



PREFERRED DINING MENU



PLEASE REMEMBER

Certain tests require a period of fasting prior to the test. If this pertains to you, please plan your meals accordingly. Our suggested menu is a soup or salad, a main entrée, at least one side, a fruit choice or a dessert choice, and a beverage.

HOW TO PLACE YOUR MEAL ORDER

A member of our Food & Nutrition staff will assist you in making your meal selections twice each day. You will be visited at your bedside by a hospitality associate to obtain your order. You may select from our daily featured meals or you may select from our always available options. We will work individually with you to ensure your selections meet your unique tastes while remaining in compliance with the requirements prescribed by your physician.

WHEN TO ORDER

- Breakfast:** Must be ordered by 6:00 p.m. the previous night
- Lunch:** Must be ordered by 10:30 AM
- Dinner:** Must be ordered by 3:30 PM

MENU INFORMATION

Foods containing carbohydrates have assigned values, which are listed in parentheses on the menu as exchange choices.

1 Carb Choice = 15 grams carbs

BREAKFAST

☞♥BREAKFAST FRUITS

- Fresh Fruit Cup (1)
- Fresh Apple (1.5 g)
- Fresh Orange (1)
- Fresh Banana (1.5)
- Diced Peaches (1)
- Diced Pears (1)
- Mandarin Orange Segments (1)
- Applesauce (1)

☞♥YOGURTS

- Blueberry (2)
- Strawberry (2)
- Light Vanilla (1)
- Fat-Free Vanilla Greek (1)

♥CEREALS

- Cheerios® (1)
- Raisin Bran (2)
- Rice Krispies® (1)
- ☞GF Rice Chex® (1)
- Oatmeal (1)
- Cream of Wheat® (1)
- ☞GF Grits (1)

BREAKFAST ENTREES

(Please Choose One)

- ☞GF Scrambled Eggs
- ☞GF ♥Heart Smart Scrambled Eggs
- ☞GF Hard Boiled Egg
- ♥Pancakes - 2 ea. (2)
- ♥Texas French Toast - 1 Slice (1.5)

BREAKFAST SIDES

- Pork Bacon
- ♥Turkey Sausage Home Fries (1)

♥BAKERY

- English Muffin (1.5)
- Bread or Toast (1)
 - White
 - Wheat
 - Rye
- Plain Bagel (2)
- ☞GF Gluten-Free Bread not toasted (1)
- Kaiser Roll (2)

BEVERAGES

☞GF HOT BEVERAGES

- COFFEE:** Regular and Decaf
- TEA:** Regular, Decaf, ♥Herbal, and Green

☞GF COLD BEVERAGES

- ♥**JUICES:** Orange (1), Apple (1), Cranberry (1), Diet Cranberry, and Prune (1.5)
- ♥**MILKS:** ♥Fat-Free (1), 2% (1), Whole (1), ♥Lactaid® (1), ♥Soy (1), and 2% Chocolate (2)
- OTHER:** ♥Bottled Water

♥Heart Healthy Item

☞GF Gluten-Free Item

LUNCH & DINNER

♥SOUPS

- House-Made Chicken Noodle Soup
- ☞GF Tomato Soup (0.5)
- ☞GF Beef Broth
- ☞GF Chicken Broth
- ☞GF Vegetable Broth

♥SIDE SALADS

- ☞GF Garden Salad
- ☞GF Potato Salad (1.5)
- ☞GF Cottage Cheese

ENTRÉE SALADS

- Grilled Chicken Caesar with Croutons (1)
- ♥Grilled Chicken Salad (0.5)
- ♥Cottage Cheese and Fruit Plate

SALAD DRESSINGS

- Italian/♥Light Italian (<5 g carbs)
- Ranch/♥Light Ranch (<5 g carbs)
- ♥Light Balsamic Vinaigrette (<5 g carbs)
- Caesar (<5 g carbs)
- Blue Cheese (<5 g carbs)

