Served on Wednesday

BREAKFAST*

Orange Tangerine Juice
Fresh Cantaloupe

Open Faced Whole Wheat English Muffin with Fried Egg, Canadian Style Bacon, Cheddar Cheese, and Chives served with Redstone Potatoes

A variety of hot and cold cereals available

LUNCH*

Choice of Soup or Juice
Seasonal Fresh Fruit

Whole Wheat Pita Sandwich with Chicken and Waterchestnut Salad Mix, Lettuce, Cucumber, Tomato, Mayonnaise, and a Broccoli-Chickpea-Tomato Salad

Beef Tips with Caramelized Onion Confit with Rotini Pasta and Scandinavian Vegetables (peas, zucchini, carrots, green beans, and onion)

Chef Salad with Kidney Beans, Garbanzo Beans, Cut Corn, Ham, Turkey Breast, Provolone Cheese, Artichoke Hearts, Cherry Tomato, and Creamy Italian Dressing

DINNER*

Crisp Garden Salad, Dressing,
Seasonal Fresh Fruit

Angus Homestyle Meatloaf with Hunter Sauce (a rich, tomato based, brown sauce) with Mashed Potatoes and Squash Medley

Penne Chicken Alfredo Pasta served with Diced Boneless Chicken Breast, a Creamy White Sauce, Green Beans and Carrots

Oven Seared Pollack "Vera Cruz" (a salsa of fresh local tomatoes, black olives, lime and garlic) with Roasted Red Pepper Couscous and Pacific Blend Vegetables (sugar snap peas, broccoli and carrots)

*** Menu selections may be modified to meet your special diet needs as prescribed by your physician.**

We hope you find our menu selections fresh, tasty, and satisfying. We understand, however, that everyone has different tastes and preferences. If you feel you would like to speak with a Nutritional Services representative, please inform your nurse so we may review the menu with you. Substitutions are available. At Kaiser Permanente, CARING is always on our menu.

Did you know that adding more fiber to your diet can help reduce your risk for high blood pressure, diabetes, obesity, and some types of cancer? We have increased the fiber options on our patient menu by providing whole wheat bread, English muffins, dinner rolls, crackers, pancakes, and French toast. We are also using higher fiber starches such as brown rice and barley pilaf and offering seasonal fresh fruits and mixed greens.



Another way that Kaiser Permanente is working to improve your health and the community you live in is by purchasing locally sourced produce for our patient meals. Last year we purchased 25–30 tons of fruits and vegetables from small community, limited resource farmers. And in the near future, we expect to double that amount.

If you feel a little hunger between meals, ask for a snack. We have a wide range of healthy snacks available.

03676-002 (REV. 8-07)

INTRODUCING OUR NEW PATIENT MENU SELECTIONS

…The Choice Is Yours



KAISER PERMANENTE®
Northern California Region

Served on Sunday and Thursday

BREAKFAST*

Orange Tangerine Juice
Fresh Fruit Cup

Whole Grain Pancakes with Grilled Turkey Sausage served with Margarine and Syrup

A variety of hot and cold cereals available

LUNCH*

Choice of Soup or Juice
Seasonal Fresh Fruit

Roast Turkey Sandwich Served on 7-Grain Bread with Lettuce, Tomato, Mediterranean Orzo Salad, Carrots, Mayonnaise, and Mustard

Broiled Salisbury Steak with Mushroom Sauce served with Garlic Mashed Potatoes and a Steamed Medley of Green Beans, Onions, and Red Peppers

Tuna Macaroni Salad served with Tomato, Carrots, Cucumber, and Creamy Italian Dressing

DINNER*

Crisp Garden Salad, Dressing
Seasonal Fresh Fruit

Slow Roasted Beef "Provencal" sliced and topped with a Rich Brown Sauce, served with Red Skin Potatoes and San Francisco Vegetable Blend (broccoli, carrots, and red peppers)

Turkey Meatball Spaghetti served with Italian Marinara Sauce and Steamed Italian Vegetables (zucchini, cauliflower, carrots, and beans)

Rotisserie Mesquite Chicken Quarter with a zesty BBQ Sauce offered with Brown Rice Pilaf and Country Blend Vegetables (green beans, carrots, and corn)

*** Menu selections may be modified to meet your special diet needs as prescribed by your physician.**

Served on Monday and Friday

BREAKFAST*

Orange Tangerine Juice
Peach Slices

Cheese Omelet with Canadian Style Bacon and Potatoes "O'Brien"

A variety of hot and cold cereals available

LUNCH*

Choice of Soup or Juice
Seasonal Fresh Fruit

Ham and Cheese Sandwich on Whole Wheat Roll served with Provolone Cheese, Lettuce, Tomato, Mayonnaise, Dijon Mustard, and Zucchini-Carrot-Jicama Slaw

Cornbread Crusted Breast of Chicken topped with Buttermilk Gravy and Tomato Confit, Fire Roasted Glazed Yams and Steamed Capri Vegetables (carrots, green beans, yellow and zucchini squash)

Fresh Fruit and Cottage Cheese Salad served with Orange Wheels, Seedless Grapes, Pineapple slice, and Peach Halves

DINNER*

Crisp Garden Salad, Dressing
Seasonal Fresh Fruit

Herb Basted Turkey Breast, sliced and served over Cranberry Stuffing with a Roasted Tart Apple and Vidalia Onion Gravy; Seasoned California Blend Vegetables (broccoli, cauliflower, and carrots), Cranberry Sauce

Whole Wheat Pasta Primavera with Smoked Tomatoes and Seasonal Fresh Vegetables served with a Low fat Herbed Cream Sauce with a hint of parmesan cheese

Grilled Filet of Salmon laced with a Lemon-Dill Cream Sauce served with Parsley Russet Potatoes and Scandinavian Vegetables (peas, zucchini, carrots, green beans, and onion)

Served on Tuesday and Saturday

BREAKFAST*

Orange Tangerine Juice
Fresh Fruit Cup

Whole Wheat **"Thick Sliced" French Toast** with Blueberries, Sausage Links, Margarine, Syrup

A variety of hot and cold cereals available

LUNCH*

Choice of Soup or Juice
Seasonal Fresh Fruit

Cheeseburger on a warm Whole Wheat Bun with all the fixings: Cheddar cheese, lettuce, tomato, and pickle; served with Country Style Red Skin Potato Salad

Egg Salad Sandwich served on 100% Whole Wheat Bread with Cucumber Slices, Tomato Slices, Bean Salad, and Lettuce

Chicken Caesar Salad, grilled Chicken Breast Strips over crisp Romaine Lettuce, with Parmesan Cheese, Tomato, Ripe Olive, and Classic Caesar Dressing, Sesame Crackers

DINNER*

Crisp Garden Salad, Dressing
Seasonal Fresh Fruit

Oven Seared Breast of Chicken with a Curried Plum-Stone ground Mustard Glaze. Served with Steamed Jasmine Rice and Green Beans, Carrots, and Red Peppers

Ragout of Beef Tips with Mushrooms and Fresh Rosemary (slowly braised beef tips simmered in a rich demi-glaze) served with Brown Rice and Italian Vegetables (zucchini, cauliflower, carrots, and beans)

Ancho-Citrus Marinated Loin of Pork over an essence of Natural Jus, paired with Cinnamon Stewed Apples. Barley Pilaf and Steamed Broccoli