

# Lunch & Dinner

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

## SWEET & DELICIOUS

### Bakery

Chocolate Chip Cookie (25g)  
Ginger Molasses Cookie (22g)  
Brownie (42g)  
Toffee Crunch Blondie (46g)

### Chilled Fruit

Fresh Cut Fruit (7g)

### Pudding

Assorted flavors (13-31g)

### Gelatin

Vegan Orange or Strawberry  
(1-23g)

### Ice Cream

Chocolate (19g)  
Vanilla (17g)

### Sherbet

Orange or Raspberry  
(23-26g)

### Italian Ice

Lemon or  
Strawberry (18g)

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## Beverages

### Starbucks Coffee

Regular or Decaffeinated

### Tea

Black, Green, Herbal, or Iced

### Hot Chocolate

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

### Milk

Whole, 2%, or Fat-Free (12g)  
Chocolate (25g)

### Soy Milk

Vanilla or Chocolate (18-25g)

### Almond Milk

Vanilla or Chocolate  
(13-19g)

### Cold Beverages

Bottled Water  
Sparkling Water  
Coconut Water (13g)  
Lemonade (42g)

### Juice

Apple (15g)  
Orange (13g)  
Cranberry (16g)  
Diet Cranberry (1g)  
V8 (6g)

### Soda

Coke (25g)  
Diet Coke  
Sprite (24g)  
Diet Sprite  
Ginger Ale (19g)

### Nutrition Supplements

Ensure (40-41g)  
Ensure Max (6g)  
Ensure Clear (52g)  
Kate Farms (38g)