STARCH SIDES

- ☞GF ♥Brown Rice (2)
- ☞GF ♥White Rice (2)
- ☞GF ♥Mashed Sweet Potatoes (2)
- ☞GF ♥Mashed Potatoes (1.5)
- Macaroni & Cheese (2)
- French Fries (1.5)
- Baked Potato Chips (1)
- ♥Dinner Roll (1)
- ♥Penne Pasta - 1/3 cup (1) (White or Gluten-Free)

☞GF ♥VEGETABLES

- Carrots (0.5)
- Green Beans
- Corn (1)
- Broccoli

♥Heart Healthy Item

☞GF Gluten-Free Item

BUILD-YOUR-OWN SANDWICH

PROTEINS

- ♥Turkey
- ♥Tuna Salad
- Egg Salad
- ☞GF ♥Peanut Butter & Jelly (1.5 without bread)

CHEESES

- ♥Swiss
- American

☞GF ♥TOPPINGS

- Lettuce
- Tomato
- Onion

♥BREADS

- White (1 per slice)
- Wheat (1 per slice)
- Rye (1 per slice)
- Kaiser Roll (2)
- ☞GF Bread (1 per slice)

ENTRÉES & GRILL

(Please Choose One)

Pot Roast

Stuffed Shells (3)

☞GF ♥Grilled Chicken Breast

♥Baked White Fish

Flatbread Cheese Pizza (2)

Hamburger (2)

Cheeseburger (2.5)

Turkey Burger (2)

Veggie Burger (3)

♥Grilled Chicken Breast Sandwich (2)

Grilled Cheese (2)

Chicken Tenders - 2 each (0.5 ea.)

(Select dipping sauce: ketchup, bbq, or honey mustard - 0.7 ea.)



DESSERTS

☞GF ♥FRUITS

- Fresh Fruit Cup (1)
- Fresh Apple (1.5 g)
- Fresh Orange (1)
- Fresh Banana (1.5)
- Diced Peaches (1)
- Diced Pears (1)
- Mandarin Orange Segments (1)
- Applesauce (1)

☞GF ♥YOGURTS

- Blueberry (2)
- Strawberry (2)
- Light Vanilla (1)
- Fat-Free Vanilla Greek (1)

FROZEN TREATS

☞GF Ice Cream

- ♥Low-Fat/Low-Sugar Vanilla (1)
- Vanilla (1)
- Chocola (1)
- Strawberry (1)

☞GF ♥Italian Ice & Sherbet

- Lemon Italian Ice (1.5)
- No-Sugar Added Lemon Italian Ice (1)
- Orange Sherbet (2)

PUDDING & GELATIN:

☞GF Pudding

- Chocolate (1.5)
- ♥Vanilla (1.5)
- ♥No-Sugar Added Vanilla (1)
- No-Sugar Added Chocolate (1)

♥Gelatin

- Orange (1)
- Cherry (1)
- Sugar-Free Orange
- Sugar-Free Lemon
- Sugar-Free Lime

MENU INFORMATION

Foods containing carbohydrates (cereals, pastas, breads, milk, fruit, and dessert) have assigned values, which are listed in parentheses on the menu as exchange choices

1 Carb Choice = 15 grams carbs

ARE YOUR VISITORS HUNGRY?

The cafeteria at Buffalo General Medical Center is located on the first floor. Hot meals, sandwiches, grilled items, salads, soups, and beverages are available Monday through Friday between the hours of 6:30 AM and 7:00 PM and on weekends from 6:30 AM to 6:30 PM.

ALLERGY INFORMATION

Metz Culinary Management makes every effort to identify ingredients that may cause allergic reactions for those individuals with food allergies.

Items that are marked gluten-free are made with no gluten-containing ingredients. Effort is made to instruct our food production staff on the severity of food allergies. Because of the number of meals served and the number of items used each day, along with food product changes from our food vendors, it cannot be guaranteed that every allergen in the food served will be identified and labeled. The possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice also exists. Guests concerned with food allergies must be aware of this risk.

Metz Culinary Management cannot assume any liability for adverse reactions to food consumed, or items one may come in contact with while eating at any Metz-operated facility or catered event. Guests with life threatening food allergies who may need to use an EpiPen® should be carrying their own. Metz team members are NOT trained to administer an EpiPen® and CANNOT provide or administer them.

