

MENU

Place orders between 7:00 AM and 7:00 PM

DIAL 27200 TO PLACE YOUR ORDER.

From outside the hospital, dial 810-262-7200

HURLEY
MEDICAL CENTER



Our goal is to provide you with an excellent dining experience. For your safety, our staff is continuously trained on all cleaning standards and processes. Rest assured, your service-ware has been properly sanitized for each meal. All your food is prepared in a sanitized and disinfected restaurant-style kitchen environment.

In the hospital, we take a clinically led, chef-inspired menu to deliver nutrition that heals. Trusted brands are used to provide you with enjoyable and nutritious meals appropriate for your provider-approved diet order.

We encourage you to select from our delicious menu and call our room service operators to place your order. Our staff will guide you through the ordering process and is happy to make recommendations for you.

How To Place Your Order

Meal Service Periods:

Breakfast: 7:00am - 10:30am

Lunch: 10:30am - 3:30pm

Dinner: 3:30pm - 7:00pm

BY PHONE: Call us at 27200.

Family members may place orders for loved ones by calling: 810-262-7200



BREAKFAST 7am-10:30am

♥ FRUIT

WHOLE FRUIT: Fresh Seasonal Fruit, Banana, Orange, Red Delicious Apple

CHILLED FRUIT: Mixed Cut Fruit, Red Grapes, Applesauce, Diced Peaches, Diced Pears, Mandarin Oranges, Pineapple Tidbits, Tropical Fruit Cup

♥ HOT CEREAL

Old Fashioned Oatmeal (33GM)
Cream of Wheat® (33GM)
Grits (34GM)

♥ COLD CEREAL

Cheerios® (22GM)
Corn Flakes® (20GM)
Rice Krispies® (22GM)
Froot Loops® (34GM)
Frosted Flakes® (33GM)

♥ GREEK YOGURT

Blueberry
Strawberry
Vanilla

BREADS

- ♥ Blueberry Muffin (17GM)
- ♥ Bagel (White or Wheat) (42GM)
- ♥ English Muffin (White or Wheat) (40GM)
- Buttermilk Biscuit (18GM)
- ♥ Toast (White or Wheat) (12GM)

MAINS

All eggs are Cage-Free

- ♥ Cholesterol-Free Scrambled Eggs
Scrambled Eggs
Hard Cooked Egg
French Toast (17GM)
Buttermilk Pancakes (17GM)

SIDES

Hash Brown Potatoes (16GM)
Bacon
Pork Sausage Patty
Turkey Sausage Link
LF Cottage Cheese (3GM)

OMELET

Made To Order Cage-Free Omelet

OMELET EXTRAS:

(Choose up to 2)

- Cheddar
- Mozzarella
- Ham
- Mushrooms
- Green Pepper
- Tomato
- Onion
- Spinach

LIQUID DIETS

Clear Liquid Diet

BROTH: Beef, Chicken, Vegetable

JUICE: Apple, Cranberry, Grape

GELATIN: Berry (Reg or SF)
Citrus (Reg or SF)

Lemon Fruit Ice (Reg or NSA)
Coffee (Reg or Decaf)
Hot Tea (Reg or Decaf)
Iced Tea (Reg or Decaf)
Lemonade (Reg or Diet)
Lemon Lime Soda (Reg or Diet)

Full Liquid Diet

Includes All Clear Liquid Diet Items Plus:
Tomato Soup, Oatmeal & LF Vanilla Yogurt

PUDDING: Vanilla, Chocolate
(Reg or NSA)

FROZEN: **Ice Cream:** Vanilla, Chocolate
Sherbet: Raspberry, Orange

MILK: Skim, 2%, Whole, Soy,
LF Chocolate, Lactose Free

JUICE: Orange, Prune

Hot Cocoa (Reg or NSA)

♥ = Heart Healthy Selection

LUNCH & DINNER 10:30am-3:30pm

♥ SOUPS

BROTH: Beef, Chicken, Vegetable

SOUP: Chicken Noodle (16GM)
Garden Vegetable (10GM)
Tomato (16GM)

♥ SALADS

SIDE Garden Salad
SALADS: Caesar Salad
Cole Slaw
LF Cottage Cheese
Hummus with Pita
ENTREE Chicken Caesar Salad
SALADS: Chef Salad

DRESSINGS ♥ Italian (Reg or FF), ♥ French (Reg or FF), ♥ Ranch (Reg or FF)
♥ Caesar, ♥ Balsamic Vinegar, Honey Mustard

SANDWICHES

BREADS: Whole Wheat, White, Healthy Grain Tortilla, Flour Tortilla

MEATS & FILLINGS: Ham, Roast Beef, Turkey Breast, Chicken Salad
Tuna Salad, Hummus

CHEESES: American, Provolone, Cheddar, Swiss

GARDEN: Lettuce, Tomato, Onion, Pickle

MAINS

♥ **PASTA & MEATBALLS**
*Pasta topped with meatballs
and our traditional marinara sauce*

♥ **FARMER'S MEATLOAF (11GM)**
*Ground beef and turkey loaf with onion,
celery, pepper, and oats*

