

Salem Health Patient Menu Nutrition Facts						
				Sodium	Cholesterol	Potassium
Cereals	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Oatmeal	6 oz	15	12.5	4	0	1
Cream of Wheat	6 oz	16	0.3	6	0+	35
Cream of Rice	6 oz	30	0.2	7	0	53
Cheerios	1 each	14	1.5	95	0	121
Rice Chex	1 each	18	0.5	166	0	0
				Sodium	Cholesterol	Potassium
Breads	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Wheat	1 slice	14	1	140	0	84
White	1 slice	15	1	147	0	38
Sourdough	1 slice	16	1	170	0	33
Gluten-Free (White)	1 slice	16	1.5	160	0	78
Gluten-Free (7 Grain)	1 slice	16	1	135	10	83
Bagel (Plain) half	1 each	23	0.7	175	0	35
Bagel (Cinnamon Raisin) half	1 each	23	0.7	160	0	56
English Muffin	1 each	25	0.5	250	0	42
Croissant	1 each	36		350	55	47
Banana Bread	1 slice	45	8	241	0	114
Blueberry Muffin	1 each	32	2.7	263	18	61
				Sodium	Cholesterol	Potassium
Spreads	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Butter Pat	1 each	0	4.1	32	11	1
Jam (Strawberry)	1 each	10	0	4	0	8
Jam - Sugar Free (Strawberry)	1 each	3	0	0	0	0
Jam (Grape)	1 each	10	0	4	0	8
Jam - Sugar Free (Grape)	1 each	3	0	0	0	0
Peanut Butter	1 each	11	20.8	178	0	238
Cream Cheese	1 each	1	2.4	80	8	26
Hummus	2 oz	11	7.7	446	0	134
				Sodium	Cholesterol	Potassium
Breakfast Sides	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Breakfast Sausage Patty (Pork)	1 patty	0	17.8	424	34	96
Breakfast Sausage Link (Pork)	1 each	0	21.7	458	42	133
Breakfast Sausage Link (Turkey)	3 links	1	8	290	40	310
Bacon	2 slices	1	30.2	499	50	149
Breakfast Potatoes	2 oz	12	2.1	7	4	306
Hard Boiled Egg	1 each	1	5.3	62	187	63
Greek Yogurt Cup (Vanilla)	1 each	18	6	85	20	264
Greek Yogurt Cup (Strawberry)	1 each	28	7	95	30	286
Greek Yogurt Cup (Honey)	6 oz	23	12	70	35	246
Cottage Cheese	4 oz	6	1.5	341	10	164
Fruit Cup (Peaches)	1 each	12	0	5	0	191
Fruit Cup (Pears)	1 each	21	0	10	0	20
Fruit Cup (Mandarins)	1 each	22	0.1	11	0	302
				Sodium	Cholesterol	Potassium
Fresh Fruit	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Apple, sliced	1/2 ea	8	0	1	0	61
Orange, sliced	1/2 ea	22	0	0	0	333
Banana, half	1/2 ea	14	0	1	0	211
Banana, whole	1 each	27	0	2	0	422
				Sodium	Cholesterol	Potassium
Breakfast Entrees	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Bellevue Bacon Breakfast Burrito	1 each	52	45.4	976	363	708
Mission Street Omelete	1 each	6	38.6	882	433	560

Croissant Veg Breakfast Sandwich	1 each	38	60.3	937	350	818
French Toast	1 slice	19	4.4	239	75	75
Biscuits and Gravy	6 oz	44	10.3	1111	1	116+
Potato Stack	1 ea	22	10.4	107	7	664
Build-Your-Own Burrito				Sodium	Cholesterol	Potassium
	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Flour Tortilla (Whole Wheat)	1 each	30	4.5	260	0	220
Flour Tortilla	1 each	33	6	550	0	75
Scrambled Eggs	3 oz	0	15.3	221	340	204
Bacon	2 slices	1	30.2	499	50	149
Breakfast Sausage Patty (Pork)	1 patty	0	17.8	424	34	96
Breakfast Sausage Link (Pork)	1 each	0	21.7	458	42	133
Breakfast Sausage Link (Turkey)	3 links	1	8	290	40	310
Veggie Sausage Patty	1 patty	9	10.2	624	0	204
Breakfast Potatoes	2 oz	12	2.1	7	4	306
Onion	1/2 oz	1	0	1	0	21
Tomato	1 oz	1	0.1	1	0	67
