

Lunch & Dinner

Available from 11:00 a.m. to 7:00 p.m.

NORTHWEST CLASSICS

Please Select One Entree Per Order

Grilled Chicken

Herb-marinated, antibiotic-free chicken breast

Seared Coho Salmon

Salmon topped with an apple-cider reduction (11g)

Pork Flat Iron

Grilled pork steak served with mango-peach salsa (6g)

Grilled Steak

Antibiotic- and hormone-free, grass-fed beef

Meatloaf

Grass-fed ground beef with beef gravy (10g)

Superfood Vegetable Stir-Fry

Kohlrabi, brussels sprouts, broccoli, kale, red cabbage, and carrots served over brown rice (52g)

Butternut Squash Ravioli

Filled pasta (54g) with your choice of herb sauce (+12g) or no sauce

Vegan Spinach Ravioli

Organic vegan filled pasta (31g)

À LA CARTE

Broccoli (3g)
 Braised Greens (5g)
 Green Beans (5g)
 Carrots (5g)
 Roasted Root Vegetables (13g)
 Fettuccine (42g) with herb sauce (+12g)
 White Rice (34g)
 Brown Rice (23g)
 White Roll (11g)
 Wheat Roll (20g)

Lunch & Dinner

Available from 11:00 a.m. to 7:00 p.m.

SWEET & DELICIOUS

Cookies

Chocolate Chip (25g)
 Ginger Molasses (22g)
 Coconut Macaroons (24-28g)

Ice Cream

Chocolate (19g)
 Vanilla (17g)
 Strawberry (20g)

Chilled Fruit

Fresh Cut Fruit (7g)
 Fresh Mixed Berries (7g)

Sherbet

Orange or Raspberry (23-26g)

Pudding

Assorted flavors (13-31g)

Italian Ice

Cherry, Lemon or Strawberry (18g)

Gelatin

Orange or Strawberry (1-23g)

Beverages

Starbucks Coffee

Regular or Decaffeinated

Cold Beverages

Bottled Water
 Sparkling Water

Tea

Black, Green, Herbal, or Iced

Juice

Apple (15g)
 Cranberry (16g)
 Diet Cranberry (1g)

Hot Chocolate

Regular (16g)
 No Added Sugar (12g)

Nutrition Supplements

Ensure Clear (52g)
 Nepro (38g)

Milk

Whole, 2%, or Fat-Free (12g)

Soy Milk

Vanilla or Chocolate (18-25g)

Almond Milk

Vanilla or Chocolate (13-19g)

Nutrition Therapy for Recovery

After your hospital stay, your body continues to need extra protein, calories, and other nutrients to help you heal, regain strength and replenish energy. Your body uses protein to build cells and repair tissue. Poor nutrition can slow the healing process and put you at risk for complications, weakness, falls, or another hospital stay.

During your stay, you may have been prescribed a nutrition supplement drink (Ensure, Kate Farms, Milkshake, or Smoothie) to increase your protein and calorie intake. It's ideal to meet your nutrition needs from a variety of healthy foods. If your appetite is low or you are unable to eat enough protein, nutrition supplement drinks can help your body get the nourishment it needs.

Continue to drink 2 nutrition drinks or eat 2 protein containing snacks daily in addition to your regular meals for at least 30 days after your hospital stay to support healing and recovery at home.

Choose nutrition supplement drinks and snacks that have a minimum of 7g of protein per serving.

Nutrition supplement drinks taste best served chilled or over ice.

Resources

Overlakehospital.org/outpatientnutrition
 Eatright.org
 Oldwayspt.org



SEASONS DINING

BY OVERLAKE

Seasons Dining features local, organic produce, whole-grain artisan breads, trans-fat-free bakery items, and fair-trade coffee.

Once you have decided on your meal, simply dial extension **6368** (MENU) to place your order. Please allow 45 minutes to one hour for delivery.

Avoid call waiting times and preorder your evening meal from 2 p.m. to 4 p.m. daily for a delivery time of your choice

Renal Diet

Breakfast

Available from 6:30 a.m. to 10:00 a.m.