♥ **BRAISED BEEF POT ROAST**
*Tender, slow-roasted braised
beef pot roast*

BAKED MACARONI & CHEESE (33GM)
*Elbow pasta with cheddar cheese sauce,
baked with parmesan cheese*

♥ **HERB BAKED CHICKEN BREAST**
*Chicken breast marinated in Italian
dressing, Italian seasoning and
finished with parsley*

♥ **HERB GRILLED WHITEFISH (12GM)**
*A flaky whitefish seasoned with a blend
of herbs, grilled and baked until tender*

♥ **ROASTED TURKEY BREAST**
*Carved slices of slow-roasted boneless
turkey breast*

STIR FRY
*Choice of vegetable (24GM)
or chicken (18GM) on steamed white or
brown rice with sweet and sour sauce*

REG: REGULAR • **FF:** FAT FREE • **LF:** LOW FAT • **LS:** LOW SODIUM
NSA: NO SUGAR ADDED • **SF:** SUGAR FREE • ♥ =Heart Healthy Selection
(#GM): GRAMS OF CARBOHYDRATES

DIAL 27200 TO PLACE YOUR ORDER.

If your Physician has prescribed a modified diet, some items may not be available.

LUNCH & DINNER 3:30pm-7pm

PERSONAL PIZZA OR FLATBREAD

Made To Order Cheese Pizza

EXTRAS:

(Choose up to 2)

- Pepperoni
- Ham
- Mushrooms
- Green Pepper
- Tomato
- Onion
- Spinach
- Black Olives

♥ GRILL

Made to Order

- Natural Beef Burger
- Fish Sandwich
- Herbed Chicken Breast
- Veggie Burger
- Hot Dog
- Chicken Tenders

CHEESE: EXTRAS:

- American
- Cheddar
- Provolone
- Swiss
- Bacon
- Lettuce
- Tomato
- Onion

QUESADILLAS:

Chicken (35GM) or
Veggie (50GM)

2 SOFT TACOS:

Beef (32GM) or
Chicken (30GM)

ADDITIONAL TOPPINGS:

Cheese, Lettuce, Tomato,
Onion, Salsa, Sour Cream LF

VEGETABLES & GRAINS

VEGETABLES:

Sliced Carrots, Broccoli Florets, Cauliflower,
Green Beans, Yellow Corn

ON THE SIDE:

White Rice (16GM), Brown Rice (16GM), Mashed Potatoes (20GM)
Sweet Potatoes (22GM), Steak Fries (18GM)

COMPLIMENTS:

Dinner Roll (16GM), Corn Bread (25GM)
Bread Dressing (15GM), Potato Chips (23GM) (Reg or Baked)
Crackers (5GM) (Reg or LS)

DRINKS

- Coffee (Reg or Decaf)
 - Tea (Reg or Decaf)
 - Hot Cocoa (Reg or NSA)
 - Iced Tea
 - Lemonade (Reg or Diet)
 - Ginger Ale
 - Cola (Reg or Diet)
 - Lemon Lime (Reg or Diet)
 - Apple Juice (14GM)
 - Cranberry Juice (17GM)
 - Grape Juice (14GM)
 - Orange Juice (10GM)
 - Prune Juice (22GM)
 - Skim Milk, 2%, Whole (11GM)
 - LF Chocolate Milk (24GM)
 - Soy Milk (18GM)
 - Lactose Free Milk (13GM)
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DESSERTS

- Vanilla Wafers (23GM)
- Chocolate Chip Cookies (24GM)
- Oatmeal Raisin (23GM)
- Lorna Doones® (20GM)
- Graham Crackers (GM)
- Angel Food Cake (27GM)
- Chocolate Brownie (39GM)
- Apple Crisp (25GM)
- Pound Cake (26GM)
- Vanilla Pudding
Reg (26GM) or NSA (16GM)
- Chocolate Pudding
Reg (26GM) or NSA (16GM)
- Berry Jello - Reg (18GM) or SF
- Citrus Jello - Reg (18GM) or SF
- Vanilla Ice Cream (16GM)
- Chocolate Ice Cream (16GM)
- Raspberry Sherbet (32GM)
- Orange Sherbet (32GM)
- Lemon Fruit Juice Sherbet (26GM)

US DIETARY GUIDELINES

Emphasize fruits, vegetables, whole grains and low-fat or fat-free milk and milk products. Include lean meats, poultry, fish, beans, eggs, nuts and seeds. Consume a diet low in saturated fats, trans fats, cholesterol, salt and added sugars.

MAKE YOUR CALORIES COUNT

Think nutrient-rich rather than good or bad foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients and lower in calories.

FOCUS ON VARIETY

Strive for a rainbow of fruits and vegetables for a wide range of vitamins, minerals, fiber and phytochemicals. Eat a variety of foods from all the food groups to get the nutrients your body needs.

FOR DIABETIC MANAGEMENT

Please notify the nursing staff when you order your meal so we can best help you manage your diabetes. Timing of blood sugar checks and medications is critical in keeping your blood sugar as normal as possible. We appreciate your assistance with your medical treatment.

