Hackensack Meridian Health JFK Medical Center

Key:

- Menu item contains allergen

FRUIT AND YOGURT
Applesauce
Cottage Cheese
Fruit Cocktail
Fruited Yogurt
Greek Yogurt
Light Yogurt
Peach Puree
Pear Puree
Plain Yogurt
Raisins
Vanilla Yogurt

## BREADS AND CEREALS

6 inch sub roll
Bagel
Banana Muffin
Cheerios
Honey Nut Cheerios
Cold Overnight Oats
Cornflakes
Crackers (regular \& low sodium)
Cream of Rice
Creamy Bananas
Danish
Dinner Roll
English Muffin
Frosted Flakes
GF Blueberry Muffin
GF Double Chocolate Muffin
Gluten Free Bun
Jelly Donut
Kaiser Roll
Lucky Charms
Naan
Oatmeal
Pita Bread
Pureed Corn Flakes
Pureed Raisin Bran
Rice Krispies
Rye Bread
Upma
Wheat Bread
White Bread
SOUPS
Beef Broth
Chicken Broth
Cream of Potato Soup
Kosher Chicken Broth
Lentil Soup
Tomato Soup
Vegetable Broth
SALAD AND SANDWICH
American Cheese
Chef's Salad
Chicken Salad
Egg Salad
Grilled Cheese
Grilled Chicken Caesar Salad
Grilled Vegetables

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| COMMON ALLERGENS |  |  |  |  |  |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Peanut | Tree Nut | Dairy | Egg | Fish | Shellfish | Soy | Wheat | Gluten | Citrus | Mushroom | Garlic | Onion |

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COMMON ALLERGENS
Peanut Tree Nut Dairy Egg Fish Shelfish Soy Wheat Gluten Citrus Mushroom Garlic Onion

| Hot Veggie Grinder | $\square$ |  |  |  | ■ | $\square$ | $\square$ |  |  | $\square$ | $\square$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Hummus |  |  |  |  | $\square$ |  |  | $\square$ |  | $\square$ |  |
| Mozzarella Cheese Balls | $\square$ |  |  |  |  |  |  |  |  |  |  |
| Parmesan Cheese | $\square$ |  |  |  |  |  |  |  |  |  |  |
| Provolone Cheese | $\square$ |  |  |  | ■ |  |  |  |  |  |  |
| Roast Beef |  |  |  |  |  |  |  |  |  | $\square$ |  |
| Shrimp and Macaroni Salad |  | $\square$ |  | $\square$ | ■ | ■ | $\square$ | $\square$ |  | $\square$ | $\square$ |
| Southwest Bean Salad |  |  |  |  |  |  |  |  |  |  | $\square$ |
| Swiss Cheese | ■ |  |  |  |  |  |  |  |  |  |  |
| Tuna Salad |  | $\square$ | ■ |  | ■ |  |  |  |  |  |  |
| Turkey |  |  |  |  |  |  |  |  |  |  |  |
| SAUCES AND GRAVIES |  |  |  |  |  |  |  |  |  |  |  |
| Beef Gravy | $\square$ |  |  |  | ■ | $\square$ | ■ |  |  | $\square$ | $\square$ |
| Cheese Sauce | $\square$ |  |  |  | $\square$ |  |  |  |  |  |  |
| Marinara Sauce |  |  |  |  |  |  |  |  |  | $\square$ | $\square$ |
| Meat Sauce |  |  |  |  |  |  |  |  |  | $\square$ | $\square$ |
| Mushroom Gravy | $\square$ |  |  |  | $\square$ | $\square$ | $\square$ |  | $\square$ | $\square$ | $\square$ |
| Poultry Gravy | $\square$ |  |  |  | ■ | ■ | ■ |  |  | $\square$ |  |

## ENTREES

Baked Chicken Thigh (no gravy) Halal
Barbeque Chicken
Beef Puree
Beef Stew
Black Beans over Rice
Crispy Baked Chicken Thigh
Broiled Salmon
Buttermilk Pancakes
SW BBQ Ground Beef
Cheesy Shells
Chole
Cinnamon French Toast
Curried Cauliflower
Curried Peas \& Potatoes
Dinosaur Chicken Nuggets
Egg Whites
Eggbeater Omelet
Eggplant \& Potato Curry
Eggplant Parmigiana
Fiesta Chicken
GF Cheese Lasagna
Grilled Chicken Breast
Grilled Portabella Mushroom
Halal Beef Stew
Halal Chicken \& Black Bean Halal Chicken Mediterranean
Hamburger Patty (no bun)
Hard Boiled Egg
Herbed Salmon
Hot Roast Beef (no gravy)
Jodhpur Lentils
Kale Burger Patty (no bun)
Kosher Beef Pot Roast
Kosher Beef Puree
Kosher Chicken Puree Meal
Kosher Eggplant Parmesan Meal
Kosher French Toast
Kosher Honey Roast Chicken
Kosher Omelet
Kosher Salmon

