, we limit selection to one entrée at each meal time, with up to six assorted additions. Additions may include vegetables and side dishes, soups or salads, fruit, yogurt, breads and crackers, chips and snacks, and desserts. If you are still hungry, we are happy to deliver a limited selection within your therapeutic diet order.

Guest trays are available for purchase at Medical Center cafeteria registers for visitors of patients with a diet order.

Breakfast Menu

Hot foods available 6:30-10:30 a.m.

Fruit (up to two)

Fresh Fruit Salad
Grapes
Pineapple
Banana
Apple Slices
Applesauce
Mandarin Oranges
Diced Peaches
Honeydew
Cantaloupe
Strawberries*
Watermelon*
**Seasonal*

Yogurt (up to one)

Red Berry Greek
Peach Greek 100
Low-Fat Vanilla
Low-Fat Peach
Fat-Free Strawberry
Soy Vanilla

Yogurt Parfait

Vanilla yogurt layered with seasonal fresh berries and our house-made granola.

Cereal (up to one)

Cold Cereal

Kix™
Cheerios™
Honey Nut Cheerios™
Rice Krispies™
Total™
Frosted Flakes™
Cinnamon Chex™

Hot Cereal

Oatmeal
Cream of Wheat™

Toppings: Almonds, Craisins, Brown Sugar, House-made Granola

Breakfast Specials

Made-to-order Omelet with choice of cheese, cheddar, American or provolone cheese, and up to three toppings, baby spinach, mushrooms, onions, green bell pepper, tomato, turkey, soyrizo or vegetarian sausage.

Breakfast Burrito with scrambled eggs, choice of cheddar, American or provolone cheese, potato, turkey, soyrizo, or vegetarian sausage in a flour tortilla.

Breakfast Sandwich with scrambled egg, choice of cheddar, American or provolone cheese, turkey or vegetarian sausage on an English muffin.

**Belgian Waffle | Buttermilk Pancakes
Cinnamon French Toast**

On the Side (up to two)

Scrambled Eggs	Turkey Sausage Patty
Hard Boiled Egg	Vegetarian Sausage Patty
Tater Tots™	Soyrizo
Hash Browns	Scrambled Egg with Soyrizo

Lunch and Dinner

Lunch available from 11 a.m.-4 p.m. | Dinner available from 4-7 p.m.

Soup

Chicken Noodle
Tomato
Broth (chicken or vegetable)
Cup of Noodles

Salad

Tossed Salad
Pasta Salad
Cottage Cheese
Raw Veggie Cup with Ranch Dip

Entrées (up to one)

Entrée Salads *Also available in side salad portion.*

Southwest Salad with mixed lettuce topped with spicy black beans, corn, cheddar cheese, tomatoes and crispy tortilla strips. Finished with grilled chicken, vegetarian chicken or diced tofu. Recommended dressing: Creamy southwest.

Chef Salad with mixed lettuce served with turkey, cheddar cheese, hardboiled egg and cucumber.

Salad Dressings

Ranch | Creamy Southwest | Italian | Thousand Island
Fat-Free Ranch

Featured Hot Entrées

Beef Fillet Tips cooked with mushrooms, green onions, and topped with savory brown gravy.

Baked Cod with a lemon herb crumb topping.

Chicken Drumsticks herb roasted or barbeque.

Breaded Chicken Tenders

Veggie Nuggets

Herb Marinated Baked Chicken Breast

Spaghetti with option of marinara, or parmesan parsley and butter sauce. Protein options are meatballs or chicken breast.

Cheese Pizza

Made-to-Order Entrées

The following items may be customized with grilled chicken, beef, fish, seasoned tofu or vegetarian chicken.

Bean, Rice and Cheese Burrito

Fajitas served with corn or flour tortilla.

Quesadilla

Soft Tacos corn or flour tortillas with your choice of protein. Lettuce, tomato, and cheese available on the side.

