

## 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 Bistro

## 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.

Please ask us about our other menus:

- Vegetarian
- Gluten Free
- Kosher
- Renal
- Halal

 **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

Coffee • Tea

Unsweetened Iced Tea 10 oz.  
(regular, decaf & 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 • Raisin Bran

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

# 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

## 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.**