

DIET EXPLANATION

REGULAR DIET: Regular foods and fluids, no restriction.

CLEAR LIQUID DIET: Liquids you can see through, including broth, tea, gelatin, clear sodas, and clear juices.

FULL LIQUID DIET: Liquids including milk, smooth yogurt, soda, hot cereal, pureed soup, pudding, ice cream and all Clear Liquids.

CARDIAC DIET: Restricts food high in fat, such as fried foods, whole milk. Restricts foods high in salt processed or canned foods, deli meats and table salt. Caffeine and chocolate may also be restricted on this diet.

CCD (Controlled Carbohydrate Diet): For individuals needing glucose control. Foods containing carbohydrates are portioned and monitored at each meal to promote glycemic control. Artificial sweeteners will be provided instead of sugar. Sweet desserts may be replaced with fruit or diet items.

RENAL (Low Potassium, Phosphorus, Sodium) DIET: For individuals with kidney concerns. Low Sodium foods will be provided. High potassium foods such as tomatoes, oranges, potatoes are restricted. High phosphorus such as chocolate, beans, dairy are restricted.

HIGH FIBER, LOW FIBER: Foods rich in fiber such as raw vegetables/ fruits, whole grains, bran may be encouraged on high fiber and restricted on low fiber diets.

TEXTURE MODIFIED DIET: Soft foods, chopped meat and vegetables, pureed smooth consistency foods will be offered on Soft, Mechanical Soft and Puréed Diets for ease of chewing and swallowing.

A host will assist you with your order selections. Some items may not be appropriate for your diet. Please allow us to help to select.

Menú en español disponible a pedido.



Patient Menu

Place order between 6:30am & 7:00pm.

Call 951-788-3663 or *83663 from your hospital phone to place your order.

**You can view this menu online at
[RiversideCommunityHospital.com/PatientMenu](https://www.riversidecommunityhospital.com/PatientMenu)**

BREAKFAST | 6:30am-9:00am

MONDAY – Scrambled Eggs with Cheese Served with Breakfast Potatoes, Blueberry Muffin, Banana, Oatmeal

TUESDAY – French Toast, Served with Scrambled Eggs with Cheese, Fresh Cut Fruit, Raisin Bran

WEDNESDAY – Scrambled Eggs Served with Breakfast Potatoes, Sausage Links, Banana, Cream of Wheat, Biscuit

THURSDAY - Buttermilk Pancakes Served with Scrambled Eggs with Cheese, Fresh Cut Fruit, Raisin Bran

FRIDAY - Scrambled Eggs with Peppers, Onions and Cheese, Served with Breakfast Potatoes Sausage Links, Blueberry Muffin, Orange, Oatmeal

SATURDAY – French Toast Served with Sausage Links, Banana, Raisin Bran

SUNDAY - Buttermilk Pancakes Served with Scrambled Eggs, Sausage Links, Fresh Cut Fruit, Cream of Wheat

LUNCH | 10:30am-1:30pm

MONDAY – Open-Faced Turkey Sandwich Served with Whipped Potatoes and Green Beans, Peach Crisp

TUESDAY – Lemon Sage Chicken Breast with Herb Sauce Served with Brown Rice & Barley Pilaf, Italian Vegetables and Dinner Roll, Salad, Apple Cobbler

WEDNESDAY – Whole Wheat Penne with Meat Sauce Served with Green Beans and Dinner Roll, Salad, Fresh Fruit

THURSDAY – Chicken Marsala Served with Whole Wheat Pasta, Broccoli, Dinner Roll, Tomato & Barley Soup, Cherry Crisp

FRIDAY – Citrus Herb Cod Served with Spanish White Rice, Baby Carrots, Dinner Roll, Coleslaw, Fresh Fruit

SATURDAY - Cranberry Dijon Chicken Breast Served with Whipped Sweet Potatoes, Green Beans, Dinner Roll, Cream of Broccoli Soup, Angel Food Cake with Strawberry Sauce

SUNDAY – BBQ Pulled Pork Sandwich Served with Broccoli, Coleslaw, Baked Beans, Apple

DINNER | 4:30pm-7:00pm

MONDAY – Pot Roast Served with Red Potatoes, Sliced Carrots, Corn Muffin, Salad, Pear

TUESDAY – Meatloaf Served with Mashed Potatoes, Coleslaw, Dinner Roll, Green Peas, Peaches

WEDNESDAY – Roasted Turkey with Whipped Sweet Potatoes, Mixed Vegetables, Dinner Roll, Pineapple Tidbit

THURSDAY – Baked Ziti Served with Yellow Squash, Dinner Roll, Salad, Apple

FRIDAY – Beef Fajita with Peppers and Onions, Cilantro Lime Rice, Corn Tortilla, Salsa, Garden Salad, Pears

SATURDAY – Beef Stroganoff Served with Egg Noodles, Peas and Carrots Medley, Dinner Roll, Salad, Peaches

SUNDAY – Beef Barbacoa Served with Black Beans, Roasted Vegetables, Corn Tortilla, Pineapple Tidbit

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BEVERAGES

HOT: Coffee (Regular or Decaf), Tea (Regular or Decaf)

JUICE: Cranberry, Apple, Orange, Prune

COLD: Iced Tea, Pepsi, Diet Pepsi, Starry, Starry Zero, Minute Maid Lite Lemonade, Homemade Lemonade, Diet Lemonade, Fat Free Milk, 1% Milk, Chocolate Milk, Lactose Free Milk, Soy Milk, Almond Milk

AVAILABLE EVERYDAY

BREAKFAST

Scrambled Egg (Reg/Egg White)
Yogurt (Regular or Lite)
Blueberry Muffin
Assorted Cold Cereals
Hard Boiled Egg
Crisp Bacon
Turkey or Pork Sausage
Oatmeal or Cream of Wheat®

HOT ENTRÉES & SIDES

Baked Cod
Grilled Chicken Breast
Beef or Chicken Soft Taco
Green Beans
Sliced Carrots
Corn
Broccoli
Whipped Potatoes
Rice (Brown or White)

GRILL MENU

Grilled Chicken Sandwich
Classic Hamburger
Classic Cheeseburger
Chicken Tenders
Veggie Burger
Vegan Burger
Cheese Quesadilla
Chicken Quesadilla
Potato Wedges
Beef Taco
Chicken Taco

DESSERTS

YUMMY DELIGHTS: Graham Crackers, Oatmeal Raisin Cookie, Chocolate Brownie, Sugar Cookie, Chocolate Chip Cookie, Fresh Fruit, Lorna Doone Cookies

GELATIN: Assorted Flavors (Regular or Sugar Free)

PUDDING: Vanilla, Chocolate (Regular or Sugar Free)

FROZEN DESSERT: Ice Cream: Vanilla, Chocolate, Sherbet, Fruit Ice (Orange, Rainbow or Raspberry)

DELI

Turkey & Swiss
Ham & Cheddar
Roast Beef
Chicken Salad
Tuna Salad
Egg Salad
Peanut Butter & Jelly

ENTRÉE SALADS

Chicken Caesar Salad
Chef Salad
Garden Side Salad
Fruit & Cottage Cheese Plate

FRUIT

Apple
Banana
Watermelon
Orange
Grapes

SOUPS

Tomato
Chicken Noodle
Cream of Chicken®
Vegetarian Vegetable
Broth (Chicken, Beef or Vegetable)