

# The Tansky Experience

## MENU



JUPITER MEDICAL CENTER

## BREAKFAST SELECTIONS

### FRESH FRUIT

QUARTERED ORANGE • BANANA • FRESH FRUIT CUP • FRESH BERRIES

### HOT & COLD CEREALS

CREAM OF WHEAT • OATMEAL • GRITS • CHEERIOS  
RICE KRISPIES • CORN FLAKES • RAISIN BRAN • FROSTED FLAKES

### GREEK YOGURT

VANILLA • BLUEBERRY • STRAWBERRY • STRAWBERRY BANANA

### MORNING FARE

SCRAMBLED EGGS • SCRAMBLED EGG WHITES • CINNAMON FRENCH TOAST  
BUTTERMILK PANCAKES • HOME FRIED POTATOES  
BACON SLICE • TURKEY SAUSAGE LINK • PORK SAUSAGE LINK

### CUSTOMIZE YOUR OMELET OR BREAKFAST SANDWICH

CHOOSE: REGULAR EGGS OR EGG WHITES  
ONION – TOMATOES – GREEN PEPPER – SPINACH – BACON  
DICED HAM – SAUSAGE – FRESH MUSHROOM  
CHEDDAR, SWISS OR AMERICAN CHEESE

### BREAD BASKET

PLAIN BAGEL • BUTTERMILK BISCUIT • CROISSANT  
ENGLISH MUFFIN • ASSORTED MUFFINS

### BEVERAGES

REGULAR/DECAF COFFEE • REGULAR/DECAF/GREEN TEA • ICED TEA  
HOT CHOCOLATE • SUGAR-FREE HOT CHOCOLATE  
APPLE, CRANBERRY OR ORANGE JUICE

To Order Dial Ext. 3663  
Breakfast Available from 7:00am – 6:30pm

## LUNCH SELECTIONS

### SOUPS

CHICKEN NOODLE • GARDEN VEGETABLE • CREAM OF POTATO  
BUTTERNUT SQUASH • LOBSTER BISQUE

### ENTRÉE SALADS

CHICKEN OR SHRIMP CAESAR SALAD • CHEF SALAD  
GARDEN SALAD • STRAWBERRY FIELDS SALAD

### DELI SANDWICHES, BREADS:

Create your own with the following choices:

**PROTEIN:** Turkey, Ham, Roast Beef, Salami, Chicken or Tuna Salad  
**BREADS:** White or Wheat, Rye or a Wrap  
**CHEESE:** American, Cheddar, Swiss or Provolone  
**TOPPINGS:** Lettuce, Tomato, Red Onion, Pickle  
**DRESSINGS:** Mayonnaise, Mustard or Italian Dressing

### GRILL FAVORITES

GROUND SHORT RIB, BRISKET, AND CHUCK BURGER OR CHEESEBURGER  
GARDEN BURGER • BLACK BEAN BURGER  
GRILLED MAHI-MAHI SANDWICH • GRILLED CHICKEN SANDWICH

All Served With Your Choice Of Lettuce – Tomato – Red Onion – Sautéed Onions  
Mushrooms – Pickle – American Cheese, Cheddar Cheese, Swiss Cheese or Provolone

### ON THE SIDE

Fresh Fruit • Garden Salad • French Fries • Gourmet Potato Chips

To Order Dial Ext. 3663  
Lunch Available from 11:00am – 3:00pm

## DINNER SELECTIONS

### APPETIZERS AND SOUPS

JUMBO SHRIMP COCKTAIL • LOBSTER BISQUE  
CHICKEN NOODLE SOUP • BUTTERNUT SQUASH SOUP  
HUMMUS WITH FLATBREAD • GARDEN SALAD • CAESAR SALAD

### ENTRÉES FROM THE SEA

GRILLED GROUPER WITH HERBED BUTTER  
CITRUS BAKED FRESH CATCH  
MARYLAND CRAB CAKE WITH IMPERIAL SAUCE

### ENTRÉES FROM THE LAND

DIJON ENCRUSTED RACK OF LAMB  
BRAISED SHORT RIB WITH HERBED DEMI GLACE & SAUTÉED MUSHROOMS  
DUCK BREAST WITH RED WINE GLACE DE CANARD

### HOUSE SPECIALTY ENTRÉES

ROAST TURKEY BREAST  
CLASSIC POT ROAST  
CHICKEN TERIYAKI STIR FRY OVER BROWN RICE

### SIDES

Sautéed Baby Spinach • Corn • Baby Carrots • Broccoli  
Roasted Asparagus • Green Bean • White or Brown Rice  
Homestyle Mashed Potatoes • Baked Regular or Sweet Potato  
Macaroni & Cheese • Dinner Roll

To Order Dial Ext. 3663  
Dinner Service Available from 3:00pm – 6:30pm

## DESSERT & BEVERAGES

### SWEET ENDINGS

Strawberry Short Cake • Cheesecake with Chocolate Sauce  
Apple Crisp • Chocolate Glazed Brownie  
Fresh Berries with Vanilla Cream  
Fresh Baked Chocolate Chip or Oatmeal Raisin Cookies

### MILK SHAKES

French Vanilla or Chocolate

### BEVERAGES

Regular/Decaf Coffee • Regular/Decaf Tea  
Herbal Tea • Iced Tea • Whole/2%/Skim Milk • Coca Cola (regular/diet) • Gingerale (regular or diet)  
Regular or No Sugar Added Hot Cocoa  
Apple, Orange or Cranberry Juice

### HOW TO PLACE YOUR ORDER

To place your order, please dial extension 3663.

If your physician has ordered a modified diet, some menu items may be restricted.  
We can assist you with alternate selections that are included in your diet.

To Order Dial Ext. 3663  
Room Service Available from 7:00am – 6:30pm

## SAMPLE MENUS FOR MODIFIED DIETS

### HEART HEALTHY, DIALYSIS, LOW RESIDUE

#### HEART HEALTHY (SAMPLE)

Breakfast – Mushroom, Pepper and Onion Omelet/Oatmeal/fresh berries/cheerios/low fat yogurt  
Lunch – Strawberry Fields Salad with vinaigrette or Grilled Chicken Sandwich & Fresh Fruit  
Dinner – Citrus Baked Fresh Fish with broccoli and baked sweet potato

#### DIALYSIS (SAMPLE)

Breakfast – Scrambled Eggs/English Muffin/Strawberries/low fat yogurt  
Lunch – Ground Short Rib, Brisket and Chuck Burger on a bun with a side Garden Salad & Apple Crisp  
Dinner – Roast Turkey Breast with a side of green beans and white rice

#### LOW RESIDUE (SAMPLE)

Breakfast – Buttermilk Pancakes with a banana  
Lunch – Butternut Squash Soup with Chicken Salad Sandwich on bun & Cheesecake with Chocolate sauce  
Dinner – Grilled Grouper with a side of baby carrots and mashed potatoes & Apple Crisp

PLEASE ASK TO SPEAK WITH THE EXECUTIVE CHEF TO DISCUSS ALTERNATE SELECTIONS.



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