

Salem Health Patient Menu Nutrition Facts

Items	Portion	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)	Sodium (mg)	Cholestrol (mg)	Potassium (mg)	Phosphorus (mg)	Dietary Fiber (gm)
Cereals										
Oatmeal	6 oz ladles	85	14.5	12.5	3.5	4	0	1+	0+	2.5
Cream of Wheat	6 oz ladles	79	16	0.3	2.6	6	0+	35	37	1
Cream of Rice	6 oz ladles	134	29.7	0.2	2.3	7	0	53	45	0.3
Cheerios	1 each	70	14	1.5	2	95	0	121	68	2
Rice Chex	1 each	81	17.6	0.5	1.5	166	0	0	38	1
Breads										
Wheat	1 slice	80	14	1	4	140	0	84		2
White	1 slice	80	14.8	1	2.7	147	0	38	29	0.8
Sourdough	1 slice	90	16	1	3	170	0	33		1
Gluten-Free (White)	1 slice	80	16	1.5	1	160	0	78		1
Gluten-Free (7 Grain)	1 slice	80	16	1	2	135	10	83		1
Bagel (Plain) half	1 each	115	22.5	0.7	3.5	175	0	35	0	0.5
Bagel (Cinnamon Raisin) half	1 each	115	23	0.7	3.5	160	0	56	0	1
English Muffin	1 each	130	25	0.5	4	250	0	42	0	1
Croissant	1 each	340	36		5	350	55	47		1
Banana Bread	1 slice	261	45.2	8	5	241	0	114		2
Blueberry Muffin	1 each	163	31.9	2.7	2.7	263	18	61	80	2.7
Spreads										
Butter Pat	1 each	36	0	4.1	0	32	11	1	1	0
Jam (Strawberry)	1 each	37	9.8	0	0	4	0	8	1	0.1
Jam - Sugar Free (Strawberry)	1 each	10	2.9	0	0	0	0	0		
Jam (Grape)	1 each	37	9.8	0	0	4	0	8	1	0.1
Jam - Sugar Free (Grape)	1 each	10	2.9	0	0	0	0	0		
Peanut Butter	1 each	247	10.9	20.8	8.9	178	0	238	165	3
Cream Cheese	1 each	31	0.9	2.4	1.5	80	8	26	23	
Hummus	2 oz	125	10.9	7.7	4.8	446	0	134	97	
Breakfast Sides										
Breakfast Sausage Patty (Pork)	1 patty	187	0.3	17.8	6.5	424	34	96	0	0
Breakfast Sausage Link (Pork)	1 each	229	0	21.7	7.2	458	42	133		
Breakfast Sausage Link (Turkey)	3 links	110	1	8	10	290	40	310		0
Bacon	2 slices	314	1	30.2	9.8	499	50	149		0
Breakfast Potatoes	2 oz	71	12	2.1	1.5	7	4	306		
Hard Boiled Egg	1 each	78	0.6	5.3	6.3	62	187	63	86	0
Greek Yogurt Cup (Vanilla)	1 each	160	18	6	8	85	20	264		0
Greek Yogurt Cup (Strawberry)	1 each	210	28	7	10	95	30	286		0
Greek Yogurt Cup (Honey)	6 ounces	220	23	12	7	70	35	246		0
Cottage Cheese	4 ounces	90	6	1.5	13	341	10	164	181	0
Fruit Cup (Peaches)	1 each	48	11.7	0	0	5	0	191		1.1
Fruit Cup (Pears)	1 each	90	20.9	0	0	10	0	20		0
Fruit Cup (Mandarins)	1 each	84	21.7	0.1	1.4	11	0	302	23	1.6
Fresh Fruit										
Apple, sliced	1/2 ea	29	7.8	0	0	1	0	61	6	
Orange, sliced	1/2 ea	86	21.6	0	1.7	0	0	333	26	
Banana, half	1/2 ea	53	13.5	0	0.6	1	0	211	13	
Banana, whole	1 each	106	27	0	1.2	2	0	422	26	
Breakfast Entrees										
Bellevue Bacon Breakfast Burrito	1 each	770	52.2	45.4	37.4	976	363	708		3.3
Mission Street Omelete	1 each	609	6	38.6	55.2	882	433	560		
Croissant Veg Breakfast Sandwich	1 sandwich	805	37.6	60.3	29.8	937	350	818		
French Toast	1 slice	152	19.4	4.4	7.5	239	75	75	94+	1.1+
Biscuits and Gravy	6 ounces	293	44.2	10.3	4.7	1111	1	116+	333+	0.5
Potato Stack	1 ea	184	21.5	10.4	4.3	107	7	664	104	