## 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

## Fiber Restricted

Breakfast		Breakfast		Lunch & Dinner		Lunch & Dinner	
Available from 6:30 a.m. to 10:00 a.m.		Available from 6:30 a.m. to 10:00 a.m.		Available from 11:00 a.m. to 7:00 p.m.		Available from 11:00 a.m. to 7:00 p.m.	
OVERLAKE SUNRISE		HOT ENTREES		SMALL PLATES & SOUPS		SIGNATURE GRILL	
Please Select One Entree Per Order		Please Select One Entree Per Order		Please Select One Entree Per Order		Please Select One Entree Per Order	
<div><div>Juice*</div><div>Apple (15g) Orange (13g) Cranberry (16g) Diet Cranberry (1g) V8 (6g)</div><div>Fruit*</div><div>Banana (38g) Fresh Cut Fruit (7g) Peaches (12g) Pears (13g)</div><div>Cottage Cheese* (5g)</div><div>Yogurt*</div><div>Peach (28g) Lemon (26g) Vanilla (19g)</div><div>Dairy-Free Coconut Yogurt*</div><div>Vanilla (22g)</div><div>Bakery</div><div>Plain Bagel (57g) White English Muffin (28g) Cinnamon Roll (40g) Croissant (34g)</div></div>		<div><div>The Classic Omelet</div><div>Eggs with ham and cheddar cheese (3g)</div><div>Cinnamon Brioche French Toast</div><div>One thick slice of brioche (32g)</div><div>Bel-Red Breakfast Sandwich</div><div>Toasted rustic potato bread, eggs, sliced grilled ham, and cheddar cheese (58g)</div><div>Smoked Salmon Plate</div><div>Northwest nova-smoked salmon, chopped egg, and cream cheese on a plain bagel (64g)</div></div>		<div><div>Artisan Cheese Plate</div><div>Chef's selections of cheeses with fresh cut melon (34g)</div><div>Chicken Skewers</div><div>Tandoori grilled chicken with mango ketchup (24g)</div><div>Cottage Cheese and Fruit</div><div>Cottage Cheese (5g) with choice of fruit: Mixed Melons (+7g) Peaches (+12g) Pears (+13g)</div><div>SOUPS</div><div>Chicken Vegetable Noodle (10g) Tomato (13g) Creamy Butternut Squash (15g) Bistro Cream of Mushroom (12g) Chicken, Beef, or Vegetable Broth (1-2g)</div></div>		<div><div>Grilled Three-Cheese Sandwich</div><div>Rustic potato bread with a blend of melted cheddar, Jack, and Swiss cheeses (57g)</div><div>NORTHWEST CLASSICS</div><div>Please Select One Entree Per Order</div><div>Grilled Chicken</div><div>Herb-marinated, antibiotic-free chicken breast</div><div>Flatbread Pizza*</div><div>Cheese (72g)  *Gluten-free available upon request</div><div>Seared Coho Salmon</div><div>Salmon topped with an apple-cider reduction (11g)</div><div>Macaroni &amp; Cheese</div><div>Three cheeses blended with elbow macaroni (30g)</div><div>Butternut Squash Ravioli</div><div>Filled pasta (54g) with your choice of marinara sauce (+11g), herb sauce (+12g), or alfredo sauce (+5g)</div><div>Grilled Steak</div><div>Antibiotic- and hormone-free, grass-fed beef</div><div>Vegan Ravioli</div><div>Organic vegan filled pasta (49g)</div><div>Meatloaf</div><div>Grass-fed ground beef with porcini brown gravy (12g)</div></div>	
<div><div>Hot Cereal</div><div>Cream of Wheat (17g) Cream of Rice (19g)</div><div>Toppings</div><div>Brown Sugar (13g) Honey (12g) Splenda (1g) Stevia (1g) Half &amp; Half (1g)</div></div>		À LA CARTE		MADE-TO-ORDER SANDWICHES		À LA CARTE	
Please Select One Entree Per Order		Please Select One Entree Per Order		Please Select One Entree Per Order		Please Select One Entree Per Order	
<div><div>Eggs</div><div>Scrambled Hard-Boiled* Scrambled Egg Substitute</div><div>Sides</div><div>Chicken Apple Sausage (4g) Bacon Pork Sausage Patty Vegan Apple Maple Sausage (8g) White Rice (34g) Shredded Hash Browns (13g)</div></div>		<div><div>Bread (Per slice)</div><div>Sourdough (23g) Rustic Potato (28g) Croissant (34g) Brioche Bun (38g) Gluten-Free (10-12g) Organic Country White (20g) Vegan Spelt (17g)</div><div>Deli</div><div>Antibiotic-Free Turkey Antibiotic-Free Ham (1g) Antibiotic-Free Roast Beef Bacon Egg Salad (2g) Tuna Salad (5g) Chicken Salad (3g)</div><div>Cheese</div><div>Cheddar Provolone Swiss Monterey Jack</div><div>Condiments</div><div>Mayonnaise Yellow Mustard Peanut Butter (6g) Jelly (2 pcs 20g) Suagr-Free Jelly (2 pcs 6-8g)</div></div>		<div><div>Bread</div><div>Sourdough (23g) Rustic Potato (28g) Croissant (34g) Brioche Bun (38g) Gluten-Free (10-12g) Organic Country White (20g) Vegan Spelt (17g)</div><div>Deli</div><div>Antibiotic-Free Turkey Antibiotic-Free Ham (1g) Antibiotic-Free Roast Beef Bacon Egg Salad (2g) Tuna Salad (5g) Chicken Salad (3g)</div><div>Cheese</div><div>Cheddar Provolone Swiss Monterey Jack</div><div>Condiments</div><div>Mayonnaise Yellow Mustard Peanut Butter (6g) Jelly (2 pcs 20g) Suagr-Free Jelly (2 pcs 6-8g)</div></div>		<div><div>Bread</div><div>Sourdough (23g) Rustic Potato (28g) Croissant (34g) Brioche Bun (38g) Gluten-Free (10-12g) Organic Country White (20g) Vegan Spelt (17g)</div><div>Deli</div><div>Antibiotic-Free Turkey Antibiotic-Free Ham (1g) Antibiotic-Free Roast Beef Bacon Egg Salad (2g) Tuna Salad (5g) Chicken Salad (3g)</div><div>Cheese</div><div>Cheddar Provolone Swiss Monterey Jack</div><div>Condiments</div><div>Mayonnaise Yellow Mustard Peanut Butter (6g) Jelly (2 pcs 20g) Suagr-Free Jelly (2 pcs 6-8g)</div></div>	
CONDIMENTS*		CONDIMENTS*		CONDIMENTS*		CONDIMENTS*	
<div><div>Maple Syrup (30g) Sugar-Free Syrup (4g) Salt &amp; Pepper Butter or Margarine Jam &amp; Jelly (3-10g) Cream Cheese Peanut Butter (6g) Sour Cream</div><div>Ketchup (3g) Sugar in the Raw (5g) Splenda (1g) Stevia (1g) Half &amp; Half Nondairy Creamer</div></div>		<div><div>Maple Syrup (30g) Sugar-Free Syrup (4g) Salt &amp; Pepper Butter or Margarine Jam &amp; Jelly (3-10g) Cream Cheese Peanut Butter (6g) Sour Cream</div><div>Ketchup (3g) Sugar in the Raw (5g) Splenda (1g) Stevia (1g) Half &amp; Half Nondairy Creamer</div></div>		<div><div>Maple Syrup (30g) Sugar-Free Syrup (4g) Salt &amp; Pepper Butter or Margarine Jam &amp; Jelly (3-10g) Cream Cheese Peanut Butter (6g) Sour Cream</div><div>Ketchup (3g) Sugar in the Raw (5g) Splenda (1g) Stevia (1g) Half &amp; Half Nondairy Creamer</div></div>		<div><div>Maple Syrup (30g) Sugar-Free Syrup (4g) Salt &amp; Pepper Butter or Margarine Jam &amp; Jelly (3-10g) Cream Cheese Peanut Butter (6g) Sour Cream</div><div>Ketchup (3g) Sugar in the Raw (5g) Splenda (1g) Stevia (1g) Half &amp; Half Nondairy Creamer</div></div>	

\*Items are available at any time.

The number after each item indicates carb grams per serving.