Stir Fry with snap peas, mushrooms, baby carrots, broccoli, red and green bell peppers, baby corn, topped with toasted sesame seeds and a soy-ginger glaze.

Cold Sandwiches

Build your own, half or whole.

Turkey | Egg Salad | Tuna Salad | Peanut Butter and Jelly

Choose Your Cheese

American | Cheddar | Provolone

Choose Your Bread

Whole Wheat | White | Sourdough

Hot Sandwiches

Build your own, half or whole.

Grilled Cheese | Garden Burger | Hamburger | Chicken Breast

Choose Your Bun

Whole Wheat | White | Sourdough | Gluten-free

Choose Your Cheese

American | Cheddar | Provolone

Sandwich Toppings

Lettuce | Tomato | Sliced Onion | Pickle Chips | Spinach

Vegetables and Side Dishes (up to two)

Green Beans	Pinto Beans	French Fries
Baby Carrots	Baked Potato	Tater Tots™
Broccoli	Mashed Potato	White Rice
Corn	and Gravy	Brown Rice
Snap Peas	Macaroni and Cheese	

Beverages (up to three)

**Limit one carbonated beverage per meal.*

Milk – whole, low fat, nonfat, chocolate, and lactose-free

Almond Milk – vanilla and chocolate

Soy Milk – plain, vanilla and chocolate

Juice – orange, apple, cranberry, diet cranberry, cranberry-grape and prune

Crystal Light On The Go™ – fruit punch and lemonade

Gatorade™ – lemon-lime

Tea – black, decaffeinated, green and assorted herbal

Coffee – regular and decaffeinated

Hot Chocolate – regular and sugar free

Bottled Water

Capri Sun™ – Fruit Punch

IZZE™ – Sparkling Apple

Breads and Crackers (up to one)

Toast (your choice of white, wheat, sourdough or English muffin)

Toasted Bagel (plain, blueberry or cinnamon raisin)

Tortilla (flour or corn)

Wheat Dinner Roll

Bread Stick

Hawaiian Roll

Apple Cinnamon Muffin

Blueberry Muffin

Saltine Crackers

Oyster Crackers

Ritz™ Crackers

Graham Crackers

Low Sodium Crackers

Condiments and Additions

Butter	Smart Balance™ Spread	Jalapeño Slices
Jelly	Peanut Butter	Sour Cream
Honey	Cream Cheese	Ketchup
Raw Sugar	Pancake Syrup	Mustard
Splenda™	Plain Creamer	Mayonnaise
Lemon Wedge	French Vanilla	Tapatio™
Salt	Creamer	BBQ Sauce
Pepper	Avocado Mash	Soy Sauce
Mrs. Dash™	Pico de gallo	CROUTONS
		Parmesan Cheese

Dessert (up to one)

Cheesecake – with option of seasonal berries

Freshly Baked Chocolate Chip Cookie

Ice Cream – vanilla, chocolate and strawberry

Popsicle – grape, cherry and orange

Lemon Italian Ice

Chocolate Chunk Brownie

Pudding – vanilla and chocolate

Sherbet – orange and rainbow

Gelatin – cherry, orange and sugar-free strawberry

See Breakfast Menu for Fruits and Yogurts.

Chips and Snacks (up to one)

SunChips™

Lays™ Original

Cheetos™

Hot Cheetos™

Nacho Doritos™

String Cheese

Almonds

Salted Peanuts

Whole Grain Goldfish

Hummus and Pretzels

Cinnamon Teddy Grahams™

It is our pleasure to serve you.

In accordance with California food safety laws and in an effort to prevent food-borne illness, meal trays and all perishable food items will be removed from patient rooms approximately an hour and a half after delivery. We are happy to provide you with fresh food if you have not finished enjoying your meal selections at that time. We appreciate your cooperation!

— Sincerely, Your Nutritional Services Team



LOMA LINDA UNIVERSITY
CHILDREN'S HOSPITAL