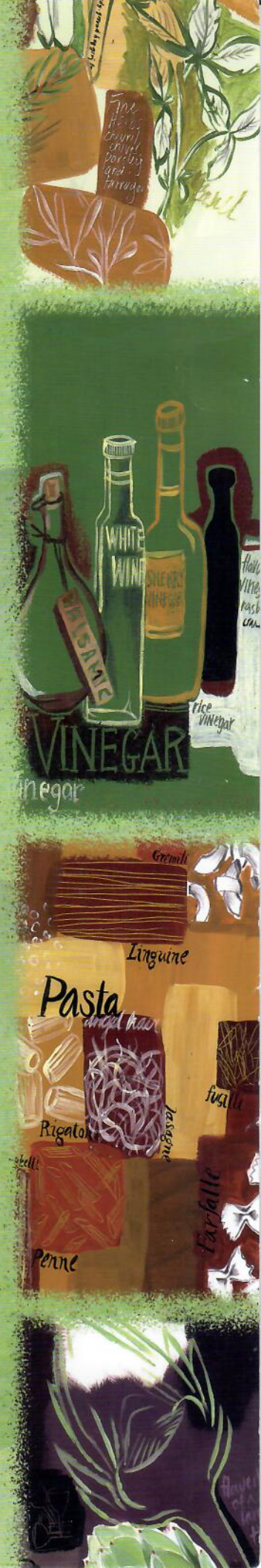


**EXPRESSLY**  
Personal Service Dining®   
**FOR YOU**

by *sodexo*\*

# M E N U

**Baptist**  
Hospitals of Southeast Texas  
Performing Sacred Work Every Day





A host will assist you with your order selections

## BREAKFAST CHEF SPECIALS

### SUNDAY

Scrambled Eggs  
Served with Sausage  
Buttermilk Pancakes

### MONDAY

Scrambled Eggs  
Served with Bacon/Sausage  
and Home Fried Potatoes/Toast

### TUESDAY

Scrambled Eggs  
Served with Sausage  
Buttermilk Pancakes

### WEDNESDAY

Scrambled Eggs  
Served with Sausage and  
Home Fried Potatoes/Toast

### THURSDAY

Scrambled Eggs  
Served with Bacon/Sausage  
French Toast

### FRIDAY

Scrambled Eggs  
Served with Sausage and  
Buttermilk Biscuit/Toast

### SATURDAY

Scrambled Eggs  
Served with Bacon/Sausage  
and French Toast

## LIQUID DIETS

### CLEAR LIQUID DIET

#### Broth:

Vegetable • Beef • Chicken

**Juice:** Apple • Cranberry  
CranGrape

**Gelatin** (Reg. or Diet):

**Lemon Fruit Ice**

**Coffee** (Reg. or Decaf)

**Hot Tea** (Reg. or Decaf)

**Flavored Waters**

**Iced Tea** (Reg. or Decaf)

**Lemon Lime Soda** (Reg. or SF)

### FULL LIQUID DIET

*Includes All Clear Liquid Diet Items*

*Plus The Following:*

Tomato Soup • Cream of Chicken

Cream of Wheat • Grits

Greek Vanilla Yogurt

**Pudding** (Reg. or SF):

Vanilla (Reg. or SF)

Chocolate (Reg. or SF)

**Ice Cream:**

Vanilla (Reg. or SF)

Chocolate (Reg. or SF)

**Milk:** Fat Free • 1% • Low Fat

Soy • Chocolate • Lactose Free

**Juice:** Orange • Prune

**Hot Chocolate** (Reg. or SF)

Some items may not be available on therapeutic diets; our hostesses will help guide you on appropriate selections.



A host will assist you with your order selections

## LUNCH CHEF SPECIALS

### SUNDAY

#### **Beef Stroganoff**

Served with Egg Noodles and Sliced Carrots

#### **Egg Salad Platter**

Served with Cabbage and White Bean Soup

### MONDAY

#### **Roasted Turkey Breast**

Served with a Baked Potato and Wax Beans

#### **Chicken Salad Cold Plate**

Served with Cream of Broccoli Soup

### TUESDAY

#### **Pork Carnitas**

Served with Corn, Spanish Rice and Carrots

#### **Turkey and Swiss Sandwich**

Served with Enchilada Soup

### WEDNESDAY

#### **Meatballs and Penne Pasta**

Served with a Side Salad, Summer Squash Medley and Creamed Spinach

#### **Chef Salad**

Served with Tomato Soup

### THURSDAY

#### **Balsamic Herb Roasted Turkey**

Served with Cornbread Dressing and California Mixed Vegetables

#### **Fresh Fruit and Cottage Cheese Plate**

Served with Cuban Black Bean Soup

### FRIDAY

#### **Open Faced Beef Sandwich**

Served with a Side Salad and Whipped Potatoes, Peas and Carrots

#### **Flatbread Pizza Topped with Tomatoes and Cheese**

Served with a Garden Vegetable Soup

### SATURDAY

#### **Basil Chicken Breast**

Served with a Side Salad, Rice Pilaf and California Mixed Vegetable

#### **Roast Beef Sandwich**

Served with Cream of Potato Soup

Some items may not be appropriate for your diet.  
Please allow us to help you select.



