

# Fresh Food Every Day

**Welcome to Kaiser Permanente.** Our Nutrition and Food Services Department offers a wide variety of menu choices throughout the day, including vegetarian options, high fiber foods, and selections with less salt and fat, which contribute to the health and wellness of our patients. Some foods will be modified when your physician has ordered a therapeutic diet. This means you may be served a lower fat or lower salt food selection.

We are proud to offer you sustainably-grown, organic and/or local vegetables from small family farms when available. In addition, we serve sustainable cage-free eggs which are lower in fat and cholesterol, milk and yogurt that are free of added hormones, and beef burgers and chicken breasts from animals that were raised without antibiotics.

Please speak with our Nutrition staff or have your nurse contact us to select your menu options for the following day.

The Nutrition Department can be reached at 408-972-7240 for further questions/concerns.

## Partnership for a Healthier America

Kaiser Permanente and its 38 hospitals teamed up with Partnership for a Healthier America (PHA) to deliver healthier options for patients, guests and employees throughout its facilities.

**Please consider selecting one of the PHA Wellness Meals offered daily on our menu.**

**Note:** Carbohydrate (carb) values provided on the menu are based on a regular diet and may vary if your physician has ordered a therapeutic diet for you. No carbohydrate value is listed if menu choice has five grams or less of carbohydrates per item.

# Beverages & Condiments

## Beverages

- ◆ Orange Tangerine Juice (carb 15)
- ◆ Apple Juice (carb 14)
- ◆ Cranberry Juice (carb 13)
- ◆ Grape Juice (carb 20)
- ◆ Prune Juice (carb 23)
- ◆ Vegetable and Fruit Juice (carb 14)
- ◆ Non-Fat Milk (carb 13)
- ◆ Low-Fat Milk (carb 16)
- ◆ Whole Milk (carb 13)
- ◆ Lactaid Milk (carb 13)
- ◆ Soy Beverage (carb 15)
- ◆ Almond Milk (carb 11)
- ◆ Coffee
- ◆ Hot Tea
- ◆ Herbal Tea – various flavors
- ◆ Hot Cocoa – regular (carb 15) or sugar-free (carb 10)
- ◆ Crystal Light
- ◆ Diet Cola and Diet Lemon Lime

## Condiments

- |   |   |
|---|---|
| ◆ Salt                                    | ◆ Brown Sugar (carb 12)                   |
| ◆ Pepper                                  | ◆ Peanut Butter                           |
| ◆ Mrs. Dash Seasoning                     | ◆ Cream Cheese – light                    |
| ◆ Sugar                                   | ◆ Lemon Juice                             |
| ◆ Syrup – regular (carb 40) or sugar-free | ◆ Honey (carb 11)                         |
| ◆ Equal                                   | ◆ Picante Sauce                           |
| ◆ Margarine                               | ◆ Jelly – regular (carb 10) or sugar-free |
| ◆ Mayonnaise – light                      |   |
| ◆ Mustard                                 |   |
| ◆ Ketchup                                 |   |



# Patient Menu

San Jose Medical Center

408-972-7240

# Breakfast

## Cereals

- ◆ **Cream of Wheat** *(carb 15)*
- ◆ **Oatmeal** *(carb 19)*
- ◆ **Organic 6-Grain Cereal** *(Carb 40)*
- ◆ **Corn Flakes** *(carb 18)*
- ◆ **Frosted Flakes** *(carb 24)*
- ◆ **Cheerios** *(carb 13)*
- ◆ **Honey Nut Cheerios** *(carb 22)*
- ◆ **Raisin Bran Cereal** *(carb 26)*
- ◆ **Rice Krispies** *(carb 16)*

## Hot Breakfast Entrees

- ◆ **Whole Grain French Toast** *with blueberries and turkey sausage (carb 25)*
- ◆ **Cheese Omelet** *with spinach, mushrooms and hash brown potatoes (carb 17)*
- ◆ **Whole Grain Pancakes** *with turkey sausage (carb 30)*
- ◆ **Breakfast Burrito** *(eggs, ham, cheese) with hash brown potatoes (carb 39)*
- ◆ **Garden Scrambled Eggs** *with cheese and diced potatoes (carb 17)*

## Breakfast Sides

- ◆ **Hard Cooked Egg**
- ◆ **Bacon Strips**
- ◆ **Turkey Sausage**

## Fruits

- ◆ **Fresh Fruit of the Day** *(carb 15)*
- ◆ **Fresh Grapes** *(carb 15)*
- ◆ **Apple Slices** *(carb 8)*
- ◆ **Banana** *(carb 30)*
- ◆ **Fresh Fruit Cup** *(carb 15)*
- ◆ **Applesauce** *(carb 15)*
- ◆ **Diced Pears** *(carb 15)*
- ◆ **Diced Peaches** *(carb 15)*
- ◆ **Pineapple Tidbits** *(carb 15)*
- ◆ **Orange Wedges** *(carb 15)*
- ◆ **Fruit Cocktail** *(carb 15)*

## Bakery

- ◆ **Blueberry Muffin** *(carb 20)*
- ◆ **Bran Muffin** *(carb 18)*
- ◆ **Plain Bagel** *(carb 50)*
- ◆ **Whole Wheat Bagel** *(carb 49)*
- ◆ **White Bread** *(carb 12)*
- ◆ **Whole Wheat Bread** *(carb 18)*

## Yogurts & Cheeses

- ◆ **Greek Toasted Coconut Vanilla Yogurt** *(carb 18)*
- ◆ **Greek Vanilla Non-Fat Yogurt** *(carb 15)*
- ◆ **Vanilla Yogurt** *(carb 25)*
- ◆ **Light & Fit Fruit Yogurt – assorted flavors** *(carb 9)*
- ◆ **Cottage Cheese**

# Lunch & Dinner

## Soups & Starters

- ◆ **Chicken Noodle Soup** *(carb 8)*
- ◆ **Lentil Soup** *(carb 11)*
- ◆ **Mexicali Soup** *(carb 15)*
- ◆ **Romaine Salad** *with cucumber slices*
- ◆ **Spring Mix Salad** *with kidney beans, garbanzo beans, tomato*

## Entrée Salads

- ◆ **Fresh Fruit and Cottage Cheese Salad** *with orange wedges, cantaloupe, honeydew melon, apple slices, and grapes (carb 22)*
- ◆ **Chicken Caesar Salad** *with romaine lettuce, parmesan cheese, tomatoes, black olives, and Caesar dressing (carb 7)*
- ◆ **Greek Salad** *with feta cheese, cucumbers, romaine lettuce, olives, bell peppers and onions (carb 10)*
- ◆ **Ancient Grains, Asparagus, and Beet Salad** *(carb 40)*
- ◆ **Zucchini, Garbanzo Beans, and Bulgar Wheat Salad** *(carb 40)*

## Salad Dressings

- ◆ **Oil and vinegar**
- ◆ **Organic Ranch**
- ◆ **Organic BBQ Ranch**
- ◆ **Organic Sesame Ginger**
- ◆ **Organic Avocado Lime**
- ◆ **Organic Caesar**

## Deli Favorites

- ◆ **Chicken Salad Sandwich** *on whole wheat croissant with lettuce, tomato, cucumber and quinoa salad (carb 36 )*
- ◆ **Turkey Sandwich** *on multi-grain bread with lettuce, tomato, baby carrots, light mayonnaise and mustard, served with black bean salad (carb 38 )*
- ◆ **Tuna Sandwich** *on white or wheat bread (carb 27)*
- ◆ **Egg Salad Sandwich** *on whole wheat thin bun with lettuce, tomato, cucumber, light mayonnaise and mustard (carb 28)*

## Wellness Meals

Served with one cup of non-fat or low-fat milk.

- ◆ **Vegetarian Bistro Box** *includes: hard boiled egg, guacamole, edamame, tomato, baby carrots, apple slices, and whole wheat lavash crackers (carb 50)*
- ◆ **Turkey Bistro Box** *includes: turkey, hummus, cucumber, baby carrots, celery, zucchini, grapes, whole wheat roll (carb 47)*

- ◆ **Vegetable Soup** *(carb 8)*
- ◆ **Tomato Soup** *(carb 13)*
- ◆ **Butternut Bisque** *(carb 13)*
- ◆ **Organic Quinoa Veggie soup** *( carb 8)*

## Sides

- ◆ **Wheat Roll** *(carb 19)*
- ◆ **White Roll** *(carb 15)*
- ◆ **Low Salt Crackers** *(carb 5)*

## Entrées

- ◆ **Lemon Herb Chicken** *with orzo and vegetables (carb 34)*
- ◆ **Meatloaf** *with mushroom gravy, rotini pasta, yellow squash and zucchini (carb 25)*
- ◆ **Chicken Enchilada** *with pinto beans and Spanish rice (carb 38)*
- ◆ **Pork Chili Verde** *with Spanish rice and pinto beans (carb 26)*
- ◆ **Spaghetti** *with beef meat sauce and green beans (carb 43)*
- ◆ **Beef Stew** *with brown rice (carb 44)*
- ◆ **Glazed Salmon** *with polenta wedges, yellow squash and zucchini slices (carb 20)*
- ◆ **Cajun Sustainable Cod** *with red beans, rice and broccoli (carb 20)*
- ◆ **Macaroni & Cheese** *with green beans (carb 43)*
- ◆ **Chicken Fettuccine** *with green peas (carb 32)*
- ◆ **Chicken Tika Masala** *with masala and rice (carb 38)*

## Burgers & Hot Sandwiches

- ◆ **Vegetarian Burger** *on whole wheat bun with light mayonnaise, Dijon mustard, ketchup, lettuce, tomato, pickles, and potato salad (carb 49)*
- ◆ **Cheeseburger** *on whole wheat bun with cheddar cheese, light mayonnaise, mustard, ketchup, lettuce, tomato, pickles, and potato salad (carb 39)*
- ◆ **Chicken Filet Sandwich** *on whole wheat bun with lettuce, tomato, honey mustard dressing, and black bean salad (carb 41)*

## Desserts (See Fruit Selections at Breakfast)

- ◆ **Gelatin – regular** *(carb 16)*
- ◆ **Chocolate Chip Cookie** *(carb 19)*
- ◆ **Pudding – chocolate, vanilla, tapioca regular** *(carb 22)*
- ◆ **Fig Newtons** *(carb 40)*
- ◆ **sugar-free (carb 13)**
- ◆ **Sherbet – raspberry and orange** *(carb 35)*
- ◆ **Ice Cream – chocolate, vanilla, strawberry** *(carb 15)*
- ◆ **Popsicles – regular** *(carb 18)*
- ◆ **or sugar-free**
- ◆ **Cheesecake** *(carb 42)*
- ◆ **Lemon Bar** *(carb 14))*
- ◆ **Chocolate Cake** *(carb 53)*
- ◆ **Orange Cream Cake** *(carb 32)*