



Hackensack  
Meridian *Health*  
JFK Medical Center

*Bedside  
Bistro*



*From left to right: Maria, Food Service Associate (12 years of service); Anton, Food Service Host (10 years of service); Domingo, Food Service Host (7 years of service); LaToya, Cook (9 years of service); Heather, Director, (19 years of service); Marylou, Clinical Dietitian (3 years of service)*

# Room Service Menu

To order your meal, dial 6MEAL (66325) or 732-321-7000 ext. 66325 between 6:30 a.m. and 6:30 p.m. Please allow 45 minutes for meal delivery.

**A MENU ALLERGEN GUIDE IS AVAILABLE UPON REQUEST.  
PLEASE ASK YOUR HOST.**

## **SAFETY TIP**

If you have diabetes or you are on medication to control your blood sugar, please alert your nurse when you order your meals.

**Issue: April 6, 2021**

# Breakfast most items available 7:00 a.m.—6:30 p.m.

## ENTREES

Cheese Omelet • Scrambled Eggs  
Buttermilk Pancakes • French Toast  
Egg & Cheese on an English Muffin:  
**...add turkey sausage\*  
or bacon\***

## CEREAL

Oatmeal: *available with brown sugar,  
diced apple, cinnamon or raisins*  
Cream of Rice • Upma • Corn Flakes  
Frosted Flakes • Lucky Charms  
Cheerios • Honey Nut Cheerios  
Rice Krispies  
Cold Overnight Oats with Chia ✓

## BAKERY

Bagel with Cream Cheese  
English Muffin • Cheese Danish  
Blueberry Muffin • Banana Muffin  
Jelly Donut • Gluten Free Muffin

## ON THE SIDE

Bacon\*  
Turkey Sausage\*  
Oven Browned Potatoes

**Not available after 11:00 a.m.:**  
**pancakes, french toast,  
turkey sausage &  
oven browned potatoes**

## FRUITS

Fresh Apple Slices • Fresh Banana  
Fresh Orange • Diced Peaches  
Applesauce • Tropical Fruit Cup  
Small Melon Plate

## YOGURT & COTTAGE CHEESE

Fruited Yogurt • Light Yogurt  
Plain Yogurt • Vanilla Yogurt  
Greek Yogurt • Cottage Cheese

# Lunch & Dinner available 11:00 a.m.—6:30 p.m.

## HOT PLATES

Salmon seasoned with lemon, herbs and butter  
Penne pasta marinara ✓ **...add mini meatballs**  
Boneless chicken thigh with roasted garlic gravy  
Grilled portabella with balsamic glaze ✓  
Whole wheat penne with grilled veggies ✓  
**...add feta & / or chicken**  
Meatloaf with beef gravy  
Black beans and rice ✓  
Cheesy pasta shells  
Jodhpur lentils\* ✓

## SOUPS

Chicken Noodle  
Low Sodium Tomato  
Lentil ✓

**...add crackers or a dinner roll**

## SIDES

Mashed Potatoes • Mashed Sweet Potatoes • Baked Sweet Potato • Potato Wedges  
Macaroni Salad • White Rice • Brown Rice • Corn • Green Beans • Whole Baby Carrots  
Broccoli • Black Beans • Dinner Roll • Naan • **...add cheese sauce**

**MENU KEY:** \*Menu item is high in sodium. Most patients are prescribed a low sodium diet. We prepare most of our food without any added salt. Please order salt or other condiments accordingly. For many medical conditions, following a low sodium diet is beneficial. However, if you wish to decline your diet therapy, let us know.

