

CHEF'S SPECIALS

Our recipes are customized for hospitalized patients and are lower in sodium and fat and easier to chew than their traditional counterparts.

*Lunch specials may be ordered until 1:30 pm. Dinner specials are available for delivery starting 3:45 pm.
All Chef's Vegetarian Specials contain onions and / or garlic.*

M O N	<p>Lunch—UMAMI CHICKEN PLATTER—Tender chicken strips, mushrooms, peppers, onions, corn, water chestnuts & cabbage simmered in a savory, Asian-inspired sauce served over rice</p> <p>Lunch & Dinner—CHOLE—Garbanzo beans & tomatoes simmered in spices of cumin, garam masala & cilantro</p> <p>Dinner—PENNE PASTA WITH MEAT SAUCE PLATTER—Penne pasta with hearty ground beef & marinara sauce served with green beans</p>
T U E	<p>Lunch—PEPPER STEAK PLATTER—Tender beef strips, bell peppers & onions simmered in a ginger soy sauce served over rice</p> <p>Lunch & Dinner—PALAK KA SAAG—Chopped spinach, tomatoes & onions simmered in flavorful spices of chana masala, cumin & ginger</p> <p>Dinner—SALISBURY STEAK PLATTER—Salisbury steak with a mushroom gravy served with mashed potatoes & whole baby carrots</p>
W E D	<p>Lunch—CHICKEN PENNE WITH MUSHROOM SAUCE PLATTER—Penne pasta, tender chicken strips, sautéed spinach & mushrooms topped with a creamy mushroom sauce</p> <p>Lunch & Dinner—PEA & POTATO CURRY—Peas & potatoes simmered in spices of cumin, garam masala & curry powder</p> <p>Dinner—SHEPHERD'S PIE PLATTER—Seasoned ground beef with carrots, peas & corn in a mashed potato crust</p>
T H U	<p>Lunch—BEEF STEW PLATTER—A hearty stew of cubed beef, carrots, mushrooms, celery & potatoes slow-cooked in a rich gravy served over buttered noodles</p> <p>Lunch & Dinner—PANEER BUTTER MASALA—Paneer cheese dunked in a rich & creamy tomato gravy</p> <p>Dinner—BBQ BONELESS CHICKEN THIGH PLATTER—Tender boneless chicken thigh baked in our signature BBQ sauce served with mashed sweet potatoes & green beans</p>
F R I	<p>Lunch - SWEET & SOUR MEATBALLS PLATTER—Hearty beef meatballs, peppers & onions simmered in a tangy sauce with chunks of pineapple & served over rice</p> <p>Lunch & Dinner—EGGPLANT & POTATO CURRY—Eggplant, potatoes & chopped tomatoes simmered in spices of garam masala, cumin, coriander, turmeric, chili powder & curry</p> <p>Dinner—LASAGNA MARINARA PLATTER—Layers of lasagna noodles, ricotta cheese, marinara sauce & mozzarella cheese baked to perfection & served with broccoli</p>
S A T	<p>Lunch—MACARONI & CHEESE—Melted American cheese blended with elbow macaroni & served with broccoli</p> <p>Lunch & Dinner—PALAK PANEER—Pureed spinach & paneer cheese in a thick curry sauce</p> <p>Dinner—HOME-STYLE MEATLOAF PLATTER—Seasoned ground beef baked to perfection & served with brown gravy, garlic mashed potatoes & whole baby carrots</p>
S U N	<p>Lunch—BAKED CHICKEN WITH LIGHT SUNDRIED TOMATO CREAM SAUCE PLATTER—Chicken baked in a light sundried tomato cream sauce served with mashed potatoes & green beans</p> <p>Lunch & Dinner—CAULIFLOWER CURRY—Cauliflower, red kidney beans & onions simmered in spices of garam masala, turmeric, red cayenne pepper, cumin & garlic</p> <p>Dinner—EGGPLANT PARMESAN PLATTER—Breaded eggplant cutlets layered with marinara sauce & mozzarella cheese served with broccoli</p>

SWEET & DELICIOUS

Brownie	Sugar Cookie	Sugar Free Mandarin Oranges in Peach Mango Gelatin
New York Style Cheesecake	Sponge Cake	Rice Pudding
Chocolate Fudge Cake	Sugar Free Raspberry Mousse	Sugar Free Lemon Tart
Oatmeal Raisin Cookie	Miniature Apple Pie	

We also offer a variety of other dessert items such as Fig Newtons, graham crackers, vanilla wafers, gelatin, ice cream, fruit ice and puddings.



Bedside BISTRO

Maternity Menu



To order your meal, dial 6MEAL (66325) or 732-321-7000 ext. 66325 between 6:30 AM - 6:30 PM.
Please allow 45 minutes for meal delivery.

Please ask us about our other menus:

- Vegetarian
- Renal
- Gluten Free
- Halal
- Kosher

GUEST TRAYS AVAILABLE

Visitors are welcome to order a guest tray. For just \$6.00 per person (payable by credit card only), order your choice of one entrée, two sides, one beverage and one dessert. To order call 6MEAL (66325).



Exceptional Care. Exceptional People.

*Start Your Day
with a Healthy
Breakfast*



CONDIMENTS

*Please order any and all
desired condiments.*

Salt • Pepper • Mrs. Dash

Sugar

Splenda • Equal • Sweet-n-Low

Half & Half

Fresh Lemon • Honey

Grape Jelly • Strawberry Jelly

Cream Cheese • Parmesan Cheese

Butter • Margarine

Ketchup • Mustard

Honey Mustard

Mayonnaise

Beef Gravy • Chicken Gravy

BEVERAGES

Coffee • Tea

Unsweetened Iced Tea 10 oz.

