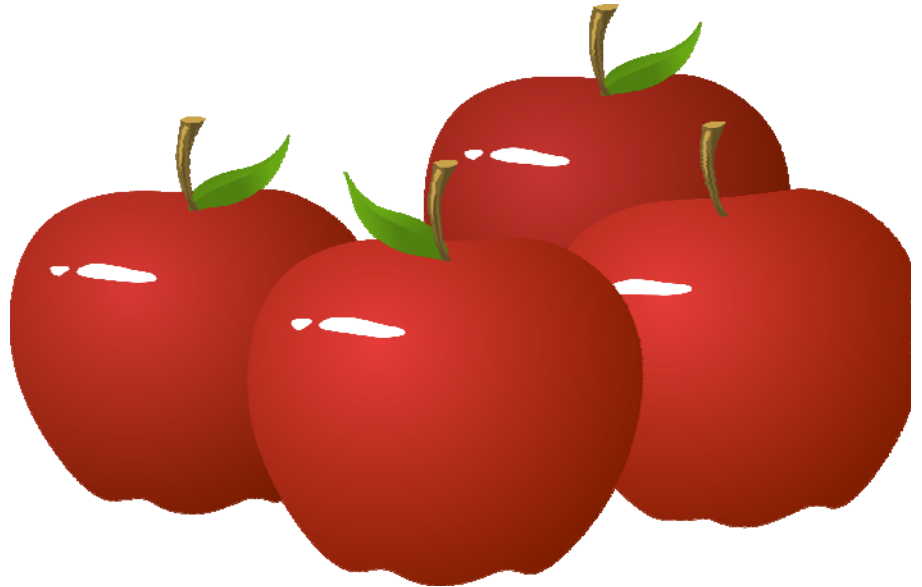


STURGIS HOSPITAL

# Patient & Guest Menu

**Call ext.  
3663 to  
order**



**Sturgis Hospital Room Service Call ext. 3663  
Hours of Service: 7 am—6 pm**

**Guest trays may be ordered for an additional fee . Guest trays  
may be paid by cash or credit card at the time of delivery.**

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# Patient & Guest Menu

Call ext.  
3663 to

## Fresh Start

Fresh Fruit Cup  
Sliced Pears  
Diced Peaches  
Applesauce  
Whole Fresh Fruit:

*Banana, Apple, Cantaloupe, Grapes*

Yogurt:

*Vanilla, Blueberry, Strawberry*



## Breakfast Entrees

Scrambled Eggs  
Hard Cooked Egg  
Biscuit & Sausage Gravy  
Buttermilk Pancake  
French Toast  
Hashbrown Potatoes  
Bacon  
Sausage links  
Sausage patty  
Turkey sausage patty

Sunrise Sandwich on an English

Muffin or Croissant: *With egg, cheese, and choice of meat: bacon, ham, turkey sausage patty or sausage patty*

Create Your Own Omelet  
(Select from):

*Cheese • Ham • Onion • Sausage  
Mushrooms • Green Pepper*



## Cereal & Bread

Hot Oatmeal  
Cream of Wheat  
English Muffin  
Danish  
Croissant  
Biscuit

Bagel (*cream cheese upon request*)

Cold Cereal:

*Cheerios, Rice Krispies, Cornflakes,  
Froot Loops, Raisin Bran, Mini-Wheats*

Toast:

*White, wheat, rye, cinnamon-raisin*

Muffin:

*Chocolate Chip, Blueberry, Banana Nut*



## Beverages

Coffee regular or decaf  
Hot Tea regular, decaf, or green  
Hot Cocoa (*No Added Sugar available*)

Milk: *nonfat, 2%, chocolate*

Soy Milk: *chocolate, vanilla*

Juice:

*Low-Sodium V-8, Cranberry, Apple,  
Grape, Orange, Prune, Peach*

Soft Drinks:

*Pepsi, Diet Pepsi, Mt. Dew, Caffeine  
Free Diet Pepsi, Sierra Mist, Diet Sierra  
Mist, Root Beer*