Build Your Own Burrito										
Flour Tortilla (Whole Wheat)	1 each	180	30	4.5	5	260	0	220		3
Flour Tortilla	1 each	200	33	6	6	550	0	75		1
Scrambled Eggs	3 oz ladles	230	0	15.3	20.4	221	340	204	425	
Bacon	2 slices	314	1	30.2	9.8	499	50	149		0
Breakfast Sausage Patty (Pork)	1 patty	187	0.3	17.8	6.5	424	34	96	0	0
Breakfast Sausage Link (Pork)	1 each	229	0	21.7	7.2	458	42	133		
Breakfast Sausage Link (Turkey)	3 links	110	1	8	10	290	40	310		0
Veggie Sausage Patty	1 patty	223	9.1	10.2	23.8	624	0	204		2
Breakfast Potatoes	2 oz	71	12	2.1	1.5	7	4	306		
Onion	1/2 ounce	6	1.3	0	0.2	1	0	21	4	0.2
Tomato	1 ounce	5	1.1	0.1	0.2	1	0	67	7	0.3
Mushroom	1/2 ounce	3	0.5	0	0.4	1	0	45	12	0.1
Green pepper, diced	1 ounce	6	0.13	0	0.2	1	0	50	6	
Shredded Cheese	1 ounce	115	0.9	9.4	6.5	185	28	22	129	0
Maple Syrup	1 each	100	26.1	0	0	35	0	6	4	0
Maple Syrup, 5F	1 each	10	3.9	0	0	73	0	0		0
Pico De Gallo	2 ounces	9	1.9	0	0	142	0	132	0	0
Sour Cream	1 each	56	1.3	5.5	0.7	9	17	35	22	0
Build Your Own Breakfast Sandwich										
Crossiant	1 each	340	36		5	350	55	47		1
English Muffin	1 each	130	25	0.5	4	250	0	42	0	
Sourdough	1 slice	90	16	1	3	170	0	33		1
Gluten-Free (White)	1 slice	80	16	1.5	1	160	0	78		1
Gluten-Free (7 Grain)	1 slice	80	16	1	2	135	10	83		1
Bagel (Plain) half	1 each	115	22.5	0.7	3.5	175	0	35	0	0.5
Beverages										
Bottled Water	16.9 fluid ounces	0	0	0	0	0	0	0	0	0
Coffee - Regular and Decaf	8 fluid ounces	0	0	0	0	7	0	2	0	0
Tea - Regular and Decaf (Black)	8 fluid ounces	0	0	0	0	10	0	4	0	0
Tea (Herbal)	8 fluid ounces	0	0	0	0	10	0	4	0	0
Orange Juice	4 fluid ounces	60	15	0	0	15	0	0		0
Apple Juice	4 fluid ounces	60	15	0	0	15	0	125	9	0
Cranberry Juice	4 fluid ounces	60	14	0	0	0	0	100	16	0
Prune Juice	4 fluid ounces	90	22	0	0	0	0	0		0
Sobe (Berry Pomegranate)	12 ounces	0	0	0	0	10	0+	3+	0+	0
Milk (Fat-Free)	8 fluid ounces	83	12	0.2	8	103	5	382	244	
Milk (Low-Fat)	8 fluid ounces	103	12	2.4	8	107	12	366	247	
Milk (2%)	8 fluid ounces	124	12	5	8	116	20	344	244	
Milk (Whole)	8 fluid ounces	148	12	8	8	105	24	322	244	
Almond Milk	8 fluid ounces	80	13	2.5	1	170	0	180	24	
Soy Milk	4 fluid ounces	39	3	1.2	4.1	93	0	263	156	
Hot Chocolate	1 each	90	16	2	1	155	0	272	0+	1
Cola (Regular)	12 fluid ounces	150	41	0	0	30	0	19		0
Cola (Sugar Free)	12 fluid ounces	0	0	0	0	35	0	0		0
Starry Lemon Lime Soda (Regular)	12 fluid ounces	150	39	0	0	35	0	0		0
Starry Lemon Lime Soda (Sugar Free)	12 fluid ounces	0	0	0	0	35	0	120		0
Ginger Ale	12 fluid ounces	120	33	0	0	60	0	0		0
Root Beer	12 fluid ounces	160	43	0	0	65	0	0		0
Soups										
Chicken Noodle Soup	6 fluid ounces	61	5.1	1.5	6.5	193	18	82+	21+	0.6+
Garden Vegetable Soup	6 fluid ounces	44	8.7	0.6	1	201	1	107+	11+	1.5
Clam Chowder	6 fluid ounces	242	15	15.7	10.2	493	49	807		
Chicken Broth	8 fluid ounces	11	0.7	0.6	0.7	955	1	12	7	0
