

## CHEF'S SPECIAL PLATTERS

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

### MONDAY

#### **Lunch—Umami Chicken Platter**

Tender chicken strips, peppers, onions, mushrooms, corn, water chestnuts & cabbage simmered in a savory, asian-inspired sauce served over rice

#### **Dinner—Penne Pasta with Meat Sauce Platter**

Penne pasta with hearty ground beef & marinara sauce served with green beans

### TUESDAY

#### **Lunch—Pepper Steak Platter**

Tender beef strips, bell peppers & onions simmered in a ginger soy sauce served over rice

#### **Dinner—Salisbury Steak Platter**

Salisbury steak with a mushroom gravy served with mashed potatoes & whole baby carrots

### WEDNESDAY

#### **Lunch—Chicken Penne with Mushroom Sauce Platter**

Penne pasta, tender chicken strips, sautéed spinach & mushrooms topped with a creamy mushroom sauce

#### **Dinner—Shepherd's Pie Platter**

Seasoned ground beef with carrots, peas & corn in a mashed potato crust

### THURSDAY

#### **Lunch—Beef Stew Platter**

A hearty stew of cubed beef, carrots, mushrooms, celery & potatoes slow-cooked in a rich gravy served over buttered noodles

#### **Dinner—BBQ Boneless Chicken Thigh Platter**

Tender boneless chicken thigh baked in our signature BBQ sauce served with mashed sweet potatoes & green beans

### FRIDAY

#### **Lunch—Sweet & Sour Meatballs Platter**

Hearty beef meatballs, peppers & onions simmered in a tangy sauce with chunks of pineapple & served over rice

#### **Dinner—Lasagna Marinara Platter**

Layers of lasagna noodles, ricotta cheese, marinara sauce & mozzarella cheese baked to perfection & served with broccoli

### SATURDAY

#### **Lunch—Macaroni & Cheese Platter**

Melted American cheese blended with elbow macaroni & served with broccoli

#### **Dinner—Home-Style Meatloaf Platter**

Seasoned ground beef baked to perfection & served with brown gravy, garlic mashed potatoes & whole baby carrots

### SUNDAY

#### **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

#### **Dinner—Eggplant Parmesan Platter**

Breaded eggplant cutlets layered with marinara sauce & mozzarella cheese served with broccoli

**LUNCH SPECIALS MAY BE ORDERED UNTIL 1:30 PM.**

**DINNER SPECIALS ARE AVAILABLE FOR DELIVERY STARTING 3:45 PM.**

## SWEET & DELICIOUS

Sugar Free Raspberry Mousse

Sugar Free Lemon Tart

Sugar Cookie\*\*

Oatmeal Raisin Cookie\*\*

Miniature Apple Pie\*\*

Chocolate Fudge Cake\*\*

Sponge Cake

Brownie\*\*

New York Style Cheesecake\*\*

Mandarin Oranges in Peach Mango Gelatin

Rice Pudding\*\*

*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 Bistrot



## Pediatrics Menu

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

Parents/Guardians: We offer the parents/guardians of our pediatric patients a continental breakfast. Fresh bagels, cream cheese and jelly will be delivered to your room each morning. We also offer one complimentary guest tray at lunch (time of your choice). Please dial 6MEAL (66325) to place your order.

 **JFK Medical Center**

Exceptional Care. Exceptional People.



*Start Your Day with a  
Healthy Breakfast*



**WE WILL GLADLY  
ACCOMMODATE SPECIAL  
REQUESTS TO THE BEST OF  
OUR ABILITY.**

### 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

Bottled Water

Whole Milk 4 oz.

2% Milk 4 oz. • Skim Milk 4 oz.

*No juice or soda is served on  
the unit per the direction of  
the Chief of Pediatrics.*

### 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)*

Raisin Bran • Cream of Rice

Corn Flakes • Rice Krispies

Cheerios

### 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

### MENU KEY

**\*\* HIGH IN SIMPLE SUGARS. AVOID ON A DIABETIC DIET. DIABETIC  
OPTIONS ARE APPROPRIATE IN MODERATION AND MAY CONTAIN SUGAR.**

**\* HIGH IN SODIUM. AVOID ON A LOW SODIUM DIET.**

## **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

*Made-to-order sandwiches  
available.*

### HOMEMADE SOUPS

Chicken Noodle • Lentil

Vegetable & Wild Rice

### A LA CARTE SIDES

Mashed Potatoes

Baked Sweet Potato • Quinoa Pilaf

Steamed Rice • Brown Rice

Baked Potato Crisps\*

Naan • Kaiser Roll • Dinner Roll

Broccoli • Green Beans

Whole Baby Carrots

### 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 bell  
pepper, cucumber & red onion

**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 bell 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