Mushroom	1/2 oz	1	0	1	0	45
Green pepper, diced	1 oz	0	0	1	0	50
Shredded Cheese	1 oz	1	9.4	185	28	22
Maple Syrup	1 each	26	0	35	0	6
Maple Syrup, SF	1 each	4	0	73	0	0
Pico De Gallo	2 oz	2	0	142	0	132
Sour Cream	1 each	1	5.5	9	17	35
Build-Your-Own Breakfast Sandwich				Sodium	Cholesterol	Potassium
	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Crossiant	1 each	36		350	55	47
English Muffin	1 each	25	0.5	250	0	42
Sourdough	1 slice	16	1	170	0	33
Gluten-Free (White)	1 slice	16	1.5	160	0	78
Gluten-Free (7 Grain)	1 slice	16	1	135	10	83
Bagel (Plain) half	1 each	23	0.7	175	0	35
Beverages				Sodium	Cholesterol	Potassium
	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Bottled Water	16.9 fl oz	0	0	0	0	0
Coffee - Regular and Decaf	8 fl oz	0	0	7	0	2
Tea - Regular and Decaf (Black)	8 fl oz	0	0	10	0	4
Tea (Herbal)	8 fl oz	0	0	10	0	4
Orange Juice	4 fl oz	15	0	15	0	0
Apple Juice	4 fl oz	15	0	15	0	125
Cranberry Juice	4 fl oz	14	0	0	0	100
Prune Juice	4 fl oz	22	0	0	0	0
Sobe (Berry Pomegranate)	12 oz	0	0	10	0+	3+
Milk (Fat-Free)	8 fl oz	12	0.2	103	5	382
Milk (Low-Fat)	8 fl oz	12	2.4	107	12	366
Milk (2%)	8 fl oz	12	5	116	20	344
Milk (Whole)	8 fl oz	12	8	105	24	322
Almond Milk	8 fl oz	13	2.5	170	0	180
Soy Milk	4 fl oz	3	1.2	93	0	263
Hot Chocolate	1 each	16	2	155	0	272
Cola (Regular)	12 fl oz	41	0	30		19
Cola (Sugar Free)	12 fl oz	0	0	35	0	0
Starry Lemon Lime Soda	12 fl oz	39	0	35	0	0
Starry Lemon Lime Soda (SF)	12 fl oz	0	0	35		120
Ginger Ale	12 fl oz	33	0	60	0	0
Root Beer	12 fl oz	43	0	65	0	0
Soups				Sodium	Cholesterol	Potassium
	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)

Chicken Noodle Soup	6 fl oz	5	1.5	193	18	82+
Garden Vegetable Soup	6 fl oz	9	0.6	201	1	107+
Clam Chowder	6 fl oz	15	15.7	493	49	807
Chicken Broth	8 fl oz	1	0.6	955	1	12
Beef Broth	8 fl oz	1	0.4	1040	0	18
Vegetable Broth	8 fl oz	0	0	980	0	0
Broth (low sodium variety)	8 fl oz	2	0	0	0	430
				Sodium	Cholesterol	Potassium
Salads & Build-Your-Own Salad	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Hummus Plate	1 each	27	11.7	440	0+	278+
Dinner Salad	1 each	4	0.2	17	0	256
Grilled Chicken Caesar	1 each	9	11.4	386	69	660
Harvest Chicken Salad	1 each	22	28.7	271	51	539+
Dressing, Apple Honey	2 fl oz	7	12.6	43	0	21
Dressing, Caesar	1 each	4	13	410	20	20
Dressing, Ranch	1 each	3	16	380	15	0
Dressing, Ranch FF	1 each	14	0	280	0	0
Salad mix	18	3	0.3	31	0	295
Tomato	1 oz	1	0.1	1	0	67
Cucumber	4 slices	1	0	1	0	40
Apple	1 oz	1	0	1	0	10
Almonds	1 oz	4	14.2	0	0	208
Pecans	1 oz	4	20.4	0	0	116
Croutons	1 oz	18	5.2	309	2	51
Chicken	4 oz	0	7.9	48	78	362
Salmon	4 oz	0	15.2	197	62	412
				Sodium	Cholesterol	Potassium
Sandwiches	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Grilled Flatbread Sandwich (w chx)	1 each	37	22.9	619	65	416+
Grilled Flatbread Sandwich	1 each	37	17	601	34	278+
Veggie Burger	1 each	60	5.7	856	10	401
Grilled Chicken Sandwich	1 each	39	22.3	454	68	553
Oak Street Burger	1 each	39	24.7	750	74	492
				Sodium	Cholesterol	Potassium
Build Your Own Sandwich or Wrap	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)
Wheat Bread	2 slices	28	2	280	0	168
