Patient Menu

Chef Entrées

Sunday

Breakfast
Egg & Cheese Scramble and Potatoes O'Brien (15) **V**

Lunch
Grilled Rosemary Chicken marinated in lemon and herbs, grilled and served with couscous and asparagus spears (20)

Dinner
Spinach and Ricotta Lasagna – spinach, ricotta, parmesan cheeses and tomato sauce, baked with bubbly and golden brown and served with zucchini (30) **V**

Monday

Breakfast
French Toast with Fresh Berries (40) V

Lunch
Sustainably Raised Salmon – roasted with a miso glaze, served with a wild rice pilaf and broccolini (40)

Dinner
Champagne Chicken Breast – sautéed with shallots, cream, and orange zest, served with quinoa and roasted Brussels Sprouts (40)

Tuesday

Breakfast
Garden Vegetable Quiche and Chicken Apple Sausage (30)

Lunch
Grilled Vegetable Quesadilla – savory blend of vegetables, black beans and Monterey Jack, served with braised kale (40) **V**

Dinner
Thai Turkey Meatballs – lightly seasoned with lemongrass and ginger, served with jasmine rice and steamed broccoli (30) **GF**

Wednesday

Breakfast
Egg & Cheese Scramble and Potatoes O'Brien (15) **V**

Lunch
Greek Feta Chicken – topped with herbs and olives, served with lemon farro risotto and fresh green beans (25)

Dinner
Whole Wheat Spaghetti Bolognese – featuring our homemade grass-fed beef ragout, garnished with parmesan cheese and served with spinach (35)

Thursday

Breakfast
French Toast with Fresh Berries (40) **V**

Lunch
Pork Carnitas Enchiladas – seasoned shredded pork in a fresh corn tortilla and topped with a mild chile verde sauce; vegetarian option available (25) **V**

Dinner
Traditional Herb-Roasted Turkey Breast – tender slices served with sweet potatoes and sautéed seasonal greens (25)

Friday

Breakfast
Spinach & Cheese Scramble **V** & Turkey Sausage (0)

Lunch
Pesto Penne Primavera – sun-dried tomatoes and basil pesto are paired with al dente pasta in this flavorful favorite (45) **V**

Dinner
Citrus Salmon – a sustainably-raised salmon filet baked with lemon and herbs, served with black rice, snap peas and carrots (45)

Saturday

Breakfast
Waffle with Chicken Apple Sausage (15)

Lunch
Spanish Vegetable Paella – colorful vegetables simmered with arborio rice and seasoned tofu highlight the bright flavors of this classic dish (40) **GF**, **VG**

Dinner
BBQ Pulled Chicken on a Pretzel Bun served with homemade Napa cabbage slaw and baked potato wedges (60)

Daily Selections

Hamburger (30), Cheeseburger (30), Turkey burger (30) or Veggieburger (50) **V**
Baked White Fish Filet (0)
Pan-Seared Chicken Breast (0)
Fresh Fruit and Cottage Cheese Plate (40)

Fresh Salads & Sandwiches

Caesar Salad (15) **V**
With shaved parmesan and croutons (may add grilled chicken)

Garden Salad (0) **V**
Small or Large size (may add grilled chicken)

Grilled Veggie Wrap Sandwich (30) **VG**
Savory grilled vegetables paired with hummus and rolled in a spinach tortilla

Hummus and Vegetable Plate (15) **V**

Classic Sandwiches – Sliced turkey, egg salad, or tuna salad (30) **V**

Chicken Breast Sandwich (30)

Soups

Homemade Chicken Noodle Soup (15)
Chicken, Beef or Vegetable Broth (0)
Garden Vegetable Soup (10) **VG**
Butternut Squash Soup (15) **V**
Bone Broth (beef or chicken) (0)

Sides

Breakfast

Eggs (0) **V**
(Scrambled, Cholesterol-Free, Hard Boiled)
Turkey Sausage (0)
Pancake (15) **V**
Hashbrowns (15) **V**
Bran or Blueberry Muffin (30) **V**
Toast – Wheat (15), White (15), or English Muffin (30) **V**
Fresh Fruit (15) **V**
Canned Fruit (15) **V**
Cold Cereal (15–20) **V**
Steel Cut Oatmeal (20) **V**
Cream of Wheat (20) **V**
Yogurt (5–30) **V**
Cottage Cheese (0) **V**
Sliced Avocado (5) **V**
Salsa (0) **V**

Lunch & Dinner

Baked Potato Chips (30) **V**
Dinner Roll (15) **V**
Mashed Potatoes & Gravy (20) **V**
Fresh Steamed Vegetable (0) **V**
White or Brown Rice (25) **V**
Fresh Fruit (15) **V**
Canned Fruit (15) **V**
Yogurt (5–30) **V**
String Cheese (0) **V**
Cottage Cheese (0) **V**
Hard Boiled Egg (0) **V**
Hummus & Pita Bread (20) **V**
Sliced Avocado (5) **V**
Salsa (0) **V**
Pinto Beans (20) **V**

Hot Beverages

Equator Coffee (0)
Equator Decaf Coffee (0)
Hot Tea (0)
Herbal Chamomile, Ginger, or Peppermint Tea (0)
Hot Chocolate (30)

Cold Beverages

Milk (1%, non-fat, whole, chocolate, soy, almond or lactose-free) (15–30)
Apple Juice (15)
Orange Juice (15)
V-8 Juice (5)
Green Juice — made fresh in house, our signature blend features kale, apples, lemon and ginger (10)

Diet Fruit Punch (0)
Diet Lemonade (0)
Diet Orange Drink (0)
Ginger Ale (25)
Coke (25)
Diet Coke (0)
Sprite (25)
Diet Lemon Lime Soda (0)
Sparkling Water (0)
Iced Tea (0)

Desserts

Ice Cream (15–30) **VG**
Sorbet (30) **VG**
Fresh Baked Cookie (30)
Gelatin (15)
Pudding (20–25)
Angel Food Cake (15)
Chocolate Cake (45)
Lemon Meringue Pie (60)

V = Vegetarian option available
VG = Vegan option available

Carbohydrate grams are listed in parenthesis for our patients with diabetes

MarinHealth Medical Center supports local, organic and sustainable foods; these items are provided whenever available.

MarinHealth is proud to serve a community that thrives on a healthy lifestyle and celebrates all that our region has to offer. Our menu is carefully crafted to include local, organic and sustainably-raised products whenever available. We hope you enjoy your meals throughout your stay. Please feel free to contact us with any questions or concerns.

How to Place an Order

Once your physician has shared your nutrition needs with us, a Nutrition Services representative will visit you each day to assist in making meal selections. If you would like to place your order by phone or if you have any questions or comments, please call Nutrition Services at x57375 from your in-room phone or 415-925-7375 from an outside line.

Special Diet Considerations

If you have been placed on a special diet by your physician or are scheduled for a procedure, you may not be permitted to order from this menu or your selections may be altered. Smaller portions of most items are available. Nutrition Services staff will be able to assist you in selecting the appropriate options.

For Our Patients With Diabetes

Our menu displays the approximate grams of carbohydrates in parentheses after each item to assist you in meal planning.
At MarinHealth Medical Center, average Carbohydrate Control diets include 45 to 75 grams of carbohydrate per meal. For patients with diabetes on Clear Liquid diets, please note you will receive standard clear liquid items. Your care team will be monitoring your blood glucose closely and will adjust your diet and/or medication if needed.

If you have questions about your diet, please ask your Nutrition Services representative when placing your order.