

BREAKFAST

6 a.m. – 6 p.m.

~ FRUITS / JUICES ~

Apple • Cranberry • Grape • Nectar
Canned fruit-variety • Fresh apple, orange or banana
V-8 juice • Tomato • Orange • Prune

~ CEREALS / TOAST ~

Toast (white, whole wheat or raisin)
Belgian waffle (white or 12-grain)
French toast • Pancakes (white or 12-grain)
Muffin (bran, blueberry or apple) •
Oatmeal • Super cereal (creamy; high calorie)
Rice Krispies • Corn flakes • Frosted flakes
Raisin bran • Cheerios • Danish • Donut

~ PROTEIN ~

Eggs to order • Bacon • Yogurt (variety)
Sausage-link or patty (pork or turkey)
American cheese • Cottage cheese

~ FATS ~

Promise margarine • Butter
Peanut butter • Sour cream

~ BEVERAGES ~

Skim milk • 2% milk • Whole milk
Chocolate milk • Dairy ease (lactose free)
Coffee (regular or decaffeinated) • Cocoa (regular or diet)
Tea (regular or decaffeinated) • Green tea • Iced tea
Gingerale (regular) • Cola (regular or diet) • Sprite zero
• Milkshake (strawberry, vanilla, or chocolate)

~ CONDIMENTS ~

Syrup (regular or diet) • Honey • Brown sugar
White sugar • Sugar substitute • Mrs. Dash • Salt
Pepper • Jelly/diet jelly • Ketchup • Mustard
Mayonnaise • Miracle whip • Non-dairy creamer
Relish • Lemon • Tartar sauce

LUNCH & DINNER

11 a.m. – 6 p.m.

~ APPETIZER / VEGETABLE ~

Tossed salad with Ranch, Italian, French,
1000 Island, or Fat-free ranch
Creamy coleslaw • Jello (variety)
Cottage cheese & fruit plate (peaches, pears,
and pineapple or fresh melon in season) • Pickled beets
Relish plate (lettuce leaf, tomato slice, pickle and olives)
Chef salad (lettuce, tomato, cucumbers, cheese,
egg, diced ham, or chicken strips) • 3-bean salad
Corn • Green beans • Carrots • Broccoli
Peas • Asparagus • Italian blend vegetables

~ SOUP ~

Campbell's (vegetable, chicken noodle,
cream of mushroom, or tomato)
Cook's homemade soup of the day
Broth (chicken or beef)

~ ENTRÉE ~

Roast beef • Roast turkey
Pork chop • Meatloaf • Chicken pot pie
Ham slice • Liver & onions • Lasagna
4 oz. ribeye or sirloin steak or breakaway steak (easy to chew)
Hamburger or cheeseburger (onion, lettuce available)
• Chicken leg • Grilled chicken breast
Chicken nuggets with honey mustard or ranch dressing
Grilled cheese sandwich • Hot dog • Bratwurst
• Beef pastie
Whitefish or codfish (broiled or breaded)
Vegetarian garden burger •
Classic peanut butter & jelly sandwich
Bacon, lettuce & tomato sandwich
Bologna, tuna or egg salad sandwich

Pizza your way – White or wheat dough with toppings of choice:
cheese, pepperoni, ham, bacon, black olives, mushroom,
onion, green pepper

LUNCH & DINNER

11 a.m. – 6 p.m.

~ SIDES ~

Mashed potatoes • Gravy • Baked potato
Hashbrowns • French fries • Potato chips
Rice • Egg noodles • Whole grain roll
White or Wheat bread • Rye bread
Saltine crackers • Macaroni & cheese

~ DESSERT ~

Sherbet (raspberry or orange)
Pudding (chocolate, vanilla, butterscotch or tapioca)
Ice cream (chocolate, vanilla, or strawberry) • Popsicle
Cookies (chocolate chip, sugar, graham crackers,
vanilla wafers) • Cream puff • Éclair
Angel food cake • Pound cake • Fresh fruit
Pie (apple or cherry) • Canned fruit (variety)

Meats cooked medium or well done only

Today's Special

Ask your dietary representative
for further information.

CALL
EXT. 30614

ROOM SERVICE

The dietary staff at Mackinac Straits Health System is pleased to offer you in-room dining at your convenience.

Please review the menu selections on the room service menu which your nurse has given you. These choices include those food items allowed for you if you have diet restrictions. If you have diabetes, please consider your allowable carbohydrate intake before making your food choices. You may need a blood sugar test before you eat. Please let your nurse or certified nurse's aide know if you have ordered a meal.

After you have selected your food choices,
CALL the Dietary Department by dialing extension **30614**.

A Dietary Representative will record your food choices. You will receive your meal approximately 20 – 45 minutes after your call. Please take this into consideration, if you have physical therapy, lab tests, dialysis, or another appointment scheduled. Give yourself enough time to enjoy your meal before your scheduled appointment!

Please have your dinner order in to the kitchen by 6 p.m. If you have not made your dinner choices by that time, you will be sent a meal from our weekly menu with the special choices of the day for dinner.

Ask your dietary representative for today's special menu choices for a greater variety of foods to choose from.

Guest meals are available. Please ask your dietary representative or nursing staff for a guest menu. Pricing is noted on the menu for all foods. Please pay in the cafeteria for your guest meal before you eat. Our dietary representatives do not handle cash or checks.

Our facility cafeteria is also open for your convenience between 6 a.m. and 6 p.m. More food choices are available there.

If you need assistance, a family member, friend, or staff may help with your food order. THANK YOU for the opportunity to serve you!

– The Dietary Department at Mackinac Straits Health System

After you have selected your food choices,
CALL the Dietary Department by dialing ext. **30614**.

Breakfast choices are available all day.

Lunch and dinner is served from 11 a.m. – 6 p.m.

Please have your dinner order in to the kitchen by 5 p.m.

Meals will be delivered no later than 6 p.m.



1140 North State Street
St. Ignace, MI 49781



Regular Menu

Please order your dinner meal before 5 p.m.
to ensure proper time to cook.

Meals will be delivered no later than 6 p.m.