Beef Broth	8 fluid ounces	9	0.7	0.4	0.6	1040	0	18	13	0
Vegetable Broth	8 fluid ounces	5	0	0	0	980	0	0		0
Broth (low sodium variety)	8 fluid ounces	10	2	0	0	0	0	430	2	0
Salads										
Hummus Plate	1 each	230	26.5	11.7	6.3	440	0+	278+	70+	5.5
Dinner Salad	1 each	18	3.7	0.2	1.2	17	0	256	31	1.2

Grilled Chicken Caesar	1 each	246	9.3	11.4	26.1	386	69	660	327	2.3
Harvest Chicken Salad	1 each	408	21.6	28.7	22.3	271	51	539+	172+	4.6+
Dressing, Apple Honey	2 fl oz	139	6.8	12.6	0.1	43	0	21	2	
Dressing, Caesar	1 each	140	4	13	1	410	20	20		
Dressing, Ranch	1 each	160	3	16	0	380	15	0		
Dressing, Ranch FF	1 each	60	14	0	0	280	0	0		
Build Your Own Salad										
Salad mix	18	18	3	0.3	1.6	31	0	295	34	7.7
Tomatoes	1 oz	5	1.1	0.1	0.2	1	0	67	7	0.3
Cucumber	4 slices	4	1	0	0.2	1	0	40	7	
Apple	1 oz	4	1.2	0	0	1	0	10	1	
Almonds	1 oz	164	4.1	14.2	6	0	0	208	136	
Pecans	1 oz	196	3.9	20.4	2.6	0	0	116	79	
Croutons	1 oz	132	18	5.2	3.1	309	2	51	40	
Chicken	4 oz	175	0.2	7.9	24.2	48	78	362	229	
Salmon	4 ounce	236	0	15.2	23.2	197	62	412	272	
Sandwiches										
Grilled Flatbread Sandwich (with Chicken)	1 each	450	37.1	22.9	26.8	619	65	416+	123+	5.1+
Grilled Flatbread Sandwich	1 each	350	36.9	17	15.1	601	34	278+	46+	5.1+
Veggie Burger	1 each	340	60	5.7	13.1	856	10	401	26	5.3
Grilled Chicken Sandwich	1 each	486	39	22.3	31.8	454	68	553	197+	2.5
Oak Street Burger	1 each	501	38.6	24.7	27.5	750	74	492	28	2.4
Build Your Own Sandwich or Wrap										
Wheat Bread	2 slices	160	28	2	8	280	0	168		4
White Bread	2 slices	160	29.7	2	5.3	294	0	76	59	1.6
Sourdough Bread	2 slices	180	32	2	6	340	0	66		2
Gluten Free Bread (White)	2 slices	160	32	3	2	320	0	156		2
Gluten Free Bread (7 Grain)	2 slices	160	32	2	4	270	20	166		2
Flat Bread	1 slice	181	28.2	5	6	332	0	120		3
Tortilla	1 each	180	30	4.5	5	260	0	220		3
Croissant	1 each	340	36		5	350	55	47		1
Lettuce Wrap	1 each	3	0.5	0	0.2	5	0	35	5	0.2
Turkey	1.5 ounces	38	0	0.4	9.9	197	19	158		0
Roast Beef	2 ounces	109	0	6	11.9	189	40	90		0
Tuna	3 oz	179	0.1	11.7	17.2	117	36	187		
Chicken Salad	3 ounces	253	6.2	20.8	10.7	262	38	202+	118+	1
Cheddar Cheese	1 slice	90	1	7	5	150	25	20		0
Swiss Cheese	1 slice	80	1	6	6	65	20	10		0
Creamy Herb Spread	1/2 ounce	49	0.9	4.8	0.9	44	14	23	15+	0
Avocado	2 slices	45	2.4	4.2	0.6	2	0	137	15	1.9
Lettuce	1/2 ounce	3	0.5	0	0.3	5	0	37	5	0.2
Tomato	2 slices	17	3.7	0.2	0.8	5	0	224	23	1.1
Onion	2 slices	12	2.8	0	0.3	1	0	44	9	0.5
Cucumber	4 slices	4	1	0	0.2	1	0	40	7	0.1
Entrees										
Grilled Salmon	4 ounce	236	0	15.2	23.2	67	62	412	272	
Roasted Red Pepper Sauce	1 fl oz	26	2.4	1.6	0.5	186	0	33	6	0.5
Salisbury Steak - (steak + gravy)	1 each	366	14	19.6	31.4	2255	143	448	3.7	
Grilled Chicken Breast	3.75 ounces	218	0.3	13	25.6	40	68	303	169	0.1
Rice bowl (No protein)	1 bowl	153	32.8	0.6	3.8	251	0	336	32	15
