

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 Bistro

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.

Please ask us about our other menus:

Daily Lunch / Dinner Specials • Renal

Vegetarian • Halal • Gluten Free • 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.

*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

Beef Gravy • Chicken Gravy

Tabasco® Sauce

Salad Dressings: French, Italian,

Oil & Vinegar, Ranch*, Caesar*,

Raspberry Vinaigrette*,

Honey Mustard*

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

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 • Diced 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 • Raisin Bran

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

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

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

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

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

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 Sandwich

Grilled portabella mushroom
with balsamic glaze served on a
Kaiser roll

Add a Bowl of Soup!



Lentil • Chicken Noodle • Tomato