✓ Vegan

## DAILY SPECIALS

**Lunch:** 11:00 a.m.—2:00 p.m. • **Dinner:** 4:00 p.m.—6:30 p.m.

### SUNDAY

**Hot Roast Beef**  
(available for **Lunch**)

**Spiced Cauliflower & Red Beans** ✓  
(available for **Lunch & Dinner**)

**Eggplant Rollatini**  
(available for **Dinner**)

**MONDAY**  
**Sautéed Chicken & Vegetables**  
(available for **Lunch**)

**Chickpea Stew**  
(available for **Lunch & Dinner**)

**Penne Pasta with Meat Sauce**  
(available for **Dinner**)

**TUESDAY**  
**Pepper Steak**  
(available for **Lunch**)

**Spinach Curry** ✓  
(available for **Lunch & Dinner**)

**BBQ Boneless Chicken Thigh**  
(available for **Dinner**)

### WEDNESDAY

**Southwest BBQ Ground Beef with Yellow Rice & Fire-Roasted Corn**  
(available for **Lunch**)

**Pea & Potato Stew** ✓  
(available for **Lunch & Dinner**)

**Salisbury Steak**  
(available for **Dinner**)

**THURSDAY**  
**Beef Stew with Egg Noodles**  
(available for **Lunch**)

**Paneer Butter Masala**  
(available for **Lunch & Dinner**)

**Fiesta Chicken with Yellow Rice**  
(available for **Dinner**)

**FRIDAY**  
**Sweet & Sour Meatballs**  
(available for **Lunch**)

**Eggplant & Potato Curry** ✓  
(available for **Lunch & Dinner**)

**Lasagna Marinara**  
(available for **Dinner**)



Christopher, Executive Chef & Registered Dietitian  
(4.5 years of service)

**SATURDAY**  
**Macaroni & Cheese**  
(available for **Lunch**)

**Palak Paneer**  
(available for **Lunch & Dinner**)

**Crispy Baked Chicken Thigh**  
(available for **Dinner**)

## ADDITIONAL HOT OPTIONS

Cheeseburger with lettuce & tomato • Roast beef, tomato & cheese panini

Meatballs & mozzarella on a Kaiser roll • Dino chicken nuggets\*

Ham & provolone melt on rye\* • Mini cheese pizza\* • Samosas\*

Kale patty sandwich with lettuce & tomato ✓ • Grilled cheese sandwich

Tuna melt on an English Muffin with Swiss

Grilled portabella mushroom sandwich with balsamic glaze ✓

Grilled veggie grinder with mozzarella and marinara

## COLD SANDWICHES

*Sandwiches are available on a Kaiser roll, pita, gluten free roll, white, wheat or rye bread with tomato, lettuce, onion or cucumber*

Roast Turkey • Roast Beef • Tuna Salad • Chicken Salad • Egg Salad • Hummus • Ham\* • Bacon\*

Cheese: American, Swiss, & Provolone • Grilled veggies & hummus on a roll ✓

Smucker's Uncrustables® Peanut Butter & Jelly\* • ...add Lay's® **Baked Potato Crisps**

## ADDITIONAL COLD OPTIONS

Chef's Salad • Grilled Chicken Caesar Salad\* • Yogurt & Melon Plate  
Grilled Veggie & Mozzarella Salad • Southwest Bean Salad ✓ • Small Garden Salad ✓  
Shrimp Cocktail (4 pcs) • Cottage Cheese & Melon Plate  
Hummus & Pita Plate ✓

*Dressings: French, Italian, Oil & Vinegar, Ranch, Caesar, Raspberry Vinaigrette, Honey Mustard*

## DESSERTS

Brownie • Chocolate Chip Cookie • Pound Cake  
Salted Caramel Cheesecake • Mango Fruit Ice • Gluten Free Cookie  
Pudding: Rice, Chocolate, Vanilla (*diet options available in chocolate or vanilla*)  
Orange Gelatin • Ice Cream: Vanilla, Chocolate (*diet options available*)  
No Sugar Added Cheesecake • No Sugar Added Lemon Custard  
No Sugar Added Chocolate Cream Pie • Diet Lemon Fruit Ice • Diet Strawberry Gelatin

## BEVERAGES

Coffee • Tea: Black, Green or Chai • Milk: Skim 4 oz., 2% 4 oz., Whole 4 oz., Chocolate 8 oz.  
Lemonade 8 oz. • Juice 4 oz.: Apple, Orange, Prune • Cranberry Juice Cocktail 4 oz. • Bottled Water  
Seltzer • Unsweetened Iced Tea • Cola • Diet Cola • Ginger Ale • Diet Ginger Ale

## Guest Dining Options

### Guest Trays Available

Guest trays are temporarily unavailable due to Covid 19. To mitigate the spread of infection, the removal of face masks for meal consumption in shared spaces should be avoided. If you feel you have extenuating circumstances, please contact us at ext. 67480, or 732-321-7480.

### Au Bon Pain

Au Bon Pain is located on the second level, adjacent to the main lobby. Hours are Monday—Friday 7:00 a.m.—8:00 p.m., Saturday & Sunday—8:00 a.m.—8:00 p.m.



**We're eco friendly! To reduce waste, please order any and all desired condiments with your meal.**



### DIGITAL MENUS:

Scan QR code for a digital view of this menu or for our Español, Vegetarian / Vegan, Kosher, Halal and Dysphagia menus.



Connie, Food Service Host  
(22 years of service)