

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.

SUNDAY

Lunch & Dinner—Cauliflower Curry • ✓
Cauliflower, red kidney beans & onions simmered in spices of garam masala, turmeric, red cayenne pepper, cumin & garlic

Dinner—Eggplant Parmesan Platter
Breaded eggplant cutlets layered with marinara sauce & mozzarella cheese served with broccoli

MONDAY

Lunch & Dinner—Chole •
Garbanzo beans & tomatoes simmered in spices of cumin, garam masala & cilantro

TUESDAY

Lunch & Dinner—Palak Ka Saag • ✓
Chopped spinach, tomatoes & onions simmered in flavorful spices of chana masala, cumin & ginger

WEDNESDAY

Lunch & Dinner—Pea & Potato Curry • ✓
Peas & potatoes simmered in spices of cumin, garam masala & curry powder

Please remember to order sides under our A La Carte Sides section.

• **Contains onions and / or garlic**

THURSDAY

Lunch & Dinner—Paneer Butter Masala •
Paneer cheese dunked in a rich & creamy tomato gravy

FRIDAY

Lunch & Dinner—Eggplant & Potato Curry • ✓
Eggplant, potatoes & chopped tomatoes simmered in spices of garam masala, cumin, coriander, turmeric, chili powder & curry

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

Lunch & Dinner—Palak Paneer •
Pureed spinach & paneer cheese in a thick curry sauce



Bedside Bistro

Vegetarian 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:

- Renal
- Kosher
- Gluten Free
- Halal

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).

SWEET & DELICIOUS

Brownie**

Sponge Cake

Rice Pudding**

New York Style Cheesecake**

Sugar Free Raspberry Mousse

Oatmeal Raisin Cookie**

Chocolate Fudge Cake**

Miniature Apple Pie**

Sugar Cookie**

Sugar Free Lemon Tart

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

 **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

BEVERAGES

Coffee • Tea

Unsweetened Iced Tea 10 oz.

(regular, decaf or raspberry)

Lemonade 8 oz.**

Skim Milk • 2% Milk

Whole Milk 4 oz. • Choc. Milk 4 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

Oven Browned Potatoes

LUNCH & DINNER AVAILABLE

11:00 AM–6:30 PM

SANDWICHES

Grilled Cheese

American cheese melted in lightly
buttered, grilled sliced 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
yellow corn, red & green bell
peppers & spicy chipotle seasoning
served on a bun

*Made-to-order sandwiches
available.*

HOMEMADE SOUPS

Vegetable & Wild Rice Soup ✓

Lentil Soup ✓

A LA CARTE SIDES

Baked Sweet Potato • Quinoa Pilaf

Mashed Potatoes • Baked Samosa*

Baked Potato Crisps*

Steamed Rice • Brown Rice

Naan • Kaiser Roll • Dinner Roll

Broccoli • Green Beans

Whole Baby Carrots

SPECIALTY COLD

PLATTERS & SALADS

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.*

Grilled Portabella Mushroom Platter

Grilled portabella mushroom ✓
with a balsamic glaze served with
quinoa pilaf

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

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.**

