

# Lunch & Dinner

Available from 11:00 a.m. to 7:00 p.m.

## NORTHWEST CLASSICS

Please Select One Entree Per Order

### Grilled Chicken

Herb-marinated, antibiotic-free chicken breast

### Seared Coho Salmon

Salmon topped with an apple-cider reduction (11g)

### Pork Flat Iron

Grilled pork steak served with mango-peach salsa (6g)

### Grilled Steak

Antibiotic- and hormone-free, grass-fed beef

### Meatloaf

Grass-fed ground beef (10g) with optional beef gravy

### Butternut Squash Ravioli

Filled pasta (54g) with your choice of marinara sauce (+11g), or herb sauce (+12g)

### Superfood Vegetable Stir-Fry

Kohlrabi, brussels sprouts, broccoli, kale, red cabbage, and carrots served over brown rice (52g)

### Kidney Bean Dal

Organic vegan kidney bean dal with red lentils, carrots, and tamarind (18g)

### Curry Tiger Burrito

Vegan filled burrito (40g)

### Vegan Spinach Ravioli

Organic vegan filled pasta (31g)

## À LA CARTE

Broccoli (3g)  
Braised Greens (5g)  
Green Beans (5g)  
Carrots (5g)  
Roasted Root Vegetables (13g)  
Fettuccine (42g) with your choice of marinara sauce (+11g), or herb sauce (+12g)

Beef or Chicken Gravy  
White Rice (34g)  
Brown Rice (23g)  
Red Quinoa (18g)  
White Roll (11g)  
Wheat Roll (20g)  
Baked Potato (41g)

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## SWEET & DELICIOUS

### Cookies

Chocolate Chip (25g)  
Brownie (42g)  
Coconut Macaroons (24-48g)

### Chilled Fruit

Fresh Cut Fruit (7g)  
Fresh Mixed Berries (7g)

### Pudding

Assorted flavors (13-31g)

### Gelatin

Orange or Strawberry (1-23g)

### Ice Cream

Chocolate (19g)  
Vanilla (17g)  
Strawberry (20g)

### Sherbet

Orange or Raspberry (23-26g)

### Italian Ice

Cherry, Lemon, or Strawberry (18g)

## Beverages

### Starbucks Coffee

Regular or Decaffeinated

### Tea

Black, Green, Herbal, or Iced

### Hot Chocolate

Regular (16g)  
No Added Sugar (12g)

### Milk

Whole, 2%, or Fat-Free (12g)

### Soy Milk

Vanilla or Chocolate (18-25g)

### Almond Milk

Vanilla or Chocolate (13-19g)

### Cold Beverages

Bottled Water  
Sparkling Water  
Coconut Water (13g)  
Lemonade (42g)

### Juice

Apple (15g)  
Orange (13g)  
Cranberry (16g)  
Diet Cranberry (1g)  
Low-Sodium V8 (6g)

### Nutrition Supplements

Ensure (40g)  
Ensure Max (6g)  
Ensure Clear (52g)  
Kate Farms (38g)

## Nutrition Therapy for Recovery

After your hospital stay, your body continues to need extra protein, calories, and other nutrients to help you heal, regain strength and replenish energy. Your body uses protein to build cells and repair tissue. Poor nutrition can slow the healing process and put you at risk for complications, weakness, falls, or another hospital stay.

During your stay, you may have been prescribed a nutrition supplement drink (Ensure, Kate Farms, Milkshake, or Smoothie) to increase your protein and calorie intake. It's ideal to meet your nutrition needs from a variety of healthy foods. If your appetite is low or you are unable to eat enough protein, nutrition supplement drinks can help your body get the nourishment it needs.

Continue to drink 2 nutrition drinks or eat 2 protein containing snacks daily in addition to your regular meals for at least 30 days after your hospital stay to support healing and recovery at home.

Choose nutrition supplement drinks and snacks that have a minimum of 7g of protein per serving.

Nutrition supplement drinks taste best served chilled or over ice.

### Resources

[Overlakehospital.org/outpatientnutrition](http://Overlakehospital.org/outpatientnutrition)  
[Eatright.org](http://Eatright.org)  
[Oldwayspt.org](http://Oldwayspt.org)



# SEASONS DINING

BY OVERLAKE

Seasons Dining features local, organic produce, whole-grain artisan breads, trans-fat-free bakery items, and fair-trade coffee.

Once you have decided on your meal, simply dial extension **6368** (MENU) to place your order. Please allow 45 minutes to one hour for delivery.

Avoid call waiting times and preorder your evening meal from 2 p.m. to 4 p.m. daily for a delivery time of your choice

## Low-Sodium Diet

# Breakfast

Available from 6:30 a.m. to 10:00 a.m.