Crystal Lite:

*Lemon or Raspberry*

Unsweetened Iced Tea

# General Menu Lunch & Dinner

Call 3663  
to order

## Homestyle Entrees

Open-Faced Roast Beef  
Sandwich

Roast Turkey with gravy

Meatloaf with gravy

Pot Roast with gravy

Chicken Parmesan

Roast Pork Tenderloin

Chicken Tenders

Served with choice of dipping sauce

Baked Fish

Kraft® Macaroni & Cheese

Stir-fry, with rice

Choose chicken, beef, or vegetables

Herbed Chicken Breast

## Deli Sandwiches

Meats

Turkey, Roast Beef, Bacon, Ham

Tuna Salad, Chicken Salad

Cheese

American, Provolone, Cheddar, Swiss

Breads

White, Wheat, Rye, Sub roll

Tortilla wrap

Croissant

Extras

Lettuce, Tomato,

Onion, Pickle,

Peanut Butter, Jelly



## From the Grill

Grilled Chicken Sandwich

Vegetarian Burger

Hamburger or Cheeseburger

Grilled Ham and Cheese

Grilled Cheese

Hot Dog on a Bun

Philly Sub

Fish Sandwich

Breaded Pork Tenderloin on a Bun

Personal Pizza

Select your favorite toppings...

Cheese, Onions, Sausage, Ham, Mushrooms,  
Pepperoni, Green Peppers

## Entrée Salads

Fresh Fruit Plate

Served with cottage cheese

Chicken Caesar Salad

Chef's Salad

Dressings: Ranch, Lite Ranch, French, Italian low

calorie, Lite Italian, Honey Mustard, Fat-Free

Honey Mustard, Poppyseed, Raspberry Vinaigrette,

Thousand Island, Caesar

## Pasta Bar

Spaghetti

With marinara

With marinara and meatballs

Cheese Ravioli

With marinara

With marinara and meatballs

# General Menu

## Dessert & Sides

Call 3663  
to order

### Soups

Vegetable\* • Tomato\* • Chicken  
Noodle\* • Chicken Broth\*  
Beef Broth\* • Vegetable Broth\*  
Cream of Chicken

\*Also available in low-sodium

### Sides

Baked Potato • Mashed Potatoes  
French Fries • Green Beans  
Broccoli • Carrots • Corn • Rice  
Coleslaw • Spinach • Vegetable Blend  
Garden Salad • Applesauce • Cottage  
Cheese • Potato Chips • Pretzels  
Peas • Dinner roll • Graham Crackers  
Garlic Bread • Low-sodium saltines •  
Saltines

### Condiments

Salt & Pepper • Mrs. Dash ® • Sugar  
Splenda ® • Sweet-n-Low ® • Honey •  
Creamer • Brown Sugar • Ketchup  
Syrup (regular or sugar free)  
Lemon Juice • Parmesan Cheese  
Sweet & Sour Sauce • Malt Vinegar  
Barbeque Sauce • Honey-Mustard  
Tartar Sauce • Mayonnaise • Mustard  
Soy Sauce • Relish • Margarine • Sour  
Cream • Cream Cheese (regular or lite)  
Peanut butter • Jelly (regular or diet)

### Desserts

#### Cookies

Sugar • Chocolate chip  
Oatmeal Raisin • Vanilla Wafers

#### Whole Fresh Fruit

Orange • Apple • Banana

#### Angel Food Cake

#### Chocolate Cake

#### Lemon Meringue Pie

#### Apple Pie

#### Carrot Cake

#### Gelatin Regular or Sugar-Free

#### Pudding Chocolate or Vanilla

#### Orange Sherbet

#### Fruit Ice

#### Vanilla or Chocolate Ice Cream

#### Fresh Fruit Cup

### Calorie and Protein

### Boosters

#### Ensure Plus

*Chocolate, Vanilla, Strawberry, Butter Pecan*

#### Glucerna Shake

*Chocolate, Vanilla*

#### Magic Cup *Orange*