

AULTMAN

Cardiac Patient Dining Menu

AVI FOODSYSTEMS INC.®
THE FAMILY DIFFERENCE IN HOSPITALITY SERVICES



AVI Fresh is proud to be the culinary services partner to Aultman Hospital. We take extraordinary pride in providing the highest quality, freshest menu available. Thank you for the opportunity to serve you.

We offer a variety of fresh daily features and an Always Available menu for your enjoyment.

A Cardiac diet has been prescribed to you by your physician. This diet is a plan to eat plenty of nutrient-rich foods, while avoiding foods that are high in fat, cholesterol, sodium and caffeine. We offer varieties of fresh foods in place of processed or fried foods to provide a nutritious meal.

If you have questions or concerns about your diet, please call ext. 36459. If you or your family are outside of the hospital, please call (330) 363-6459.

CARBOHYDRATE COUNTING

The exact carbohydrate amount for each menu item is listed alongside the selection. Those following a carbohydrate-controlled diet can choose items that align with a goal of up to 60 grams of carbohydrates per meal, or per your physician's order.

- V Vegetarian
- VE Vegan
- GS Gluten-Sensitive

The GS icon indicates selections are prepared without gluten ingredients.

RISE N' SHINE DAILY BREAKFAST SPECIALS

CLASSICS

Buttermilk Pancake, 1 pancake (21) V

Low-Cholesterol Eggs (0) GS V

FRESH FRUITS

Banana (32) GS V VE

Fruit Cup (10) GS V VE

SIDES

Breakfast Potatoes (20) GS V

Turkey Sausage, 2 links (1) GS

Cottage Cheese (3) GS V

Vanilla Yogurt (9) GS V

CEREALS

Cheerios (14) GS V VE

Raisin Bran (28) V VE

HOT CEREALS

Oatmeal (25) V VE

Grits (25) GS V VE

BAKERY

Blueberry Muffin (27) V



BEVERAGES

HOT

Coffee (0) GS V VE

Decaf Coffee (0) GS V VE

Hot Tea (0) GS V VE

Decaf Hot Tea (0) GS V VE

COLD

Iced Tea (0) GS V VE

Lemonade (16) GS V VE

Diet Lemonade (0) GS V VE

Soft Drinks (28) GS V VE

Diet Soft Drinks (0) GS V VE

JUICE

Apple (15) GS V VE

Orange (13) GS V VE

MILKS

Skim Milk (7) GS V

2% Milk (7) GS V

Lactose Free Milk (11) GS V

Soy Milk (15) GS V VE

DAILY CULINARY SPECIALS

MONDAY

LUNCH

Cornflake Chicken with Gravy (12) GS

Traditional Stuffing (24)

Broccoli Vegetable Medley (9) GS V VE

DINNER

Meatloaf (14)

Baked Sweet Potato (39) GS V VE

Green Beans (6) GS V VE

THURSDAY

LUNCH

Homemade Meatloaf (14)

Yukon Gold Whipped Potatoes (20) GS V

Steamed Carrots (11) GS V VE

DINNER

Roast Turkey (2) GS

Traditional Stuffing (24)

Steamed Green Beans (6) GS V VE

SUNDAY

LUNCH

Ricotta Stuffed Shells (33) V

Garlic Breadstick (14) V VE

Roasted Vegetables (6) GS V VE

DINNER

Slow Cooked Pot Roast (4) GS

Steamed Red Skin Potatoes (18) GS V VE

Steamed Carrots (11) GS V VE

TUESDAY

LUNCH

Chicken Noodle Casserole (31)

Peas and Carrots (12)

DINNER

Pork Tenderloin Marsala (12)

Rice Pilaf (37) GS V VE

Roasted Vegetables (6) GS V VE

FRIDAY

LUNCH

Hamburger (30)

Potato Wedges (20) V VE

Garden Salad (4) GS V VE

DINNER

Penne with Meat Sauce (40)

Roasted Zucchini and Yellow Squash (4) GS V VE

Garlic Breadstick (14) V

WEDNESDAY

LUNCH

Pepper Steak (8)

White Rice (32) GS V VE

Broccoli (8) GS V VE

DINNER

Sloppy Joe on Bun (37)

Potato Wedges (20) V VE

Garden Salad (4) GS V VE

SATURDAY

LUNCH

Beef Stroganoff (4)

Herbed Egg Noodles (19) V

Zucchini and Carrot Medley(4) GS VE V

DINNER

Barbecue Chicken (13) GS

Herb Roasted Red Potatoes (19) GS V VE

Corn (26) GS VE



ALWAYS AVAILABLE

ENTRÉES

Meatloaf (14)

Pasta Marinara (58) V

Baked Cod (1) GS

Seared Salmon (0) GS

Grilled Chicken Breast (3) GS

SIGNATURE SANDWICHES

Turkey Burger (32)

Grilled Chicken Sandwich (30)

Peanut Butter and Jelly (54) V VE

SALADS

Small Garden Salad (4) GS V VE

Large Garden Salad (9) GS V VE

Large Garden Salad
with Grilled Chicken (8) GS

Fresh Fruit Cup (10) GS V VE

SIDES

Green Beans (6) GS V VE

Mashed Potatoes (21) GS V

Steamed White Rice (32) GS V VE

SOUPS

Chicken Noodle (10)

Tomato (8) GS V

BROTHS

Beef Broth (3) GS

Chicken Broth (3) GS

Vegetable Broth (3) GS V VE

DESSERTS

Vanilla Pudding (23) GS V

Chocolate Pudding (23) GS V

Gelatin (15) GS

Chocolate Cake (32) V

Sugar Cookie (18) V

Chocolate Chip Cookie (26)

Strawberry Shortcake (21) V

SUGAR FREE

Vanilla Pudding (13) GS V

Chocolate Pudding (16) GS V

Gelatin (1) GS

WHEN ORDERING GUEST TRAYS

Guest trays are available for $10.00 and must be paid in advance by credit card.

To arrange payment, please contact Nutrition Services at (330.363.6459).

Guest meals are served during the patient's next regularly scheduled meal delivery and will feature the house menu selections only.

Scan here for more information!

The following major food allergens may be used as ingredients in this facility: Egg, Fish, Milk, Peanuts, Soy, Sesame, Shellfish, Tree Nuts, Wheat. Please inform a member of our team if you have a food allergy or sensitivity. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness. 2000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutritional information is available upon request.

