

Breakfast

Served between 6:30 and 10 a.m.

FRESH BEGINNINGS (All Diets)

🌱🍷 **Fresh Fruit** | Banana^{17g}, Grapes^{13g}, Orange^{11g}, Melon Cup^{12g}, Mandarin Oranges^{18g} or Strawberry and Grape Cup^{12g}

🌱🍷 **Chilled Fruit** | Applesauce^{14g}, Peach Slices^{11g}, Pear Halves^{17g}, Stewed Prunes^{21g}

🌱🍷 **Light Yogurt** | Vanilla^{15g}, Strawberry^{13g}, Blueberry^{13g}, Peach^{13g}

🌱 **Yogurt Parfait** | Light vanilla yogurt layered with berries and topped with granola^{32g}

🌱🍷 **Cottage Cheese Cup**^{5g}

CEREAL BOWL (All Diets)

You may add brown sugar^{18g}, honey^{7g}, raisins^{8g}, sugar substitute

🌱 **Hot** | Oatmeal^{20g}, Cream of Wheat^{21g}, 🍷 Grits^{29g}

🌱 **Cold** | 🍷 Cheerios^{13g}, 🍷 Rice Krispies^{21g}, 🍷 Corn Pops^{25g}, Raisin Bran^{30g}, Frosted Flakes^{26g}, Frosted Mini Wheats^{23g}, Granola^{34g}

SOUTHERN SUNRISE (All Diets)

🌱 **Veggie Skillet** | Eggs, Sautéed Vegetables, Vegetarian Sausage and Hash Browns^{20g}

🍷 **Omelets** | Canadian Bacon, Mushroom and Hash Browns^{13g}, 🌱 Spinach, Tomato and Mushroom^{5g}

🍷 **Eggs Your Way** | Scrambled, Fried, Hard Boiled
Your choice of 🌱 Vegetarian Sausage^{3g}, Canadian Bacon, 🌱 Hash Browns^{20g}, 🌱 Pico de gallo^{4g} or 🌱 Salsa^{2g}

BAKERY BASKET

Gluten-Free Breads Available (1 slice)^{17g}

Breads | Cinnamon Raisin Bread^{14g}, English Muffin^{25g}, Banana Bread^{17g}, Corn^{12g} or Flour^{18g} Tortilla

Homemade Muffins | Blueberry^{20g} or Bran^{30g}

Half Bagel | Plain^{32g}, Cinnamon Raisin^{30g}, Strawberry^{30g}

Condiments | Butter, Margarine, Honey^{7g}, Low Fat Cream Cheese^{1g}, Strawberry Jelly^{10g}, Grape Jelly^{10g}, Diet Grape Jelly^{3g}, Diet Apple Jelly^{3g}, Diet Mixed Berry^{3g}, Peanut Butter^{5g}, Cream Cheese^{1g}

Heart Healthy/Carbohydrate Controlled

Your doctor has ordered a heart healthy and/or carbohydrate controlled diet for you. The food selections on this meal plan will be lower in fat, sodium and cholesterol than a regular meal plan. These BSA Gourmet selections have been designed by a professional chef to combine both taste and health. The amount of carbohydrates is listed next to each food item as grams (example banana^{17g}). If you need assistance controlling your blood sugar, these grams of carbohydrates will be useful for you. Your diet order will allow a certain amount of carbohydrates for each meal (listed below).

Heart Healthy Diet: A heart healthy diet is designed for patients who have heart disease or are at risk of developing heart disease. Foods you can expect to see on this diet include fruits and vegetables, lean meats, egg substitutes, whole grains and low fat or fat-free dairy products.

