

Beverages

Hot Beverages

- Coffee (R or D/C)
- Tea (R or D/C)
- Hot Chocolate (R or SF)

Milk

- Skim Milk
- 1% Low Fat
- Whole Milk
- Chocolate Milk
- Lactose Free
- Soy Milk
- Almond Milk

Cold Beverages

- Lemonade
- Unsweetened Ice Tea
- Coke (R or D)
- Ginger Ale (R or D)
- Bottled Water

Juices

- Orange
- Cranberry
- Apple
- Tomato (V8)
- Grape
- Prune

Condiments

Condiments do not automatically come with your meal. Please remember to order these.

Dietary Guidelines

Vegetables

Vary your veggies. Any vegetables or 100 percent vegetable juice counts as a member of the vegetable group. Fill half your plate with fruits and vegetables.

Fruits

Focus on fruits. Whole fruit is preferable to juice, but any fruit counts: fresh, frozen, canned, 100 percent juice or dried. Fill your plate with fruits and vegetables.

Grains

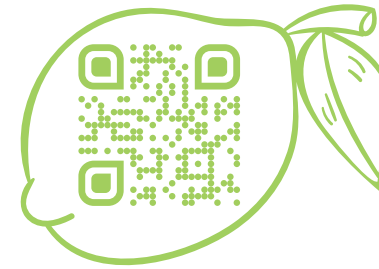
Make at least half of your grains whole. Read labels to find more whole grain foods. Whole wheat, oatmeal and brown rice are all good.

Proteins

Go lean with protein. Keep to a quarter of the plate. Nuts, beans, peas, seeds, poultry.

Specialty Menus

Visit bit.ly/MVHSMenus or scan the QR code to the right for translated menus, and our menus curated for those with certain dietary restrictions.



Please contact the Nutrition Call Center to request a copy of any of the following menus:

- Servicios Nutricionales Menú – bit.ly/MVHSMenus
- Nutrition Services Меню – bit.ly/MVHSMenus
- Nutricionističke usluge Jelovnik – bit.ly/MVHSMenus
- bit.ly/MVHSMenus – قائمة خدمات التغذية
- bit.ly/MVHSMenus – အာဟာရဆိုင်ရာ ဝန်ဆောင်မှုများ မိန့်
- bit.ly/MVHSMenus – တၢ်မၤစၢၤတၢ်အိၣ်န့ၣ်ဂံၢ်န့ၣ်ဘါ တၢ်ရဲၣ်လီၤကျဲၤလီၤ
- Gluten Free Menu
- Pediatric Patient Menu
- Halal Menu

Menu Key

- R – Regular
- D – Diet
- LF – Low fat
- LS – Low Sodium
- D/C – Decaffeinated
- SF – Sugar Free



Nutrition Services Menu

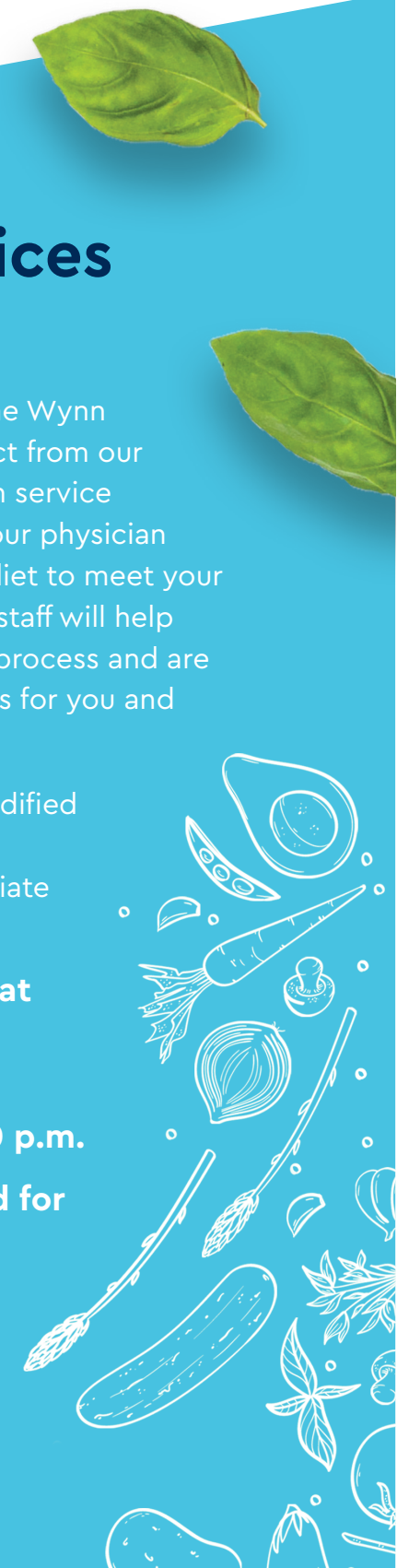
The Nutrition Services team at the Wynn Hospital encourages you to select from our delicious menu and call our room service operators to place your order. Your physician may have prescribed a specific diet to meet your particular nutritional needs. Our staff will help guide you through the ordering process and are happy to make recommendations for you and your particular nutritional needs.

