

BREAKFAST

AVAILABLE ALL DAY

(#) = GRAMS OF CARBOHYDRATES PER SERVING
♥ = HEART HEALTHY (LOW IN FAT & SALT)

MORNING FARE

Eggs ♥

Please specify how you would like them cooked.

- Texas French Toast (1)
- Buttermilk Pancake (1)
- Breakfast Sandwich (2)

OMELETS

Omelets are made with 3 eggs.

Select Your Fillings:

Proteins

- Ham
- Sausage
- Bacon
- Chorizo

Veggies ♥

- Peppers
- Onions
- Mushrooms
- Tomatoes

Cheddar Cheese (1)

SIDES

- Breakfast Potatoes (1)
- Bacon Slice
- Turkey Bacon ♥
- Sausage Patty
- Turkey Sausage ♥
- Low-Fat Yogurt
 - Strawberry (1)
 - Blueberry (1)
 - Vanilla (1)
 - Greek Yogurt (1) ♥

CEREAL ♥

- Cream of Wheat (1)
- Oatmeal (1)
- Corn Flakes (1)
- Rice Krispies (1.5)
- Raisin Bran (2)
- Cheerios (1)

JUICES & FRUITS

Juice (4oz.) ♥

- Orange (1)
- Apple (1)
- Grape (1)
- Cranberry (1)
- Prune (1.5)

Fresh Fruit ♥

- Apple (1)
- Banana (1.5)
- Orange (1.5)

Canned Fruit

- Applesauce (1)
- Peaches (1)
- Pears (1)

Milk (1)

BREADS

- Bagel (2) ♥
- English Muffin (2) ♥
- Blueberry Muffin (2)
- Toast (1)
 - White
 - Wheat

LUNCH & DINNER

AVAILABLE 11:00 AM - 6:30 PM

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SOUPS & SALADS

Broths

- Chicken (1)
- Beef (3)
- Vegetable (5)

Soup

- Tomato (1)
- Chicken Noodle ♥ (1)
- Soup of the Day (1-1.5)

Side Salads

- Garden ♥
- Caesar (0.5)

Entrée Salads

- Chef (0.5)
- Chicken Caesar (1)
- Strawberry & Spinach ♥ (0.5)

Dressings

Ranch (1), French (2), Caesar (1), Italian (1), Dorothy Lynch (5), Raspberry (0.5)

FINGER FOODS

- Corn Dog (1.5)
- Chicken Tenders (1)
- Egg Roll (2)
- Burger (2)
- Onion Rings (1)
- Chicken Wings (1)
- Mozzarella Sticks (2)

BUILD YOUR SANDWICH

Breads

- White or Wheat (1)
- Croissant (2)
- Bagel (2) ♥

Protein

- Ham
- Turkey ♥
- Chicken Salad (5)
- Egg Salad (4) ♥
- Tuna Salad (4) ♥

Enhancements

Lettuce ♥, Tomato ♥, Pickles, American Cheese (1), Swiss Cheese (1)

Condiments:

Mayo, Mustard ♥, Ketchup (0.5), BBQ (0.5), Honey Mustard (4)

OFF THE GRILL

- Grilled Ham & Cheese (2)
- Grilled Turkey & Cheese (2)
- Beef or Fish Taco (1.5)
- Patty Melt (1)
- Grilled Cod (0.5) ♥
- Grilled Tilapia (5) ♥
- Grilled Salmon (4) ♥
- Grilled or Crispy Chicken (1.5) ♥
- Chicken or Cheese Quesadilla (2)
- Hamburger (2)
- Cheeseburger (2)
- Chicken Fried Steak (1.5)
- Philly Sandwich (2)
- Chicken Fajita (1.5)

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Please ask us about our Lunch & Dinner Specials, Cheeseballs, Potato Wedges, Tater Tots, Pizza

SIDES

- French Fries (2)
- Sweet Potato Fries (2)
- Potato Chips (1)
- Steamed Rice (2) ♥
- Macaroni & Cheese (1)
- Mashed Potatoes & Gravy (1)
- Buttered Noodles (1) ♥
- Hash Brown Patty (1.5)
- Vegetable Platter ♥
- Fruit Platter ♥
- Cooked Vegetables: ♥
 - Green Beans (4)
 - Carrots (0.5)
 - Peas (0.5)
 - Cauliflower (5)
 - Broccoli (5)
 - Corn (1)

(SF) = ALSO AVAILABLE IN SUGAR FREE

Liquid Diets

CLEAR LIQUIDS

Broth

- Chicken, Beef, Veg.