Rice Bowl (Chopped chicken breast)	1 bowl	252	32.8	6.5	15.5	269	31	474	109	15
Rice Bowl (Flaked salmon)	1 bowl	389	32.8	15.8	27	448	62	748	304	15
Penne Pasta (Just pasta)	3 ounces	148	28.3	1.3	4.7	5	0	2		
Penne Pasta (Alfredo + chicken + veg)	1 each	497	41.4	19.7	36.9	259	82	655	276	4.5
Penne Pasta (Marinara + chicken + veg)	1 each	444	42.1	16.2	32.6	246	68	661	178	4.7
Build Your Own Burrito, Quesadilla, Tacos, Taco Bowl										
Flour Tortilla (Wheat)	1 each	180	30	4.5	5	260	0	220		3
Corn Tortilla	2 each	52	10.7	0.7	1.4	11	0	45	75	1.5
Chicken	4 ounces	169	5.8	4.8	24.3	224	95	373+	234+	0.4
Salmon	4 ounces	161	0	7.2	22.7	49	63	555	227	0
Ground Beef	1 each	232	0	15.3	21.3	336	74	241		
Black Beans	2 ounces	75	13.4	0.3	5	134	0	201	79	4.9
Refried Beans	3 ounces	106	16.9	1.9	5.6	182	0	368+	108+	4
Lettuce	1 ounce	8	1.7	0.1	0.5	6	0	80	11	0.7
Tomato	1 ounce	5	1.1	0.1	0.2	1	0	67	7	0.3
Green pepper, diced	1 ounce	6	0.13	0	0.2	1	0	50	6	
Onions, sliced	2 slices	6	1.3	0	0.02	1	0	21	4	
Cheese	1 ounce	115	0.9	9.4	6.5	185	28	22	129	0
Avocado	1/4 each	66	3.5	6.1	0.8	3	0	201	22	2.8
Cilantro	0.05 ounce	0	0.1	0	0	1	0	7	1	0
Pico De Gallo	2 ounces	9	1.9	0	0	142	0	132	0	0
Sour Cream	1 each	56	1.3	5.5	0.7	9	17	35	22	0
Sides										
Mashed Potatoes	3 ounces	69	15.4	0.2	1.6	79	0	278		1.6
Chicken Gravy	2 fluid ounces	31	4.7	0.8	0.8	104	3	24	0+	0
Beef Gravy (Demi glace)	2 oz ladles	49	7.4	1.5	1.4	1799	1	44	24	0
Basmati Rice	4 oz	202	46.3	0.3	3.9	9	0	98		1
Sauteed Green Beans	4 oz	44	8.6	0.2	2	3	0	211	36	
Vegetable Medely	4.5 oz	43	8.9	0.3	2.3	46	0			
Whipped Butternut Squash	3 ounces	33	8.6	0.1	0.7	3	0	259	24	1.5
Baked Potato Chips	1 each	130	24	2	2	180	0	0	0	2
Fresh Vegetable Plate	1 plate	21	4.6	0.2	1.1	24	0	207	31	
Dinner Roll	1 each	90	16	2	3	80	15	40		0
Desserts										
Chocolate Torte	1 each	349	29.9	24	5	115	85	216		
Cheesecake	1 each	452	36.8	30.7	7.3	366	97	177	5+	1
Pound Cake	1 each	83	8.3	5.1	0.8	53	20	11		0.3
Strawberry Sauce	1 each	94	20.5	0	0	8	0	0	0	1.6
Cookie (Chocolate Chip)	1 each	174	23.7	8.3	1.3	118	17	76	22	
Cookie (Sugar)	1 each	186	24.9	8.8	1.8	138	12	62	71	0.3
Pudding (Chocolate)	1 each	141	22.8	4.6	2.1	151	1	183	56	0
Pudding - Sugar Free (Chocolate)	1 each	70	14	3	1	115	0	140		1.5
Pudding (Vanilla)	1 each	147	25.6	4.3	1.6	161	1	74	46	0
Pudding - Sugar Free (Vanilla)	1 each	60	11	3	0	105	0	0		
Gelatin Cup (Assorted flavors)	3.5 ounces	80	23.1	0	0	10	0	95		0
Gelatin Cup - Sugar Free (Assorted flavors)	3.5 ounces	10	2	0	0	10	0	85		1
Milkshake (Assorted flavors)	10 fluid ounces	391	66.4	10.9	14.7	254	88	624	406	0.0+
Ice Cream Cup (Chocolate and Vanilla)	3 ounces	113	20	3	4	72	26	174	113	0
Rainbow Sherbert	1 each	100	26	0	0	20	0	40	23	0
Raspberry Sorbet	3 fluid ounces	83	21.7	0	0	8	0	26	0	0.8
Italian Push Pop (Assorted flavors)	1 each	80	19	0	0	15	0	0		0