The following tips will help maximize your nutrition and overall health:

- Limit your meals to 700-800mg of sodium with a daily total 1500mg - 2300mg. Instead of adding salt, season food with herbs and spices.
- Aim for 5-6 servings of fresh, frozen, or no-added-salt canned fruits and vegetables daily.
- Limit animal protein to 6-8 ounces daily and choose lean meats like "loin" or "round" cuts of beef and pork or skinless poultry. Eat fish like salmon or tuna twice weekly.
- Choose whole grain, unprocessed cereal, bread, pasta, rice and beans.
- Limit foods high in saturated fat, trans fat and/or cholesterol. These include butter, whole milk, bacon, sausage, regular cheese, lunch meats and partially hydrogenated vegetable oil.
- Choose fats/oils like canola oil and olive oil. Intake should be limited to 6-8 teaspoons per day, including the fat used in cooking.

Carbohydrate Controlled Diet

In order to control your blood sugar, your doctor has ordered a consistent carbohydrate diet for you. To assist you in making food choices, the grams of carbohydrates are listed next to each food item on the menu. Each meal, you may select up to the amount of carbohydrates listed below. If you exceed your meal limits, our BSA Gourmet staff will help you select other options within your meal plan.

Breakfast : ___ grams of carbohydrates AM snack: ___ grams of carbohydrates
Lunch: ___ grams of carbohydrates PM snack: ___ grams of carbohydrates
Dinner: ___ grams of carbohydrates Bedtime snack: ___ grams of carbohydrates

There are three main food groups that contain about 15 grams of carbohydrates per serving: starch, fruit and milk. Here are some examples of these items and their carbohydrate levels per portion:

Starch | 1/3 cup of pasta^{15g}, rice or beans^{15g}, 1/2 cup of oatmeal^{15g}, potatoes^{15g}, corn or peas^{15g}, 1 slice of bread or small tortilla^{15g}

Fruit | 1 piece of fruit the size of a tennis ball^{15g}, 1/2 cup of juice or canned fruit^{15g}

Milk | 1 cup of milk^{15g}, 1/2 cup of yogurt^{15g}

Vegetables | 1/2 cup cooked^{5g}, 1 cup of raw^{5g}

Meat/Protein | 3-4 oz non-breaded beef, chicken, fish or pork, 1 egg or 1 oz of cheese

If you have questions regarding your special or restricted diet, please call the BSA Gourmet Call Center at 2-3663 and we will happily assist you.

BSA Gourmet Room Service Menu

Heart Healthy/Carbohydrate Controlled

As part of our commitment to providing exceptional service to our patients, BSA Health System is pleased to offer the BSA Gourmet room service menu. Our restaurant-style dining menu features made-to-order, freshly prepared food for every palate, including those with dietary restrictions.

The BSA Culinary Team creates a variety of items for breakfast, lunch and dinner, including homemade soups, fresh salads and sweet treats. These meals are carefully prepared based on the diet your physician has ordered for you.

You may order throughout the day at times that best fit your schedule. To place your order contact a BSA representative at 2-3663.

If you need special assistance placing your order, please dial extension 2-3663 and your Ambassador will personally visit your room to assist you. Meals are prepared fresh and delivered to your room within 45 minutes.

To order, dial 2-3663

Breakfast selections are available between 6:30 a.m. and 10 a.m.
Lunch and Dinner selections are available between 11 a.m. and 7 p.m.



Lunch & Dinner

Served between 11 a.m. and 7 p.m.

BROTH AND HOMEMADE SOUPS

Available upon request: Crackers^{9g} or Low Sodium Crackers^{5g}

Soup | Chicken Noodle^{17g}, 🌱🌾 Tomato Basil^{8g}, 🌱 Broccoli Cheese Soup^{14g}, 🌱 Potato Soup^{18g}

Low Sodium Broths | Beef^{2g}, Chicken^{2g}, 🌱🌾 Vegetable^{2g}

WORLD CLASS ENTREES

🌾 **Texas Beef Brisket** | Seasoned with our special rub, slow roasted to perfection and basted with Daddy-O's BBQ sauce^{10g}.

🌾 **Tenderloin Steak** | 6oz flame grilled steak cooked to your liking, medium rare, medium or well.

