

# Available Daily

## Continued

### Toppers

Margarine  
Strawberry Preserves  
Grape Jelly  
Sugar-free Jelly  
Brown Sugar <15>  
Peanut Butter  
Cream Cheese  
Fat-free Cream Cheese  
Sugar Substitute  
Honey <15>  
Syrup <15>  
Low-calorie Syrup  
Blended Herbs and Spices  
Ketchup  
Mustard  
Mayonnaise  
Fat-free Mayonnaise  
Creamer  
Lemon  
Tartar Sauce  
Salt or salt substitute and pepper are automatically included.

### Desserts

Chocolate Cake <45>  
Lemon Cream Cake <45>  
Apple Pie <45>  
Cherry Pie <45>  
Chocolate or Strawberry Sundae <15>  
Orange or Raspberry Sherbet <30>  
Chocolate or Vanilla Ice Cream <15>  
Chocolate or Vanilla Pudding <15>  
Angel Food Cake <15>  
Low-calorie Cookies <15>  
Oreo Cookies <23>

The nutrition services department is here to provide you with superior quality service. We also welcome the opportunity to honor any religious or cultural preferences. Please let your nutrition assistants know how we can help meet your food service needs or call the diet desk at extension 1-3042.

### Guest Meal Services – Butterworth Hospital

- Prisms Cafeteria – First floor center
- The Café – Main lobby
- The Café Connection – First floor south
- Mehney Terrace Bistro – First floor Meijer Heart Center

### Other Available Nutrition Services

- If your guest would like to eat with you in your room, a tray can be ordered and delivered with your meal—the cost is \$8.00 (price subject to change). To pay with a credit card, please call extension 1-2553 from a patient room or visit the Prisms Cafeteria for a cash purchase.
- Birthday cakes are available for patients. Call extension 1-3042 to request.
- Meals at Home referral service: (616) 241-9112.
- Gift cards are available for purchase in the cafeteria.

Nutrition Services Department, ext. 1-3042

*For our diabetic patients, we have identified the grams of carbohydrates on the menu. <15> indicates 15 grams of carbohydrates, <30> indicates 30 grams of carbohydrates, ect. No indication of carbohydrates indicates that menu item contains less than 8 grams of carbohydrates per serving.*

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# Menu

## Let's eat!

Helen DeVos  
Children's Hospital



# Breakfast

## AVAILABLE DAILY

### Main Course

Mini Pancake Wraps <23>  
French Toast Sticks <45>  
Scrambled Eggs  
Low-cholesterol Scrambled Eggs  
Bacon  
Sausage Links  
Hash browns <23>

### Breads

Raisin Bagel <45>  
Plain Bagel <30>  
Plain Donut <30>  
Blueberry Muffin <15>  
Toasted English Muffin <30>  
Pop-Tarts® <30>

### Extras

Banana <15>  
Go-gurt yogurt® <15>  
Custard-style Yogurt <30>  
Pureed Banana

### Cereals

Cream of Wheat® <15>  
Oatmeal <15>  
Cheerios® <15>  
Kellogg's Cornflakes® <15>  
Kellogg's Frosted Flakes® <30>  
Froot Loops® <23>  
Kellogg's Raisin Bran® <30>  
Rice Krispies® <15>

## SPECIAL FEATURES

**Sunday:** French Toast Sticks <45>  
**Monday:** French Toast <60>  
**Tuesday:** French Toast Sticks <45>  
**Wednesday:** French Toast <60>  
**Thursday:** Pancakes <30>  
**Friday:** French Toast Sticks <45>  
**Saturday:** Cinnamon French Toast <60>



# Lunch and Dinner

## SPECIAL LUNCH FEATURES

All of our featured soups are made fresh daily. Fun meals are available every day during lunch.

**Sunday:** Chicken Tenders <20>, French Fries <15>, Baby Carrots  
**Soup:** Beef Vegetable

**Monday:** Pepperoni Pizza <23>, Chilled peaches <15>

**Tuesday:** Deli Turkey Sandwich <30>, Potato Chips <15>  
**Soup:** Wisconsin Cheese <15>

**Wednesday:** Spaghetti with Meat Sauce <45> and Parmesan Cheese, Baby Carrots  
**Soup:** Chicken Noodle <15>

**Thursday:** Beef Tacos <30>, Corn <15>  
**Soup:** Beef Noodle <8>

**Friday:** Kraft® Mac & Cheese <45>, Green Beans  
**Soup:** Cream of Tomato <15>

**Saturday:** Hamburger on a Bun <30>, French Fries <15>  
**Soup:** Chicken Rice <8>



## SPECIAL DINNER FEATURES

**Sunday:** Swiss Steak, Mashed Potatoes with Gravy <15>, Green Beans

**Monday:** Fish Sticks <23>, French Fries <15>, Green Beans

**Tuesday:** Chicken Nuggets <15>, French Fries <15>, Carrots and Celery Sticks

**Wednesday:** Roast Turkey with Dressing <15>, Mashed Potatoes with Gravy <15>, String Beans

**Thursday:** Cheese Pizza <23>, Carrots and Celery Sticks

**Friday:** Sloppy Joes <30>, French Fries <15>, Peas <15>

**Saturday:** Chicken Nuggets <15>, Mashed Potatoes with Gravy <15>, Squash

## Starches and Vegetables

Baked Potato <30>  
Mashed Potatoes with Gravy <15>  
French Fries <15>  
Tater Tots® <15>  
Green Beans  
Corn <15>  
Carrots  
Broccoli

## Soups Available Daily at Dinner

Vegetarian Vegetable  
Chicken Noodle <15>  
Beef or Chicken Broth



# Available Daily

## AVAILABLE DAILY

### Main Course

Grilled Chicken on a Bun <30>  
Deli Turkey Sandwich <30>  
Hot Dog on a Bun <30>  
Corn Dog <15>  
Fish Sticks <23>  
Chicken Nuggets <15>  
Cheese or Pepperoni Pizza <23>  
Hamburger on a Bun <30>  
Kraft® Macaroni & Cheese <45>  
Peanut Butter and Jelly Sandwich <30>  
Grilled Cheese Sandwich <30>  
Ground Meat with Gravy  
Pureed Meat

### Extras

Fresh Cantaloupe <15>  
Tossed Salad  
Relishes  
Sliced Tomatoes  
Fresh Fruit Cup <15>  
Cottage Cheese  
Applesauce <15>  
Gelatin <15>  
Peaches <15>

## From the Baker's Hearth

Dinner Roll <15>  
Rye Bread <15>  
Multi-grain Bread <15>  
White Bread <15>  
Saltine Crackers

## Drinks

Hot Chocolate <15>  
Sugar-free Hot Chocolate <8>  
Skim Milk <15> 2% Milk <15>  
Whole Milk <15> Chocolate Milk <15>  
Orange Juice <15> Cranberry Juice <15>  
Apple Juice <15> Grape Juice <15>

