

# LUNCH & DINNER AVAILABLE

11:00 AM–6:30 PM

## 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 a pineapple, rosemary & thyme glaze served with mashed potatoes & applesauce

### Grilled Portabella Mushroom Platter

Grilled portabella mushroom with a balsamic glaze served with quinoa pilaf

### Grilled Dijon Chicken Platter

Grilled chicken breast drizzled with a creamy mustard dijon sauce & served with a baked sweet potato

### Whole Wheat Penne Pasta with Grilled Vegetables Platter

Whole wheat penne pasta with grilled summer squash, eggplant, zucchini & red bell peppers seasoned with garlic & oil

### Herbed Salmon Platter

Broiled salmon seasoned with lemon, butter & herbs served with brown rice

### Penne Pasta Marinara Platter

Penne pasta with marinara sauce served with green beans

### Black Beans & Rice Platter

Seasoned vegetarian beans served over rice

## A LA CARTE SIDES

Mashed Potatoes

Brown Rice

Dinner Roll

Baked Sweet Potato

Baked Potato Chips\*

Broccoli

Quinoa Pilaf

Naan

Green Beans

Steamed Rice

Kaiser Roll

Whole Baby Carrots

## Please ask your host about our Daily Specials.

## 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



# Bedside Bistrot



## Pediatrics 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.

Parents/Guardians: We offer the parents/guardians of our pediatric patients a muffin delivered to your room each morning. We also offer one complimentary guest tray at lunch (time of your choice). Please dial 6MEAL (66325) to place your order.

### 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.

*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

Beef Gravy • Chicken Gravy

Tabasco® Sauce

Salad Dressings: French, Italian,

Oil & Vinegar, Ranch\*, Caesar\*,

Raspberry Vinaigrette\*,

Honey Mustard\*

## **BEVERAGES**

Bottled Water

Whole Milk 4 oz.

2% Milk 4 oz. • Skim Milk 4 oz.

*No juice or soda is served on  
the unit per the direction of  
the Chief of Pediatrics.*

## **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)*

Raisin Bran • Cream of Rice

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

**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

## **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\*

**Classic Cheeseburger**

Grilled hamburger patty with  
melted American cheese served on a  
bun with lettuce, tomato & ketchup

**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

**Grilled Cheese**

American cheese melted in lightly  
buttered, grilled sliced bread

**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)

**Yogurt & Fruit Platter**

Plain yogurt & melon

**Cottage Cheese & Fruit Platter**

Cottage cheese & melon

**Hummus & Pita Platter**

Lightly toasted pita, creamy  
hummus, lettuce, tomato & celery

**Garden Salad**

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

## **SANDWICHES**



**Proudly Serving  
Premium Meats**

**Turkey Sandwich**

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

**Tuna Salad Sandwich**

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

**Grilled Chicken Sandwich**

Grilled chicken breast with your  
choice of lettuce, tomato or onion on  
a Kaiser roll

**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, bell peppers & diced  
tomato seasoned with cilantro,  
chili powder & olive oil with apple  
cider vinegar

**Egg Salad Sandwich**

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

**Chicken Salad Sandwich**

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

**Roast Beef Sandwich**

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

**Peanut Butter & Jelly\***

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

**Portabella Mushroom**

Grilled portabella mushroom  
with balsamic glaze served on a  
Kaiser roll

## **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.**

*Add a Bowl of Soup!*



Lentil • Chicken Noodle • Tomato