Lemon Pepper Pork Chop | Flame grilled pork chop seasoned with lemon pepper and topped with a creamy coleslaw^{9g}.

Chicken Pot Pie | A savory blend of chicken and vegetables in a creamy sauce, topped with a flaky pastry crust^{26g}.

Home-Style Meatloaf | Meatloaf topped with a zesty tomato sauce^{13g}.

🌾 **Cornmeal Crusted Chicken** | Chicken breast coated with cornmeal and grilled, on a bed of sautéed greens and topped with a corn and tomato relish^{18g}.

🌾 **Soft Tacos** | Two soft corn tortillas with your choice of chicken, shredded beef or fish (add pico de gallo, salsa, shredded cheese, lettuce and diced tomato)^{24g}.

🌱 **Chicken and Ravioli** | Sliced chicken breast sautéed in olive oil and tossed with asparagus, sun dried tomatoes and cheese ravioli (may be served vegetarian style)^{40g}.

🌾 **Grilled Asian Chicken** | Asian marinated grilled chicken breast served with caramelized pineapples^{37g}.

Southwest Enchiladas | Your choice of chicken, cheese or shredded beef, hand rolled and served with homemade enchilada sauce^{30g}.

🌾 **Cajun Tilapia** | Pan seared tilapia filet served with spicy corn and cucumber salsa^{15g}.

Pan-Fried Catfish | Catfish filet coated with seasoned cornmeal, served with a remoulade sauce and creamy coleslaw^{18g}.

🌾 **Grilled salmon** | A salmon filet basted with a honey cider vinegar sauce^{19g}.

SIDES

🌱🌾 Carrots^{8g}

🌱🌾 Pinto Beans^{33g}

🌱 French Fries^{30g}

🌱🌾 Corn^{17g}

🌱🌾 White Rice^{25g}

🌱🌾 Sweet Potato Fries^{17g}

🌱🌾 Green Beans^{6g}

🌱🌾 Mashed Potatoes^{23g}

🌱 Mac and Cheese^{24g}

🌱🌾 Sautéed Baby Spinach^{4g}

🌱🌾 Baked Potato^{27g}

🌱 Dinner Roll: Choose

🌱🌾 Grilled Zucchini, Yellow Squash and Tomatoes^{4g}

🌱 Fried Okra^{25g}

White^{12g} or Wheat^{20g}

Lunch & Dinner

Served between 11 a.m. and 7 p.m.

THE FARMER'S MARKET

🌱 **Caesar Salad** | Hearts of romaine lettuce, rustic croutons tossed with Caesar dressing and shaved fresh parmesan^{15g}. *You may add grilled chicken or steak^{2g}.*

🌱 **Mandarin Orange Salad** | Fresh, crisp spinach tossed with mandarin oranges, carrots, red peppers, almonds, cinnamon wonton sticks and drizzled with a honey/ginger dressing^{37g}. *You may add grilled chicken^{2g}.*

🌾 **Chef's Salad** | Crisp lettuce mix with shredded cheese, sliced cucumber, tomatoes, roasted turkey and a hard-boiled egg garnish^{10g}.

Side Salad | 🌱🌾 Garden Salad^{3g}, 🌱 Caesar Salad^{6g}, 🌱🌾 Raw Vegetables With Dip^{4g}

Light Dressings | Low Sodium French^{4g}, Low Sodium Italian^{1g}

🌱🌾 **Seasonal Fruit Plate** | A variety of fresh seasonal fruit^{44g} with your choice of cottage cheese^{49g}, yogurt^{60g} or cheese medley^{45g}.

SANDWICH BOARD

Available whole or half. Leaf lettuce may be substituted for bread or tortillas for lettuce wraps. Gluten-free bread may be substituted.

Classic Hamburger | Served on a white or wheat bun; you may add grilled onions^{1g}, grilled mushrooms, tomatoes^{1g}, lettuce, pickles, cheese^{24g}.