White Bread	2 slices	30	2	294	0	76
Sourdough Bread	2 slices	32	2	340	0	66
Gluten Free Bread (White)	2 slices	32	3	320	0	156
Gluten Free Bread (7 Grain)	2 slices	32	2	270	20	166
Flat Bread	1 slice	28	5	332	0	120
Tortilla (Whole wheat)	1 each	30	4.5	260	0	220
Croissant	1 each	36		350	55	47
Lettuce Wrap	1 each	1	0	5	0	35
Turkey	1.5 oz	0	0.4	197	19	158
Roast Beef	2 oz	0	6	189	40	90
Tuna	3 oz	0	11.7	117	36	187
Chicken Salad	3 oz	6	20.8	262	38	202+
Cheddar Cheese	1 slice	1	7	150	25	20
Swiss Cheese	1 slice	1	6	65	20	10
Creamy Herb Spread	1/2 oz	1	4.8	44	14	23
Avocado	2 slices	2	4.2	2	0	137
Lettuce	1/2 oz	1	0	5	0	37
Tomato	2 slices	4	0.2	5	0	224
Onion	2 slices	3	0	1	0	44
Cucumber	4 slices	1	0	1	0	40
				Sodium	Cholesterol	Potassium
Entrees	Portion	Carbs (g)	Fat (g)	(mg)	(mg)	(mg)

Grilled Salmon	4 oz	0	15.2	67	62	412
Roasted Red Pepper Sauce	1 fl oz	2	1.6	186	0	33
Salisbury Steak (meat + gravy)	1 each	14	19.6	2255	143	448
Grilled Chicken Breast	3.75 oz	0	13	40	68	303
Rice Bowl (w/ chopped chx)	1 bowl	33	6.5	269	31	474
Rice Bowl (Flaked salmon)	1 bowl	33	15.8	448	62	748
Penne Pasta (Just pasta)	3 oz	28	1.3	5	0	2
Penne Pasta (Alfredo, chx, veg)	1 each	41	19.7	259	82	655
Penne Pasta (Marinara, chx, & veg)	1 each	42	16.2	246	68	661
Build Your Own Burrito, Quesadilla, Tacos, Taco Bowl				Sodium	Cholesterol	Potassium
	Portion	Carbs (g)	Fat (g)	(mg)	l (mg)	(mg)
Flour Tortilla (Wheat)	1 each	30	4.5	260	0	220
Corn Tortilla	2 each	11	0.7	11	0	45
Chicken	4 oz	6	4.8	224	95	373+
Salmon	4 oz	0	7.2	49	63	555
Ground Beef	1 each	0	15.3	336	74	241
Black Beans	2 oz	13	0.3	134	0	201
Refried Beans	3 oz	17	1.9	182	0	368+
Lettuce	1 oz	2	0.1	6	0	80
Tomato	1 oz	1	0.1	1	0	67
Green pepper, diced	1 oz	0	0	1	0	50
Onions, sliced	2 slices	1	0	1	0	21
Cheese	1 oz	1	9.4	185	28	22
Avocado	1/4 each	4	6.1	3	0	201
Cilantro	0.05 oz	0	0	1	0	7
Pico De Gallo	2 oz	2	0	142	0	132
Sour Cream	1 each	1	5.5	9	17	35
Sides				Sodium	Cholesterol	Potassium
	Portion	Carbs (g)	Fat (g)	(mg)	l (mg)	(mg)
Mashed Potatoes	3 oz	15	0.2	79	0	278
Chicken Gravy	2 fl oz	5	0.8	104	3	24
Beef Gravy (Demi glace)	2 oz	7	1.5	1799	1	44
Basmati Rice	4 oz	46	0.3	9	0	98
Sauteed Green Beans	4 oz	9	0.2	3	0	211
Sauteed Vegetable Medley	4.5 oz	9	0.3	46	0	
Whipped Butternut Squash	3 oz	9	0.1	3	0	259
Baked Potato Chips	1 each	24	2	180	0	0
Fresh Vegetable Plate	1 plate	5	0.2	24	0	207
Dinner Roll	1 each	16	2	80	15	40
Desserts				Sodium	Cholesterol	Potassium
	Portion	Carbs (g)	Fat (g)	(mg)	l (mg)	(mg)
Chocolate Torte	1 each	30	24	115	85	216
Cheesecake	1 each	37	30.7	366	97	177
Pound Cake	1 each	8	5.1	53	20	11
Strawberry Sauce	1 each	21	0	8	0	0
Cookie (Chocolate Chip)	1 each	24	8.3	118	17	76
Cookie (Sugar)	1 each	25	8.8	138	12	62
Pudding (Chocolate & Vanilla)	1 each	23-26	5	161	1	75-185
Pudding (Chocolate & Vanilla) - SF	1 each	14	3	115	0	140
Gelatin Cup	3.5 oz	23	0	10	0	95
Gelatin Cup - Sugar Free	3.5 oz	2	0	10	0	85
Milkshake (Assorted flavors)	10 fl oz	66	10.9	254	88	624
Ice Cream Cup (Assorted)	3 oz	20	3	72	26	174
Rainbow Sherbert	1 each	26	0	20	0	40
Raspberry Sorbet	3 fl oz	22	0	8	0	26
Italian Push Pop (Assorted)	1 each	19	0	15	0	0