

Lunch & Dinner

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

BEVERAGES*

Beverages may be modified per diet order.

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)
Chocolate (25g)

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)
V8 (6g)

Nutrition Supplements

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

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SWEET & DELICIOUS*

Depending upon diet order restrictions, some of these items may not be available.

Gelatin

Assorted Flavors (1-23g)

Ice Cream

Chocolate (19g)
Vanilla (17g)

Magic Cup* (Thickened)

Berry (40g)
Chocolate (38g)
Orange (38g)
Vanilla (38g)

Pudding

Assorted Flavors (13-31g)

Sherbet

Orange or Raspberry (23-26g)

Gelatin (Thickened)

Assorted Flavors (1-20g)

Your doctor and speech pathologist have prescribed a level 6 Soft & Bite-Sized texture.

Dysphagia diets are designed for those with swallowing difficulties. Food textures are modified for safe swallowing. Your speech pathologist will determine which texture is best for you.

Soft & Bite-Sized Texture

The level 6 Soft & Bite-Sized texture consists of moist and easy-to-chew foods. Food has a "chopped" appearance, rather than minced or ground. Vegetables are cooked soft and cut up, and meats are cut into bite-sized pieces and moistened with sauce or gravy.

Thickened Fluids

In addition to modifying food texture, some patients with difficult swallowing also require fluids that are thickened to make drinking safe.

Thin Liquids: No restrictions.

Mildly-Thick Liquids: A liquid that is slightly thicker than water.

Moderately-Thick Liquids: A liquid that flows like honey.

Resources

Overlakehospital.org/outpatientnutrition
Eatright.org
Oldwayspt.org
Overlakehospital.org/services/rehabilitation-care/speech-therapy
Asha.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.

6 SOFT & BITE-SIZED

OVERLAKE | MEDICAL CENTER & CLINICS

ROOM SERVICE MENU
Presented by Hospitality Dining Services

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*

Applesauce (13g)
Peaches (10g)
Pears (11g)

Cottage Cheese* (5g)

Yogurt*
Lemon (26g)
Organic Vanilla (17g)
Peach (28g)

Dairy-Free Coconut Yogurt*

Vanilla (13g)

Yogurt Smoothie*

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

Greek Yogurt*

Plain Nonfat (6g)
Vanilla Triple Zero
(10g)
Strawberry Triple Zero
(10g)

Hot Cereal*

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

Toppings*

Brown Sugar (13g)
Sugar in the Raw (5g)
Honey (12g)
Splenda (1g)
Stevia (1g)
Half & Half
Nondairy Creamer

Breakfast

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

GRIDDLE

Please Select One Entree Per Order

Waffle

Served with turkey sausage and mixed
berries (49g)

Pancakes

Served with turkey sausage and eggs
(37g)

French Toast

Served with eggs pears (44g)

Scrambled eggs

Served with potatoes and fruit cocktail
(33g)

Eggs

Cage-free Scrambled Eggs
Scrambled Egg Substitute (2g)

Condiments*

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

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SMALL PLATES & SALADS

Cottage Cheese and Fruit

Cottage cheese (5g) with peaches (10g)
or pears (11g)

Deli Salad

Served on white bread, quartered, no
crusts
Chicken Salad (2g)
Egg Salad (2g)
Tuna Salad (1g)

SOUPS

Bistro Cream of Mushroom (12g)
Creamy Butternut Squash (15g)
Tomato (13g)

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NORTHWEST CLASSICS

Please Select One Entree Per Order

Chicken Enchilada

Served with broccoli and corn (49g)

Chicken Pot Pie

Served with green beans and mixed
berries (51g)

Meatloaf

Served with butternut squash and
peaches (49g)

Pork with Vegetables

Served with sweet potatoes and baked
apples (52g)

Seafood Casserole

Served with broccoli and cherries (36g)

Turkey

Served with bread stuffing and
cranberries (49g)

Macaroni & Cheese

Served with broccoli and carrots (52g)

Vegetable Lasagna

Served with carrots and green beans
(41g)

À LA CARTE

Yukon Gold mashed potatoes with
brown or beef or chicken gravy
(17g)

*Items are available at any time.

Half portions are available upon request.