A host will assist you with your order selections

## DINNER CHEF SPECIALS

### SUNDAY

#### **Lemon Sage Chicken Breast**

Served with a Side Salad, Whipped Potatoes and Green Beans

#### **Cheese Stuffed Shells**

Served with Whipped Potatoes and Green Beans

### MONDAY

#### **Meatballs**

Served with a Side Salad, Rice, Gravy and Broccoli

#### **Hummus & Cucumber Pita**

Served with Cream of Broccoli Soup

### TUESDAY

#### **Chicken Pot Pie topped with Buttermilk Biscuit**

Served with Whipped Potatoes and Lima Beans

#### **Salisbury Steak**

Served with Whipped Potatoes

### WEDNESDAY

#### **Italian Grilled Chicken Breast**

Served with Mashed Sweet Potatoes and Cauliflower

#### **Tuna Salad Cold Plate**

Served with Tomato Soup

### THURSDAY

#### **Beef Pot Roast simmered with Carrots and Onions**

Served with Whipped Potatoes

#### **BBQ Chicken Breast**

Served with Carrots and Whipped Potatoes

### FRIDAY

#### **Baked Crispy Fish**

Served with a Side Salad, Oven Roasted Potatoes and Mixed Vegetables

#### **Deli Turkey Sandwich on Wheat**

Served with a Garden Vegetable Soup

### SATURDAY

#### **Farmer's Meatloaf with Brown Gravy**

Served with a Baked Potato or Corn and Green Beans

#### **Grilled Chicken Breast**

Served with Corn and Green Beans

Some items may not be appropriate for your diet.  
Please allow us to help you select.



# AVAILABLE EVERYDAY

## Breakfast Pizza

on flatbread, with eggs, sausage and veggies

## Breakfast Quesadilla

Scrambled eggs with cheese, bits of bacon and fresh vegetables, grilled lightly

## Fiesta Eggs

Scrambled eggs with onions and peppers

## Breakfast Potatoes

Grilled cubed potatoes with onion & peppers

Oatmeal	Grits	Cream of Wheat
Yogurt Cup	Apple Slices	Fresh Grapes
Fresh Fruit Cup	Raisin Bran <sup>®</sup>	Rice Krispies <sup>®</sup>
Cheerios <sup>®</sup>	Corn Flakes <sup>®</sup>	Froot Loops <sup>®</sup>
Special K <sup>®</sup>	Blueberry Muffin	Pancakes
French Toast	Cinnamon Bread	Bacon
Sausage	Veggie Sausage Patty	Orange Juice
Apple Juice	CranGrape Juice	Cranberry Juice

## LUNCH/DINNER

### Sandwiches

Cheese Pizza  
Hamburger  
Cheeseburger  
Veggie Burger  
Grilled Cheese  
Grilled Ham & Cheese  
Grilled Chicken Breast  
Sandwich  
Turkey Deli Sandwich  
Grilled Salmon  
Grilled Chicken Breast  
Chef Salad  
Fresh Fruit Plate  
with Cottage Cheese

## DESSERTS

Chocolate Cake  
Angel Food Cake  
Rice Krispies<sup>®</sup> Treat  
Pudding (Chocolate or Vanilla)  
Gelatin  
Ice Cream (Chocolate or Vanilla)  
Lemon Fruit Ice

## ACCOMPANIMENTS

Tomato Soup  
Chicken Noodle Soup  
Garden Vegetable Soup  
Whipped Potatoes  
Green Beans  
Corn  
Baked Chips  
Steamed Rice  
Cauliflower Mash

## BEVERAGES

Assorted Juices  
**Milk:** Fat Free  
1% • Chocolate  
Lactose Free • Soy  
Coffee  
Hot Tea  
Hot Chocolate  
Iced Tea  
Flavor Infused Waters  
Fruit Punch

Your physician may have ordered a special diet for you to support your overall health. All items may not be available on all diets. Your host will present to you some alternative selections based on your physicians prescribed diet order.

# TV GUIDE

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26.7	C-SPAN2 SD
28.3	KITU (TBN) SD
28.4	WGN SD
29.1	KUIL (IND) SD
29.6	KUIL (Me TV) SD
31.1	ABC – KBMT
31.2	CBS – KFDM
32.1	CW – KFDM (SD)
32.2	KBTW (FOX)
33.1	KBMT – NBC
33.2	PBS – KUHT (SD)
36.1	A&E
36.2	ABC Family
36.3	American Movie Classics - AMC
37.1	Animal Planet
37.2	BBC America
37.3	Black Entertainment Television - BET
38.1	Bravo
38.2	CNBC
38.3	CNN

39.1	Cartoon Network
39.2	Comedy Central
39.3	Discovery
40.1	Disney Channel
40.2	EI
40.3	ESPN
41.1	ESPN2
41.2	ESPN News
41.3	ESPNU
42.1	Food Network
42.2	Fox News
42.3	FX
43.1	Golf Channel
43.2	HGTV
43.3	Headline News
44.1	History
44.2	Lifetime
44.3	MSNBC
45.1	MTV
45.2	National Geographic
45.3	Nickelodeon

46.1	Fox Sport SW
46.2	Science
46.3	Speed
47.1	SyFy
47.2	Turner Broadcasting – TBS
47.3	The Learning Channel
48.1	Turner Network Television – TNT
48.2	Travel
48.3	USA Network
49.1	NBC Sports Network (previously Versus)
49.2	The Weather Channel
49.3	TruTV
50.1	NFL Network
57.1	ESPN Longhorn Network
58.1	Bloomberg
58.2	C-SPAN
58.3	ESPN Classic SD
<b>60.1</b>	<b>Hospital Information</b>
<b>60.2</b>	<b>Labor &amp; Delivery</b>