



Vegetarian 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 ordering your meals.

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

ENTREES

Cheese Omelet • Scrambled Eggs
Buttermilk Pancakes • French Toast

ON THE SIDE

Oven Browned Potatoes

BAKERY

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

CEREAL

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

Not available after 11:00 a.m:
pancakes, french toast,
& 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 • Plain Yogurt
Greek Vanilla Yogurt
Cottage Cheese

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

HOT PLATES

Penne pasta marinara
Grilled portabella with balsamic glaze
Whole wheat penne with grilled veggies
...add feta cheese
Black beans and rice
Cheesy pasta shells
Jodhpur lentils*

SIDES

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

SOUPS

Low Sodium Tomato • Lentil **...add crackers or a dinner roll**

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.

Daily Specials

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

SUNDAY

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

Eggplant Rollatini
(available for **Dinner**)

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

Lasagna Marinara
(available for **Dinner**)

SATURDAY

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

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

ADDITIONAL HOT OPTIONS

Mini cheese pizza* • Samosas* • Kale patty sandwich with lettuce & tomato • Grilled cheese sandwich
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

Egg Salad • Hummus • Cheese: American, Swiss, & Provolone

Smucker's Uncrustables® peanut butter & jelly*

Grilled veggies & hummus on a roll ... **add Lay's® Baked Potato Crisps**

ADDITIONAL COLD OPTIONS

Small Garden Salad • Yogurt & Melon Plate • Grilled Veggie & Mozzarella Salad • Southwest Bean Salad
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
Orange Gelatin • Diet Strawberry Gelatin
Pudding: Rice, Chocolate, Vanilla
(diet options available in chocolate or vanilla)
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

BEVERAGES

Coffee • Tea: Black, Green or Chai • Soy Milk 8 oz.
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



DIGITAL MENUS:

Scan QR code for a digital view of this menu or for our standard, Español, Kosher, and Halal menus.

GUEST DINING OPTIONS

Guest Trays

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.



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

M-F 7:00 a.m.—8:00 p.m.

Sat./Sun. 8:00 a.m.—8:00 p.m.



Vegan Menu

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

ON THE SIDE

Oven Browned Potatoes

BAKERY

Bagel

CEREAL

Oatmeal: *available with brown sugar, diced apple, cinnamon or raisins*

Cream of Rice • Cheerios

Corn Flakes • Frosted Flakes

Rice Krispies

Cold Overnight Oats with Chia

Not available after 11:00 a.m.:

Oven browned potatoes

FRUITS

Fresh Apple Slices • Fresh Banana

Fresh Orange • Diced Peaches

Applesauce • Tropical Fruit Cup

Small Melon Plate

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

HOT PLATES

Penne pasta marinara

Grilled portabella with balsamic glaze

Whole wheat penne with grilled veggies

Black beans and rice

Jodhpur lentils*

SIDES

Baked Sweet Potato • Potato Wedges • White Rice • Dinner Roll

Brown Rice • Corn • Green Beans • Whole Baby Carrots

Broccoli • Black Beans

SOUPS

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

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TUESDAY
Spinach Curry
(available for
Lunch & Dinner)

WEDNESDAY
Pea & Potato Stew
(available for
Lunch & Dinner)

FRIDAY
Eggplant & Potato Curry
(available for
Lunch & Dinner)

ADDITIONAL HOT OPTIONS

Samosas* • Kale patty sandwich with lettuce & tomato

Grilled portabella mushroom sandwich with balsamic glaze

Grilled veggie grinder with marinara sauce *(please specify no cheese)*

COLD SANDWICHES

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

Hummus

Smucker's Uncrustables® peanut butter & jelly*

Grilled veggies & hummus on a roll ... **add Lay's® Baked Potato Crisps**

ADDITIONAL COLD OPTIONS

Build Your Own Garden Salad • Small Garden Salad • Southwest Bean Salad • Hummus & Pita Plate

Dressings: French, Italian, Oil & Vinegar, Raspberry Vinaigrette

DESSERTS

Mango Fruit Ice • Diet Lemon Fruit Ice • Orange Gelatin • Diet Strawberry Gelatin

BEVERAGES

Coffee • Tea: Black, Green or Chai • Milk: Soy 8 oz., Skim 4 oz., 2% 4 oz., Whole 4 oz., Chocolate 8 oz.

Juice 4 oz.: Apple, Orange, Prune • Cranberry Juice Cocktail 4 oz. • Bottled Water • Seltzer

Lemonade 8 oz. • Unsweetened Iced Tea • Cola • Diet Cola • Ginger Ale • Diet Ginger Ale

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