If you are on a therapeutic or modified diet, your room service operator will assist you in making appropriate selections.

To place your order, call us at 315-917-8188.

You may place your orders between 6:30 a.m. and 6:30 p.m.

Guest Trays may be ordered for a fee of \$8 per meal.



Morning Fare

Eggs

- Scrambled
- Hard Boiled
- Cholesterol Free

Omelets to order (plain or with your choice of):

- Cheddar, Swiss, or American Cheese
- Onions
- Tomatoes
- Fresh Mushrooms
- Spinach
- Green Peppers
- Bacon
- Diced Ham

Buttermilk Pancakes

Texas French Toast

Breakfast Sandwich

Egg and Cheese on an English Muffin with Turkey Sausage, Regular Sausage, or Bacon

Cereal (Hot): Cream of Wheat, Cream of Rice, Oatmeal

Cereal (Cold): Frosted Flakes, Rice Krispies, Cheerios, Raisin Bran, Corn Flakes

Sides: Home Fried Potatoes, Bacon, Sausage (Pork or Turkey), Low Fat Cottage Cheese

Breads and Bakery:

- English Muffin
- White Bread
- Whole Wheat Bread
- Plain bagel
- Blueberry Muffin
- Banana Nut Muffin

Yogurt:

- Low Fat vanilla
- Plain Greek Yogurt
- Light & Fit (Strawberry, Blueberry or Peach)

Fresh Fruit

- Apple
- Banana
- Fresh Fruit Cup
- Tangerine
- Red Grapes

Canned Fruit

- Applesauce
- Peaches
- Mandarin Oranges
- Pears
- Fruit Cocktail

Lunch and Dinner

Broths & Soups

- Beef Broth
- Garden Vegetable Soup
- Chicken Broth
- Tomato Soup
- Vegetable Broth
- Chicken Noodle Soup

From the Garden

Entree Salads

- Garden Salad
- Caesar Salad
- Chef Salad
- Fresh fruit platter with cottage cheese
- Hummus plate with Flat Bread and Vegetables

Side Salad

- Spring Mix Salad
- Coleslaw.

The Deli Bar

Breads

- Wheat
- White
- Multigrain
- Wraps
- Pita Bread
- Gluten Free Bread

Meats

- Sliced Ham
- Roast Beef
- Deli Style Turkey

Grill Favorites

Grilled Cheese Sandwich

Bistro Turkey Burger

Bistro Burger with Cheese

Veggie Burger

Garden

- Onion
- Lettuce
- Tomato
- Dill Pickle
- Cucumber

Fillings

- Hummus
- Egg, Tuna or Chicken Salad (*Made with Low Fat Mayonnaise*)
- Peanut Butter and Jelly

Chicken Tenders

Flatbread Cheese Pizza

Margherita Flatbread

French Fries

Lunch and Dinner (Continued)

Everyday Selections

Pot Roast

Home style Meatloaf with Gravy

Homemade Macaroni and Cheese

Roast Turkey Breast with Gravy

Chicken and Dumplings

Herb Grilled Chicken Breast

Breaded Baked Chicken

Parmesan with Side of Ziti

Citrus Salmon

Riggies

Vegetables

Sautéed Whole Green Beans

Broccoli Florettes

Baby Roasted Carrots

Corn

Utica Greens

Sides

Baked Potato

White Rice

Wild Rice Pilaf

Sweet Potato Wedges

Yukon Mashed Potatoes

Baked Potato Chips

Desserts

Cookies

- Chocolate Chip
- Oatmeal Raisin
- Lorna Doone
- Sugar Cookie

Frozen Desserts

- Raspberry Sherbet
- Vanilla Ice Cream (*R or D*)
- Chocolate Ice Cream (*R or D*)
- Orange Sherbet
- Popsicle
- Italian Ice (*Lemon or Orange*)

Chef's Delights

- Angel Food Cake
- Chocolate Cake
- Vanilla Pudding (*R or D*)
- Chocolate Pudding (*R or D*)
- Gelatin (*R or D*)