Grilled Chicken Sandwich | Served on a white or wheat bun^{22g}; you may add grilled onions, grilled mushrooms^{1g}, tomatoes^{1g}, lettuce, pickles, cheese^{1g}.

Half Baja Chicken Wrap | Grilled chicken, lettuce and pico de gallo with chipotle mayo on a spinach tortilla wrap^{34g} or large lettuce wrap^{11g}.

Sandwich Choices | Roast Beef^{2g}, Roast Turkey, Tuna Salad^{4g}, Chicken Salad^{4g}, Egg Salad^{3g}, American^{1g}, Swiss, Cheddar^{1g}, Pepper Jack^{1g}, Provolone^{1g}, Muenster^{1g}, Peanut Butter and Jelly^{42g}, Peanut Butter and Diet Jelly^{35g}

Breads | (2 slices) White^{25g}, Whole Wheat^{24g}, 🌾 Gluten-free Bread^{34g}

Accompaniments | Baked Lays^{26g}, Sun Chips^{28g}, Tortilla Chips^{19g}

Condiments | Lettuce, Tomato^{2g}, Sliced Onion^{2g}, Dill Pickle^{1g}, Coleslaw^{9g}, Mustard, Dijon Mustard, Ketchup^{5g}, Mayonnaise, Light Mayonnaise, BBQ Sauce^{3g}, Butter, Margarine, Sour Cream^{1g}, Guacamole^{5g}, Pico De Gallo^{4g}, Homemade Salsa^{2g}, Sugar^{12g}, Sugar Substitute, Honey^{7g}, Non-Dairy Creamer^{3g}, Half-and-Half^{1g}, Salt, Salt Substitute, Pepper, Mrs. Dash®, Tartar Sauce, Lemon Juice

For your convenience: 🌱

Food choices that are suitable for vegetarians are indicated by

Gluten-free offerings are indicated by 🌾

Lunch & Dinner

Served between 11 a.m. and 7 p.m.

DESSERTS

Cake | Angel Food Cake (Plain^{11g} or with Berries^{13g}), Splenda® Cheesecake^{27g}

Cookie | Snickerdoodle^{20g}, Oatmeal Raisin^{22g}, Sugar Free Chocolate^{11g}, Chocolate Chip^{25g}

🌱 **Pudding** | 🌾 Tapioca^{9g}, Chocolate^{35g}, Vanilla^{33g}, Diet Chocolate^{14g}, Diet Vanilla^{13g}

🌱🌾 **Ice Cream** | Vanilla^{16g}, Chocolate^{16g}, Orange Sherbet^{23g}, Rainbow Sherbet^{23g}, Popsicles^{10g}, Sugar Free Popsicles^{4g} (Cherry, Orange, Grape)

🌾 **Jello** | Sugar Free Lemon, Sugar Free Strawberry, Lemon^{15g}, Cherry^{20g}, Blue Raspberry^{20g}

BEVERAGES (available thickened)

Available at breakfast, lunch and dinner

Coffee | Regular or Decaffeinated

Tea | Hot Regular or Decaffeinated, Hot Green, Iced Tea or Decaffeinated Iced Tea

Juices | Apple^{15g}, Orange^{14g}, Crangrape^{14g}, Prune^{29g}

Hot Chocolate | Regular^{21g} or No Sugar Added^{11g}

Milk | 2%^{13g}, Skim^{13g}, Low Fat Chocolate^{26g}, Soy^{14g}, Lactaid®^{13g}

Follow these easy steps to place your order:

Select the menu items you would like to order.

Dial extension 2-3663 from your room phone. A BSA Gourmet representative will be pleased to take your order.

Breakfast selections are available between 6:30 and 10 a.m.
Lunch and dinner selections are available between 11 a.m. and 7 p.m.

Your order will be freshly prepared and delivered to your room within 45 minutes.

If you need special assistance placing your order, please dial extension 2-3663, and your Ambassador will personally visit your room to assist you.