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$$
\begin{array}{lllllll}
\hline \text { Peanut } & \text { Tree Nut } & \text { Dairy } & \text { Egg } & \text { Fish } & \text { Shellfish } & \text { Soy }
\end{array}
$$

ENTREES
Low Cholesterol Eggs
Mac \& Cheese (Saturday Special)
Meatballs
Meatloaf (no gravy)
Omelet
Palak ka Saag
Palak Paneer
Paneer Butter Masala
Pasta Shells (no sauce)
Penne \& Grilled Veggies/Feta
Penne Pasta (no sauce)
Penne Pasta with Meat Sauce
Pepper Steak
Personal Pizza
Pureed Kosher French Toast
Pureed Beef Lasagna
Pureed Beef and Vegetables
Pureed Cheese Pizza
Pureed Chicken and Broccoli
Pureed Chicken \& Vegetables
Pureed Chicken A'la Orange
Pureed Fish
Pureed Mac \& Cheese
Pureed Roast Beef \& Cheese
Pureed Roast Chicken
Pureed Waffle
Salisbury Steak
Scrambled Eggs
Smucker's Uncrustables PB\&J
Sweet and Sour Meatballs
Umami Chicken and Vegetables
SIDES
Baby Carrots
Bacon
Baked Potato Chips
Baked Sweet Potato
Black Beans
Broccoli
Corn
Egg Noodles
Green Beans
Mashed Potatoes
Mashed Sweet Potatoes
Oven Browned Potatoes
Potato Wedges

## Pretzels

Rice (white \& brown)
Samosas
Turkey Sausage
Yellow Rice
DESSERTS
Brownie
Chocolate Chunk Cookie

Chocolate Ice Cream
Chocolate Pudding
Citrus Gelatin
Diet Chocolate Ice Cream


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Diet Chocolate Pudding Diet Strawberry Gelatin
Diet Vanilla Ice Cream Diet Vanilla Pudding Gluten Free Snickerdoodle Graham Crackers
Mango Italian Ice
No Sugar Added Cheesecake No Sugar Added Chocolate Pie No Sugar Added Lemon Custard No Sugar Added Lemon Ice Orange Gelatin
Rice Pudding
Salted Caramel Cheesecake
Pound Cake
Vanilla Ice Cream
Vanilla Pudding
BEVERAGES
Apple Juice (regular \& thick)
Chocolate Milk
Pepsi
Cranberry Juice (regular \& thick)
Diet Pepsi
Diet Cranberry Juice
Diet Ginger Ale
Diet Hot Chocolate
Ginger Ale
Hot Chocolate
Lactaid Milk
Lemonade
Milk (whole, $2 \%$, skim \& thick)
Orange Juice (regular \& thick)
Prune Juice
Soy Milk
Thickened Iced Tea
Thickened SF Mango Drink
Thickened Water
Unsweetened Iced Tea
V8 Juice

## CONDIMENTS

Balsamic Glaze
Butter
Caesar Dressing

Cream Cheese
Creamer
Croutons
Diet Jelly
Diet Pancake Syrup
Equal, Splenda, Sweet n Low
Fat Free French Dressing
Fat Free Italian Dressing
Fat Free Raspberry Vinaigrette
French Dressing
Grape Jelly
Half \& Half
Honey
Honey Mustard Dressing
Italian Dressing
Ketchup
Margarine


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| CONDIMENTS |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mayonnaise (regular \& light) |  |  |  | $\square$ |  |  | $\square$ |  |  |  | $\square$ |  |  |
| Mrs. Dash |  |  |  |  |  |  |  |  |  | $\square$ |  | $\square$ | $\square$ |
| Mustard |  |  |  |  |  |  |  |  |  |  |  | $\square$ | $\square$ |
| Oil \& Red Wine Vinegar |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pancake Syrup |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peanut Butter | $\square$ |  |  |  |  |  | $\square$ |  |  |  |  |  |  |
| Ranch Dressing |  |  | $\square$ | $\square$ |  |  | $\square$ |  |  | $\square$ |  | $\square$ | $\square$ |
| Strawberry Jelly |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sugar (brown \& regular) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tabasco Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |

