

## 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).

### SAFETY TIP

If you have diabetes or you are on medication to control your blood sugar, please alert your nurse when you order your meals.

## SWEET & DELICIOUS

Salted Caramel Brownie with Pretzel Crust\*\* • Strawberry Swirl Cheesecake with Chocolate Crust \*\*

Chocolate Chip Cookie\*\* • Apple Pie\*\* • Rice Pudding\*\* • Orange Gelatin\*\* • Mango Fruit Ice\*\*

Sponge Cake • Ice Cream\*\*-Chocolate or Vanilla • Pudding\*\*-Chocolate or Vanilla

### NO SUGAR ADDED

Cheesecake • Chocolate Cream Pie • Lemon Custard • Ice Cream-Chocolate or Vanilla

Pudding-Chocolate or Vanilla • Lemon Fruit Ice • Strawberry Gelatin

 **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\*\* • Half & Half

Splenda • Equal • Sweet-n-Low

Fresh Lemon • Honey\*\*

Grape Jelly • Strawberry Jelly

Cream Cheese • Parmesan Cheese\*

Butter\* • Margarine

Ketchup\* • Mustard\*

Honey Mustard\* • Mayonnaise

Tabasco® Sauce

Salad Dressings: French, Italian,

Oil & Vinegar, Ranch\*,

Raspberry Vinaigrette\*,

Honey Mustard\*

## BEVERAGES

Coffee • Tea

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 Peaches

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

### **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

### **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

### **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

### **Kale Veggie Patty** ✓

Veggie patty made with a blend of  
kale, quinoa, brown rice, onions,  
carrots, spinach, sweet potatoes,  
roasted corn, red peppers, water  
chestnuts, zucchini, broccoli &  
roasted garlic served on a bun

### **Hot Veggie Grinder**

Grilled summer squash, zucchini,  
eggplant & red bell pepper with  
marinara sauce & mozzarella cheese  
on a Kaiser roll (*can be prepared  
Vegan without cheese*)

### **Peanut Butter & Jelly**\*

Peanut butter with your choice of  
grape or strawberry jelly on white,  
wheat or rye

### **Cheese Sandwich**

American cheese with your choice of  
lettuce, tomato, onion or cucumber  
on white, wheat, rye or Kaiser roll

### **Portabella Mushroom Sandwich**

Grilled portabella mushroom  
with balsamic glaze served on a  
Kaiser roll

## SPECIALTY COLD

## PLATTERS & SALADS

### **Garden Salad** ✓

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

### **Yogurt & Fruit Platter**

Plain yogurt & melon

### **Cottage Cheese & Fruit Platter**

Cottage cheese & melon

### **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

### **Southwest Bean Salad** ✓

A vegan blend of black beans,  
pigeon peas, garbanzo beans,  
roasted corn, red onion, green &  
red bell peppers & diced tomato  
seasoned with cilantro, chili  
powder & olive oil with apple  
cider vinegar

## HOMEMADE

## SOUPS

Tomato Soup

Lentil Soup ✓

## 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** ✓ **with Grilled Vegetables 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

## 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