## OVERLAKE SUNRISE

### Juice\*

Apple (15g)  
Orange (13g)  
Cranberry (16g)  
Diet Cranberry (1g)  
V8 (6g)

### Fruit\*

Banana (38g)  
Fresh Cut Fruit (7g)  
Strawberries (4g)  
Blueberries (10g)  
Peaches (12g)  
Pears (13g)

### Cottage Cheese\* (5g)

### Yogurt\*

Raspberry (27g)  
Peach (28g)  
Lemon (26g)  
Organic Vanilla (17g)

### Dairy-Free Coconut Yogurt\*

Vanilla (13g)  
Strawberry (13g)  
Blueberry (13g)

### Bakery

Plain Bagel (57g)  
Cinnamon Raisin Bagel (58g)  
White English Muffin (25g)  
Wheat English Muffin (26g)  
Blueberry Muffin (30g)  
Cinnamon Roll (40g)  
Croissant (34g)

### Yogurt Smoothie\*

Mixed Berry (18g)  
Strawberry Banana (18g)  
Mango (19g)

### Greek Yogurt\*

Plain Nonfat (6g)  
Vanilla Triple Zero (10g)  
Strawberry Triple Zero (10g)  
Blueberry (16g)  
Peach (17g)

### Yogurt Parfait\*

Organic vanilla yogurt with berries and granola (40g)

### Organic Cold Cereal

Vanilla Island Shredded Wheat (36g)  
Corn Flakes (28g)  
Brown Rice Crisps (21g)  
Shredded Wheat (47g)  
Honey Nut Honest O's (17g)  
Natural Rebel Crunch Granola (49g)

### Hot Cereal

Steel-Cut Oats (29g)  
Cream of Wheat (17g)  
Cream of Rice (19g)

### Toppings

Brown Sugar (13g)  
Raisins (34g)  
Chopped Walnuts (3g)  
Half & Half

# Breakfast

Available from 6:30 a.m. to 10:00 a.m.

## HOT ENTREES

Please Select One Entree Per Order

### The 520 Omelet

Cage-free eggs with tomatoes, green onions, peppers, and mushrooms (5g)

### Spinach & Goat Cheese Omelet

Cage-free eggs with baby spinach, and braised leeks (5g)

### Cinnamon Brioche French Toast

One thick slice of brioche (32g)

### Whole Grain Pancakes

One pancake (21g)

### Bel-Red Breakfast Sandwich

Toasted white bread, egg substitute, sliced grilled ham, and Swiss cheese (58g)

## À LA CARTE

### Eggs

Cage-Free Scrambled Hard-Boiled\*  
Scrambled Egg Substitute

### Sides

Vegan Apple Maple Sausage (1 link 4g)  
Roasted Red Potatoes (15g)  
White Rice (34g)  
Brown Rice (24g)  
Shredded Hash Browns (13g)

## Condiments\*

Maple Syrup (30g)  
Sugar-Free Syrup (4g)  
Pepper  
Mrs. Dash  
Margarine  
Jam & Jelly (3-10g)  
Light Cream Cheese  
Peanut Butter (6g)  
Sour Cream (1g)  
Salsa (1g)

Ketchup (3g)  
Tabasco  
Sugar in the Raw (5g)  
Splenda (1g)  
Stevia (1g)  
Half & Half  
Nondairy Creamer

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## SMALL PLATES & SIDE SALADS

### Chicken Skewers

Tandoori grilled chicken with mango ketchup, served with Asian slaw (24g)

### House Salad

Organic mixed baby greens, sliced cucumbers, shredded carrots, and tomatoes (4g)

### Freemont Salad

Mixed greens, dried cranberries, garbanzo beans, and walnuts (29g)

### Veggie Plate

Sliced cucumbers, grape tomatoes, baby carrots (11g)

## SOUPS

Low-Sodium Chicken Vegetable Noodle (10g)  
Tomato (13g)  
Creamy Butternut Squash (15g)

## ENTREE SALADS

Please Select One Entree Per Order

### Thai Salad

Rice noodles, shredded cabbage, carrots, red onion, peanuts, and Asian vinaigrette with your choice to add chicken (47g)

### Grilled Steak Salad

Mixed greens, tomatoes, shredded carrots, slivered almonds, grilled and sliced grass-fed steak with honey mustard dressing (13g)

### Green Lake Mesclun Salad

Organic mixed baby greens, sliced cucumber, shredded carrot and grape tomatoes (8g) with choice of dressing. You may choose to add grilled chicken

### Salad Dressing

Oil & Vinegar (1g)  
Low-Sodium Italian (1g)

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## SIGNATURE GRILL

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### Served on a Brioche bun (38g)

Hamburger  
Chicken  
Salmon  
Veggie (33g)

### Grilled Swiss Cheese Sandwich

Organic country white grilled with Swiss cheese (40g)

### Available Trimmings

Lettuce, tomato, and onion (3g)

## MADE-TO-ORDER SANDWICHES

Please Select One Entree Per Order

### Bread (Per slice)

Organic 9 Grain (20g)  
Croissant (34g)  
Brioche Bun (38g)  
Gluten-Free (10-12g)  
Organic Country White (20g)  
Vegan Spelt (17g)

### Deli

Antibiotic-Free Roast Beef  
Egg Salad (2g)  
Tuna Salad (5g)  
Chicken Salad (3g)

### Cheese

Swiss

### Condiments

Mayonnaise  
Yellow Mustard  
Peanut Butter (8g)  
Jelly (2pc 19-20g)  
Sugar-Free Jelly (6-8g)

### Vegetables

Lettuce  
Tomato (1g)  
Onion (2g)  
Cucumber Slices (1g)

\*Items are available at any time.

Half portions are available upon request.