



To order call ext. 4054
or 918-294-4054

Menu may vary in compliance
with your diet order.

Breakfast 7 - 9 a.m.
Lunch 11 a.m. - 1 p.m.
Dinner 4 - 6 p.m.

mon:

tues:

wed:

thurs:

fri:

sat:

sun:

BREAKFAST

- Cheese Grits (1)
- ✓♥ Vegetable Frittata
- Yogurt (1)
- Grapes (1)
- Milk (1)
- Coffee

- Breakfast Casserole (1) Ⓢ
- English Muffin (1)
- Banana (1)
- Milk (1)
- Coffee

- Breakfast Enchiladas (1)
- Hashbrown (1)
- Blueberries (1)
- Apple Juice (1)
- Milk (1)
- Coffee

- ♥ Scrambled Eggs
- ♥ French Toast (2)
- Strawberries (1)
- Greek Yogurt (1)
- Coffee

- Oatmeal (1)
- ✓ Spinach Frittata
- Blueberry Pancakes (2)
- Milk (1)
- Coffee

- ✓ Breakfast Scramble
- Biscuit and Gravy (2)
- Mixed Berry Yogurt (2)
- Coffee

- ♥ French Toast (2)
- Scrambled Eggs
- Strawberries (1)
- Milk (1)
- Coffee

LUNCH

- ♥ Turkey Pot Roast (1) Ⓢ
- Garden Salad
- w/South Signature Dressing
- Dinner Roll (1)
- Chocolate Pudding (1)
- Iced Tea

- ♥ Beef Taco Salad w/ Lettuce
- Cilantro Rice, Tomatoes (2)
- w/ Avocado Cream Dressing Ⓢ
- ✓ Tortilla Bean Soup (0.5) Ⓢ
- Iced Tea

- ♥ Chicken and Rice Bowl (2) Ⓢ
- Asian Salad w/ Ginger Vinaigrette
- Fortune Cookie
- Banana Pudding (1)
- Iced Tea

- BBQ Beef Brisket Sandwich (2)
- ✓ Baked Beans (1) Ⓢ
- Coleslaw
- Pickle Spear
- Iced Tea

- ✓ Pesto Grilled Cheese (2)
- ✓ Tomato Basil Soup
- Lemon Zest Asparagus
- Seasonal Fruit (1)
- Iced Tea

- ♥ Baked Ziti (1)
- Sautéed Squash
- Bread Stick (1.5)
- Spinach Salad
- w/ South Signature Dressing
- Iced Tea

- Steak Fajita w/
- Whole Grain Tortilla (2)
- Black Beans & Corn O’Brien (1)
- Spanish Rice (1) Ⓢ
- Iced Tea

DINNER

- ♥ Home-Style Meatloaf
- Mashed Potatoes (1)
- with Brown Gravy Ⓢ
- Green Beans
- Dinner Roll (1)
- Seasonal Fruit (1)
- Iced Tea

- ♥ Grilled Chicken
- w/ Spinach Cream Sauce Ⓢ
- Orzo Pasta (1) Ⓢ
- Vegetable Medley
- Garden Salad
- w/ South Signature Dressing
- Cinnamon Apples (1) Ⓢ
- Iced Tea

- ♥ Slow Roasted Pork Loin
- Roasted Red Potatoes (1)
- Broccoli
- Dinner Roll (1)
- Fruit Salad Medley (1)
- Iced Tea

- ♥ Roasted Turkey Tenderloin
- Stuffing w/ Gravy (1) Ⓢ
- Green Beans
- Dinner Roll (1)
- Mixed Berry Cobbler (2)
- Iced Tea

- ♥ Chicken “Baked” Chicken (1)
- Mashed Potatoes (1)
- w/ Cream Gravy
- Vegetable Medley
- Dinner Roll (1)
- Iced Tea

- Pulled Pork
- Green Beans
- ✓♥ Southwest Potato Salad (1)
- Hawaiian Roll (1)
- Pinapple Fruit Cup (1)
- Iced Tea

- ♥ Chicken and Broccoli Casserole (1) Ⓢ
- Peas and Carrots (1)
- Garden Salad
- w/ South Signature Dressing
- Mixed Berry Trifle (2)
- Iced Tea

Fit. Fresh. Flavorful.

Fit: A healthy twist on your favorite comfort foods
Fresh: Meals prepared daily from scratch with seasonal and local produce
Flavorful: Innovative cuisine made by real chefs



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Menu may vary in compliance
with your diet order.

For menu requests or
changes please place order
by 10:30 a.m. for lunch &
3:30 p.m. for dinner.