OVERLAKE SUNRISE

Juice*

Apple (15g)
Cranberry (13g)
Diet Cranberry (1g)

Fruit*

Fresh Cut Fruit (7g)
Strawberries (4g)
Blueberries (10g)
Peaches (12g)
Pears (13g)
Mandarin Oranges (18g)
Applesauce (13g)

Yogurt*

Raspberry (27g)
Peach (28g)
Lemon (26g)
Organic Vanilla (17g)

Dairy-Free Coconut

Yogurt*

Vanilla (13g)
Strawberry (13g)
Blueberry (13g)

Bakery

Plain Bagel (57g)
White English Muffin (25g)
Wheat English Muffin (26g)
Blueberry Muffin (30g)
Cinnamon Roll (40g)
Croissant (34g)

Greek Yogurt*

Plain Nonfat (6g)
Vanilla Triple Zero (10g)
Strawberry Triple Zero (10g)
Blueberry (16g)
Peach (17g)

Yogurt Parfait*

Organic vanilla yogurt with berries and granola (40g)

Organic Cold Cereal

Vanilla Island Shredded Wheat (36g)
Corn Flakes (28g)
Brown Rice Crisps (21g)
Honey Nut Honest O's (17g)
Shredded Wheat (47g)

Hot Cereal

Steel-Cut Oats (29g)
Cream of Wheat (17g)
Cream of Rice (19g)

Toppings

Brown Sugar (13g)
Honey (12g)
Splenda (1g)
Stevia (1g)
Chopped Walnuts (3g)
Half & Half

Breakfast

Available from 6:30 a.m. to 10:00 a.m.

HOT ENTREES

Please Select One Entree Per Order

The Classic Omelet

Egg substitute with ham (3g)

The 520 Omelet

Egg substitute with tomatoes, green onions, peppers, and mushrooms (6g)

Spinach & Goat Cheese Omelet

Cage-free eggs with baby spinach and braised leeks (5g)

Cinnamon Brioche French Toast

One thick slice of brioche (32g)

Renal Pancakes

Two pancakes (25g)

Bel-Red Breakfast Sandwich

Toasted white bread, egg substitute, sliced grilled ham, and Swiss cheese (41g)

À LA CARTE

Eggs

Scrambled
Hard-Boiled*
Scrambled Egg
Substitute

Sides

Vegan Apple Maple Sausage (1 link 4g)
Roasted Red Potatoes (15g)
White Rice (34g)
Brown Rice (24g)
Shredded Hash Browns (13g)

Condiments*

Maple Syrup (30g)
Sugar-Free Syrup (4g)
Pepper
Mrs. Dash
Margarine
Jam & Jelly (3-10g)
Cream Cheese
Light Cream Cheese
Peanut Butter (6g)
Sour Cream (1g)

Ketchup (3g)
Tabasco
Sugar in the Raw (5g)
Splenda & Stevia (1g)
Half & Half
Nondairy Creamer

Lunch & Dinner

Available from 11:00 a.m. to 7:00 p.m.

SMALL PLATES & SIDE SALADS

Chicken Skewers

Tandoori grilled chicken with mango ketchup served with Asian Slaw (24g)

House Salad

Organic mixed baby greens, sliced cucumbers, and shredded carrots (4g) with choice of dressing

Fremont Salad

Mixed greens, dried cranberries, garbanzo beans, and walnuts (29g) with choice of dressing

Salad Dressing

Oil & Vinegar (1g)
Low-Sodium Italian (1g)

SOUP

Low-Sodium Chicken Noodle (10g)

Entree Salads

Please Select One Entree Per Order

Green Lake Mesclun Salad

Organic mixed baby greens, sliced cucumbers, shredded, and carrots (8g) with choice of dressing, choose to add grilled chicken

Thai Salad

Rice noodles, shredded cabbage, carrots, red onion, peanuts and Asian vinaigrette (47g), choose to add grilled chicken

Grilled Steak Salad

Mixed greens, shredded carrot, grilled and sliced grass-fed steak with honey-mustard dressing (11g)

Lunch & Dinner

Available from 11:00 a.m. to 7:00 p.m.

SIGNATURE GRILL

Please Select One Entree Per Order

Served on a Brioche bun (38g)

Hamburger
Chicken
Salmon
Veggie

Grilled Swiss Cheese Sandwich

Organic country white grilled with Swiss cheese (40g)

Vegetables

Lettuce
Onion (2g)
Cucumber Slices (1g)
Avocado (2g)

MADE-TO-ORDER SANDWICHES

Please Select One Entree Per Order

Bread (Per Slice)

Organic 9 Grain (20g)
Croissant (34g)
Brioche Bun (38g)
Gluten-Free (10-12g)
Organic Country White (20g)
Vegan Spelt (17g)

Deli

Antibiotic-Free Roast Beef
Egg Salad (2g)
Tuna Salad (5g)
Chicken Salad (3g)

Cheese

Swiss

Condiments

Mayonnaise
Yellow Mustard
Peanut Butter (6g)
Jelly (2 pc 19-20g)
Sugar-Free Jelly (2 pcs 6-8g)

Vegetables

Lettuce
Onion (2g)
Cucumber Slices (1g)

*Items are available at any time.

Half portions are available upon request.