Juice

- Apple, Cranberry

Jell-O

- Berry, Citrus

Italian Ice

- Lemon

Coffee

Tea

- Hot, Ice

DESSERT (ALL DAY)

Cookies (1)

- Sugar ♥
- Choc. Chip
- Oatmeal Raisin

Pudding (1)

- Vanilla (SF)
- Chocolate (SF)
- Butterscotch

Jell-O (1) ♥

- Berry (SF)
- Citrus (SF)

Ice Cream (1)

- Strawberry (SF)
- Chocolate (SF)
- Vanilla (SF)

Popsicle (1) ♥

- Cherry
- Grape
- Orange

Italian Ice (1) ♥

- Lemon
- Cherry
- Strawberry

FULL LIQUIDS

Includes all liquid diet items, plus:

- Cream of Wheat
- Applesauce
- Tomato Soup
- Yogurt
- Ice Cream
- Pudding
- 2% Milk
- Orange Juice
- Hot Chocolate



How to Place an Order

We strive to deliver all meals within 30 minutes of ordering. If you require assistance with meal selection or have dietary restrictions, our Nutrition Team is here to help.

FROM YOUR HOSPITAL ROOM:

Dial 8685 to speak directly with our Nutrition Team.

FAMILY ASSISTANCE:

A family member may place an order on behalf of the patient by calling as well.

CALLING FROM OUTSIDE THE HOSPITAL:

To reach the Nutrition Team from outside the hospital, dial **605-256-8685**.

Diet Orders

A diet order is part of your care plan and it provides guidance as to the amount and types of food and drink you can have during your hospital stay.

REGULAR DIET:

Has no therapeutic restriction per meal order and includes a variety of healthy nutrition options. You may be restricted on how much or how often you can place a meal order.

THERAPEUTIC DIET:

Includes healthy, nutritious options that will limit what and how much you can eat, how often you can eat, and possibly even the texture of your food and liquids. These diets support healing and recovery. (Diabetic, Heart Healthy, Renal, Surgical Soft, e.g. Therapeutic Diets)

CLEAR OR FULL LIQUID DIET:

A diet order that includes clear and full liquid provides hydration and essential nutrients while being gentle on the digestive system. This diet is typically temporary.

NPO DIET:

Also known as a “Nothing by Mouth” Diet, restricts all eating and drinking before and after certain procedures and/or tests, and is for your safety.

Important Information

Your physician may have prescribed a modified diet based on your medical needs.

Each carbohydrate choice equals 15 grams of carbs. For people with diabetes, the general recommendation is 3 to 4 carb choices (45–60 grams) per meal for women, and 4 to 5 carb choices (60–75 grams) per meal for men.

Diabetic Diet:

If you are managing diabetes, please notify your nurse prior to ordering to ensure coordination with blood sugar monitoring and medication timing.

IDDSI Diets:

If you are on an IDDSI diet, our team will provide meals that align with the prescribed texture levels for safe swallowing and digestion.

Heart-Healthy Diet:

A heart-healthy diet focuses on reducing saturated fats, sodium, and cholesterol to support cardiovascular health. Choosing items with a ♥ is the best option for a balanced and heart-friendly diet.

Renal Diet:

If you are on a renal diet, your meals will be tailored to manage your kidney function by limiting sodium, potassium, and phosphorus intake.

Surgical Soft Diet:

A surgical soft diet is designed for post-surgery recovery, providing easily digestible foods that are gentle on our digestive system.

Fluid Restrictions:

If your physician has placed you on a fluid restriction, the Nutrition Team will ensure that only the prescribed amount of fluids is provided with your meals. Your intake will be monitored by nursing to align with your care plan.

Meal Ordering Assistance:

If our Nutrition Department has not received your meal order, a team member will contact you before:

- 9:30 AM For Breakfast
- 1:30 PM For Lunch
- 5:30 PM For Dinner

PLACE ORDERS BETWEEN
7:30 AM AND 6:00 PM
DIAL 8685 TO PLACE YOUR ORDER



SUNFLOWER CAFE PATIENT MENU

BEVERAGES AVAILABLE 24/7

PLEASE BE MINDFUL OF FLUID RESTRICTIONS

Coffee (REG/DECAF)
Hot Chocolate (1) SF
Tea (REG/DECAF)
2% Milk (1) ♥
Chocolate Milk (1)
Juice ♥
Orange (1), Apple (1),
Cranberry (1), Prune (1.5),
Tomato (1), Pineapple (1)

Gatorade (1.5)
Gatorade Zero (0) ♥
Soda
Coke (3), Diet Coke ♥
Pepsi (3), Pepsi Zero ♥
Mountain Dew (3), Diet
Mountain Dew ♥
Dr. Pepper (3), Diet Dr.
Pepper ♥

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