ENTREES

- Hamburger (2)
- Cheeseburger (2)
- Grilled Chicken Sandwich (2)
- Chicken Fingers (1)
- Cheese Pizza (2)
- Quesadilla (3): Chicken or Cheese
- Black Bean Burger (3.5)
- Baked Salmon
- Loaded Baked Potato (2) w/bacon butter, cheese, sour cream

PENNE PASTA BAR (2)

- (GF) noodles upon request
- Marinara (GF)
- Pesto (GF)
- Lite Alfredo (GF)



SANDWICHES

- Club (3)
- Turkey Wrap (3)
- BLT (2)
- Grilled Cheese (2)
- Egg Salad (2)
- Chicken Salad (3)
- Peanut Butter & Jelly (3)
- Tuna Salad

SOUP & SALAD

- Chicken Noodle (.5)
- Tomato (1.5)
- Cream of Mushroom (.5)
- Cream of Chicken (.5)
- Vegetable with Beef Stock (1)
- Green Leaf Soup of the Day (1)
- Potato Soup (GF)
- Garden Chef
- Caesar
- Greek
- Asian Chicken (2)
- Fresh Fruit Plate (3) with Cheese Cubes or Cottage Cheese
- Vegetable w/Hummus Plate (1) (GF)

BUILD YOUR OWN SANDWICH

- | BREAD | MEAT | CHEESE | TOPPINGS |
|----------------------|---------|-------------|----------|
| White (2) | Chicken | American | Lettuce |
| Wheat (2) | Turkey | Cheddar | Tomato |
| Low Cal (1) | Ham | Pepper Jack | Pickles |
| Hoagie (2) | | Provolone | Onion |
| Wrap (3) | | Swiss | Spinach |
| Gluten Free (3) (GF) | | | |

SIDES

- | | | | |
|------------------|----------------|--------------------|-----------------------------------|
| Baked Lays (1.5) | Cauliflower | French Fries (1.5) | Mashed Potatoes w/Cream Gravy (1) |
| Baked Potato (2) | Cheese Cubes | Fresh Fruit (1) | Rice (1) |
| Broccoli | Corn (1) | Soft Fruit Cup (1) | Squash |
| Carrots | Cottage Cheese | Green Beans | Vegetable Medley |

CONDIMENTS

- | | |
|-----------------------|----------------------|
| Caesar | Lite Ranch |
| Balsamic | Thousand Island (.5) |
| Vinaigrette | Honey Mustard (1) |
| Balsamic Vinegar | Golden Italian |
| South Signature Ranch | French (1) |
| Mayo | Mustard |
| Ketchup | Hummus |

DESSERTS

- Angel Food Cake (2)
- Apple Pie (2)
- Applesauce (1)
- Carrot Cake (2)
- Cookies: Sugar (2), Chocolate Chip (1.5), Vanilla Wafers (1), Gluten Free Cookie (2) (GF)
- Snackwell Cookies (1) (GF)
- Fudge Brownie (2)
- Ice Cream (1): Strawberry, Chocolate, Vanilla
- Lemon Meringue Pie (4)
- New York Style Cheesecake (2.5)
- Orange Sherbert (1)
- Pecan Pie (4.5)
- Pudding (GF): Regular (2) or Diet (1) (Vanilla or Chocolate)
- Yogurt (1): Lite & Fit (1), Greek (1) or Parfait (2)

BEVERAGES

- Milk (1): 1%, 2%, Whole, Chocolate
- Juice (1): Orange, Apple, Cranberry, Grape, Prune, Sugar Free Cranberry
- Coffee: Regular, Decaf
- Tea: Iced Decaf and Hot Tea
- Crystal Light: Fruit Punch, Lemonade
- Soda: Lemon Lime (2), Diet Lemon Lime, Ginger Ale (2)
- Vegetable Juice (.5)

SUPPLEMENTS

- Ensure High Protein (1): Vanilla, Chocolate
- Ensure Enlive (3): Chocolate, Strawberry, Vanilla
- Ensure Clear (3.5) : Apple, Mixed Berry
- Glucerna (2): Chocolate, Strawberry, Vanilla, Butter Pecan
- Nepro (2.5): Butter Pecan, Mixed Berry, Vanilla

KEY

- (#) = Number of Carbohydrate Servings
- Vegetarian Entrée
- Gluten Free
- Heart Healthy
- High Sodium

AFTER HOURS MENU Monday-Friday 6:00pm to 9:00pm

Patient may order one entrée and one side.

ENTREES

- Hamburger (2)
- Grilled Chicken Sandwich (2)
- Club Sandwich (3)
- Turkey Hoagie Sandwich (2)
- Garden Salad w/ Grilled Chicken (GF)
- Fresh Fruit Plate (3) w/Cheese Cubes or Cottage Cheese
- Vegetables w/Hummus or Lite Ranch Dressing (1) (GF)

SIDES

- Baked Lays (1.5)
- French Fries (1.5)
- Fresh Fruit or Soft Fruit Cup (1)



1 carb serving = 15g 1800 calorie diet = 4 carb servings per meal

Diabetic snacks are available upon request from floor staff.