YOUR MENU

Flavorful, nutritious food is a cornerstone of good health.
Please enjoy your meals during your hospital stay.



HOURS

Order meals between 7 a.m. and 6:30 p.m.

TO ORDER

Order your meals by phone or through the patient app. The app is available by logging into your MyChart account. Select **DINING**.
By phone: Call ext. 6368. From outside the hospital call 216.587.8998

BEDSIDE ORDERING

For assistance in placing your order, please contact the diet office at ext. 6368

GUEST TRAYS

Guest Trays may be ordered with your meal.
Ask your nutrition services caregiver for details.
Please purchase vouchers in the cafeteria.

Cleveland Clinic

EVERY DAY MENU

BUILD YOUR OWN MEAL

breakfast

Offered daily 7-10:30 a.m.

Scrambled Eggs
French Toast
Pancakes
Blintzes with
Blueberry Compote
Breakfast Potatoes
Bacon
Pork Sausage
Veggie Sausage
Turkey Sausage
Fruit & Yogurt Parfait
Oatmeal
Cream of Wheat
Apple Cinnamon Cream of Wheat
English Muffin
(Wheat or White)
Blueberry Muffin

BYO OMELET

Egg or Egg Subsitute
Choice of Breakfast Meat
(Bacon, Ham, Pork Sausage, Turkey Sausage)
Choice of Cheese
(American, Cheddar, Pepper Jack, Swiss)
Choice of Vegetable
(Mushrooms, Onion, Pepper, Spinach, Tomato)

lunch + dinner

Offered daily 11 a.m.-6:30 p.m.

SOUP

Chicken Noodle
Tomato Bisque

GRILL

Hamburger
Turkey Burger
Impossible Burger
Chicken Breast
Grilled Cheese
Grilled Chicken

DELI

Egg Salad
Tuna Salad
Chicken Salad
Turkey
Roast Beef
Ham
Hummus
American Cheese
Swiss Cheese
Cheddar Cheese
Pepper Jack Cheese
Peanut Butter & Jelly

BREAD

Wheat Bread
White Bread
Pita
White Bun
Wheat Bun

SALAD

Garden
Chicken Caesar
Chef Salad
Side Salad
Hummus & Vegetable Platter

REQUEST CONDIMENTS — LISTED ON THE BACK — AT TIME OF ORDER.

more lunch + dinner

Offered daily 11 a.m.-6:30 p.m.

COMFORT FOODS
Grilled Chicken
Mediterranean Baked Haddock
Beef Pot Roast
with Demi Glace
Beef Stroganoff
Roast Turkey
Chicken Pot Pie
Crispy Tofu
Homemade Meatloaf
Chicken Nuggets
Pizza – Cheese or Pepperoni

SIDES
Mashed Potatoes
Brown or White Rice
Sweet Potatoes
Macaroni & Cheese
Egg Noodles
Green Beans
Steamed Carrots
Steamed Broccoli
Steamed Corn
Baked Fries
Assorted Chips
Dinner Roll

beverages

HOT
Coffee or Tea *(Regular or Decaf)*
Hot Chocolate *(Regular)*
Hot Chocolate Sugar Free
Chamomile Tea

MILK
Fat Free
2%
Whole
Lactose Free
Vanilla Soy
Chocolate

JUICE
Grape
Orange
Apple
Cranberry
Prune
V8 Juice *(Regular)*
V8 Juice *(Low Sodium)*

COLD
Diet Coke®
Sprite® Zero
Sugar Free Lemonade or Fruit Punch
Ginger Ale
Diet Ginger Ale
Unsweetened Iced Tea

desserts

Sugar Cookie
Vanilla or Chocolate
Pudding
No Sugar Added Pudding
Ice Cream
Orange Sherbet
Assorted Gelatin
Lemon or Cherry Fruit Ice
Chocolate Chip Cookie
Oatmeal Raisin Cookie
Rocky Road Brownie
Cheese Cake Trifle
with Berries
Vanilla Wafers
Strawberry Banana
Smoothie
Orange Dreamsicle
Smoothie

available at all meals

FRUIT
Apple
Banana
Orange
Mandarin Oranges
Pear Cup
Peach Cup
Grapes
Applesauce
Fresh Fruit Cup

CEREAL
Cornflakes
Rice Krispies
Cheerios
Rice Chex

YOGURT + OTHER SIDES
Lite Vanilla
Lite Strawberry
Lite Peach
Lite Blueberry
Greek Vanilla
Cottage Cheese
Cottage Cheese &
Fruit Plate

DAILY SPECIALS
ON BACK!

lunch + dinner daily specials

SUNDAY	Roasted Turkey Breast Macaroni and Cheese Steamed Broccoli
MONDAY	BBQ Chicken Thigh Cheese Grits Green Beans
TUESDAY	Asian Beef Pepper Steak White Rice Steamed Carrots
WEDNESDAY	Lemon Rosemary Chicken Thigh Sweet Potatoes Steamed Broccoli
THURSDAY	Tomato Basil Chicken Penne Zucchini with Tomato
FRIDAY	Homemade Meatloaf Smashed Red Potatoes Garlic and Herb Steamed Broccoli
SATURDAY	Teriyaki Chicken Thighs Brown Rice Steamed Carrots

condiments

Sweeteners
Brown Sugar
Equal
Honey
Splenda
Sugar
Sweet 'n Low
Syrup
SF Syrup

Dressings
Balsamic Dressing
Balsamic Vinegar
Caesar
Honey Mustard
Italian
Olive Oil
Ranch

Sauces
BBQ
Blueberry Compote
Gravy
Hot Sauce
Ketchup
Lemon Herb Sauce
Light Mayonnaise
Mustard
Relish
Salsa
Sour Cream
Tartar Sauce

General
Butter
Coffee Mate
Cream
Cream Substitute
Grape Jam
Lemon Juice
Margarine
Parmesan Cheese
Peanut Butter
Pepper
Salt
Seasoning Packet
Strawberry Jam
Sugar-Free Jelly

What is a diet order? A diet order is part of your care plan and it provides guidance as to the amount and types of food and drink you can have during your hospital stay. All patients will have a diet order and it may change during your stay.

Regular Diet: Has no therapeutic restrictions per meal order and includes a variety of healthy, nutritious options. You may be restricted on how much or how often you can place a meal order.

Therapeutic Diet: Includes healthy, nutritious options that will limit what and how much you can eat, how often you can eat, and possibly the texture of your food. These diets support healing and recovery.

NPO Diet: Also known as a "Nothing by Mouth" Diet, restricts all eating and drinking before and after certain procedures and/or tests, and is for your safety.

Marymount Hospital
Cleveland Clinic
PRIVACY.FLOWCODE.COM

Scan QR code for diet specific menus and additional information.