

# CHEF'S SPECIALS

Our recipes are lower in sodium and easy to chew.

Lunch specials may be ordered until 1:30 pm.

Dinner specials are available for delivery starting 3:45 pm.

## MONDAY

Lunch

### **Umami Chicken**

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

Lunch & Dinner

### **Chole**

Garbanzo beans & tomatoes simmered in spices of cumin, garam masala & cilantro

## TUESDAY

Lunch

### **Pepper Steak Platter**

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

Lunch & Dinner

### **Palak Ka Saag**

Chopped spinach, tomatoes & onions simmered in flavorful spices of chana masala, cumin & ginger

## A LA CARTE SIDES

Mashed Potatoes • Baked Sweet Potato • Broccoli

Brown Rice • Steamed Rice • Green Beans

Whole Baby Carrots • Baked Potato Chips\*

Gluten Free Kaiser Roll

## WEDNESDAY

Lunch & Dinner

### **Pea & Potato Curry**

Peas & potatoes simmered in spices of cumin, garam masala & curry powder

Dinner

### **Shepherd's Pie Platter**

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

## THURSDAY

Lunch

### **Beef Stew**

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

Lunch & Dinner

### **Paneer Butter Masala**

Paneer cheese dunked in a rich & creamy tomato gravy

Dinner

### **BBQ Boneless Chicken Thigh Platter**

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

## DESSERT

Ice Cream\*\*—Chocolate or Vanilla • Rice Pudding\*\*

Pudding\*\*—Chocolate or Vanilla • Mango Fruit Ice\*\*

Orange Gelatin\*\*

## NO SUGAR ADDED

Ice Cream—Chocolate or Vanilla • Strawberry Gelatin

## FRIDAY

Lunch & Dinner

### **Eggplant & Potato Curry**

Eggplant, potatoes & chopped tomatoes simmered in spices of garam masala, cumin, coriander, turmeric, chili powder & curry

## SATURDAY

Lunch & Dinner

### **Palak Paneer**

Pureed spinach & paneer cheese in a thick curry sauce

## SUNDAY

Lunch

### **Hot Roast Beef Platter**

Sliced roast beef served with mashed potatoes & green beans

Lunch & Dinner

### **Cauliflower Curry**

Cauliflower, red kidney beans & onions simmered in spices of garam masala, turmeric, red cayenne pepper, cumin & garlic



# Bedside Bistro

## Gluten Free

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

**Please reference the Gluten Free menu when ordering your meal.**

Please allow 45 minutes for meal delivery.

Please ask us about our other menus:

Vegetarian • Renal • Halal • Kosher

## **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.

 **JFK Medical Center**

Exceptional Care. Exceptional People.

# BREAKFAST

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

## 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.**

## CONDIMENTS

Salt\* • Pepper • Mrs. Dash

Sugar\*\* • Splenda • Equal

Sweet-n-Low • Honey\*\*

Half & Half • Fresh Lemon

Grape Jelly • Strawberry Jelly

Cream Cheese • Parmesan Cheese\*

Butter\* • Margarine

Tabasco® Sauce

Salad Dressings: Italian, Caesar\*,

Raspberry Vinaigrette\*,

Honey Mustard\*, Oil & Vinegar

## BEVERAGES

Coffee • Tea • 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

## BREAKFAST ITEMS

Cream of Rice • Cherrios

Muffin • Toaster Pastry

Cottage Cheese

Greek Yogurt  
(strawberry, blueberry or black cherry)

## FRUITS

Fresh Apple • Fresh Banana

Fresh Orange • Fruit Cocktail

Applesauce • Sliced Peaches

Small Fresh Fruit Plate

## BREAKFAST ENTREES

### Build Your Own Omelet

Two egg omelet—add your choice of Swiss cheese, green bell pepper, onion or tomato

### Fresh Cracked Egg & Turkey Sausage Sandwich

Fresh scrambled egg with turkey sausage served on a roll

## ON THE SIDE

Bacon\* • Turkey Sausage

Oven Browned Potatoes

# LUNCH & DINNER AVAILABLE 11:00 AM–6:30 PM

## SPECIALTY COLD PLATTERS & SALADS

### Chef's Salad

Sliced roast beef over crisp lettuce with Swiss cheese, hard boiled egg, cherry tomato, red bell pepper, cucumber & red onion

### Garden Salad

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

### Classic Hamburger

Grilled hamburger patty served on a roll with lettuce & tomato

### Grilled Chicken Sandwich

Tender grilled chicken served on a roll with lettuce & tomato

### Roast Beef Sandwich

Roast beef & Swiss cheese on a roll with lettuce & tomato

### Tuna Salad Sandwich

Tuna salad with your choice of lettuce, tomato, onion or cucumber on a roll

### Portabella Mushroom

Grilled portabella mushroom with balsamic glaze served on a roll

### Greek Yogurt & Fruit Platter

Greek yogurt & melon

### Cottage Cheese & Fruit Platter

Cottage cheese & melon

### Hummus & Fresh Veggie Platter

Creamy hummus with lettuce, tomato & celery

### Grilled Veggie & Mozzarella Salad

Grilled seasoned veggies & mozzarella cheese served 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, bell peppers & diced tomato seasoned with cilantro, chili powder & olive oil with apple cider vinegar

## SANDWICHES

*Sandwiches are served on a gluten free Kaiser roll.*



*Proudly Serving Premium Meats*

### Fresh Cracked Egg & Turkey Sausage Sandwich

Fresh scrambled egg with turkey sausage served on a roll

### Grilled Veggie & Hummus

Creamy hummus with grilled summer squash, zucchini, eggplant & red peppers seasoned with garlic & oil served on a roll

### Egg Salad Sandwich

Egg salad with your choice of lettuce, tomato, onion or cucumber on a roll

### Classic BLT Sandwich\*

Crispy bacon, lettuce & tomato served 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

### Turkey Sandwich

Sliced deli turkey with Swiss cheese, lettuce & tomato on a roll

### Hot Veggie Grinder

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

### Chicken Salad Sandwich

Chicken salad with your choice of lettuce, tomato, onion or cucumber on a roll

*Add a Bowl of Soup!*



Lentil

## 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 with pineapple, 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 lemon & 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

### Black Beans & Rice Platter

Seasoned vegetarian beans served over rice

### Jodhpur Lentils Platter\*

Seasoned yellow lentils with a side of rice

### Gluten Free Cheese Lasagna Marinara

(sealed meal)

Layers of lasagna noodles, ricotta cheese, marinara sauce & mozzarella cheese

### Eggs / Build Your Own Omelet

Two egg omelet—add your choice of Swiss cheese, green bell pepper, onion or tomato