(regular, decaf or raspberry)

Lemonade 8 oz.

Skim Milk 4 oz. • 2% Milk 4 oz.

Whole Milk 4 oz. • Choc. Milk 8 oz.

Juice 4 oz.: Apple • Orange • Prune

Cranberry Juice Cocktail 4 oz.

Bottled Water • Soda

YOGURT & COTTAGE CHEESE

Fruited Yogurt • Light Yogurt

Plain Yogurt • Vanilla Yogurt

Greek Yogurt • Cottage Cheese

FRUITS

Fresh Apple • Fresh Banana

Fresh Orange • Fruit Cocktail

Applesauce • Sliced Pears

Sliced Peaches • Stewed Prunes

Small Fresh Fruit Plate

BAKERY

Bagel • English Muffin

Blueberry Muffin

Apple Cinnamon Muffin

Toast (white, wheat, rye)

Cinnamon Sugar Donut

CEREAL

Oatmeal

(try adding brown sugar, diced
apple, cinnamon or raisins)

Cream of Rice • Upma

Raisin Bran • Cheerios

Corn Flakes • Rice Krispies

BREAKFAST ENTREES

Build Your Own Omelet

Two egg omelet—add your choice of
American, or Swiss cheese, green
bell pepper, onion or tomato

Scrambled Eggs

Two large eggs scrambled

Cold Hard Boiled Egg

One hard boiled egg with cubed
Swiss cheese & grapes

Buttermilk Pancakes

Two fluffy pancakes with
pancake syrup

Cinnamon French Toast

One thick slice of bread dipped in
egg batter flavored with cinnamon,
vanilla & nutmeg

ON THE SIDE

Bacon

Turkey Sausage

Oven Browned Potatoes

LUNCH & DINNER AVAILABLE

11:00 AM–6:30 PM

SANDWICHES

Classic Cheeseburger

Grilled hamburger patty with
melted American cheese served on a
bun with lettuce, tomato & ketchup

Grilled Cheese

American cheese melted in lightly
buttered, grilled sliced bread

Roast Beef Panini

Hot roast beef, tomato & American
cheese panini on rye bread

Grilled Veggie & Hummus

Creamy hummus with grilled
summer squash, zucchini, eggplant
& red bell peppers seasoned with
garlic & oil on a roll

Chipotle Black Bean Veggie Patty

Veggie patty made with a blend of
black beans, brown rice, roasted
corn, red & green bell peppers &
spicy chipotle seasoning served
on a bun

*Made-to-order sandwiches
available.*

HOMEMADE SOUPS

Chicken Noodle • Lentil

Vegetable & Wild Rice

A LA CARTE SIDES

Baked Samosa • Mashed Potatoes

Baked Sweet Potato • Quinoa Pilaf

Baked Potato Crisps

Steamed Rice • Brown Rice

Naan • Kaiser Roll • Dinner Roll

Broccoli • Green Beans

Whole Baby Carrots

SPECIALTY COLD

PLATTERS &

SALADS

Chef's Salad

Sliced turkey & roast beef over
crisp lettuce with shredded carrots,
sliced American cheese, hard boiled
egg, cherry tomato, red onion,
cucumber & red bell pepper

Grilled Chicken Caesar Salad

Tender grilled chicken over
romaine lettuce topped with
croutons, parmesan cheese &
caesar dressing (can be modified
for low sodium diet)

Garden Salad

Small salad made with mixed
greens, sliced cucumbers & cherry
tomatoes

Yogurt & Fruit Platter

Plain yogurt, melon & grapes

Cottage Cheese & Fruit Platter

Cottage cheese, melon & grapes

Hummus & Pita Platter

Lightly toasted pita, creamy
hummus, lettuce, tomato & celery

Grilled Veggie & Mozzarella Salad

Grilled seasoned veggies &
mozzarella cheese over a bed of
mixed greens with a balsamic glaze

Edamame & Wild Rice Salad

Edamame, wild rice, almonds,
sesame seeds, dried cranberries &
shredded carrots with a honey
vinaigrette dressing

ENTREES

*Hot entrees are served
with a choice of green beans,
whole baby carrots or
broccoli.*

Marinated Thin Cut Pork Chop Platter

Thin cut pork chop seasoned with
rosemary & thyme served with
mashed potatoes & applesauce

Grilled Portabella Mushroom Platter

Grilled portabella mushroom with
a balsamic glaze served with
quinoa pilaf

Herbed Salmon Platter

Fresh herb-seasoned salmon
broiled to perfection & served with
brown rice

Grilled Dijon Chicken Platter

Grilled chicken breast drizzled with
a creamy mustard dijon sauce &
served with a baked sweet potato

Whole Wheat Penne Pasta Platter

Whole wheat penne pasta with
grilled summer squash, eggplant,
zucchini & red peppers seasoned
with garlic & oil

Black Beans & Rice Platter

Seasoned vegetarian beans
served over rice

Penne Pasta Marinara Platter

Penne pasta with marinara sauce
served with green beans

Jodhpur Lentils

Seasoned yellow lentils with a side
of rice & two baked samosas

*We will gladly accommodate
special requests to the best of our ability.*