

BEVERAGES

Hot

- Coffee
Regular or Decaf
- Tea
Regular or Decaf
- Hot Chocolate (1)
Sugar-Free (.5)

Cold

- Cola (1.5) or
Diet Cola
- Ginger Ale (1.5)
Diet Ginger Ale
- Lemon-Lime (1.5)
Diet Lemon-Lime
- Crystal Light
Lemonade
- Iced Tea

Juice

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

Milk

- Skim (1)
- Low-fat (1)
- Whole (1)
- Chocolate (2)
- Lactose Free (1)
- Soy (.5)

DESSERT

Ice Cream

- Vanilla (1)
- Chocolate (1)
- Strawberry (1)

Sherbet

- Orange (2)
- Raspberry (2)

Gelatin

- Regular (1) and Sugar-Free
- Strawberry
- Orange

Pudding

- Chocolate (2)
- Sugar-Free Chocolate (1)
- Vanilla (1.5)
- Sugar-Free Vanilla (1)
- Tapioca (2)

Cookies

- Chocolate Chip (2)
- Sugar (2)

Cakes and Pies

- Cheesecake (2.5)
- Raspberry Cheesecake (2.5)
- Apple Pie (2.5)
- Strawberry Shortcake (2)

SNACK

- Baked Chips (1.5)
- Cottage Cheese and Fruit Plate (.5)
- Hardboiled Eggs
- Pretzels (1.5)
- Sliced Apple and Peanut Butter (1)

- String Cheese
- Nutrigrain Bar (1.5)

Clear Liquid

Broth

- Chicken, Vegetable, or Beef
- Juice (1)
Apple, Grape, or Cranberry
- Popsicle (1)
Orange, Cherry, Grape

Gelatin

- Regular (1) or Sugar-Free
Strawberry or Orange
- Hot Beverage
Coffee or Tea
- Cold Beverage
Ginger Ale or Lemon-Lime (1.5)
Diet Soda available

Full Liquid

- Cream of Wheat Cereal (1.5)
- Pureed Oatmeal (2)
- Cream of Chicken Soup (1.5)
- Cream of Tomato Soup (1)
- Greek Vanilla Yogurt (.5)
- Orange Juice (1)
- Cola (1.5) or Diet Cola

Pudding

- Chocolate (2)
- Sugar-Free Chocolate (1)
- Vanilla (1.5)
- Sugar-Free Vanilla (1)

Ice Cream

- Vanilla, Chocolate, Strawberry

Sherbet

- Raspberry or Orange

Beverages

- Prune Juice (1.5)
- Skim or Low-Fat Milk (1)
- Whole Milk (1)
- Chocolate Milk (2)
- Lactaid Milk (1)
- Vanilla Soy (.5)
- Hot Chocolate (1)
- Sugar-Free Hot Chocolate (.5)
- Crystal Light Lemonade

In addition to the liquids listed in the Clear Liquid Menu

VHA HEALTHY DIET

The Veterans Health Administration (VHA) strives to improve the health of Veterans, employees, and our communities by increasing healthy food choices and supporting sustainable food practices within the Department of Veterans Affairs (VA) health care facilities. Your menu includes a variety of healthy choices that will meet your nutritional needs while making you feel at home.

TO ORDER: Call 4-DINE (43463)

6:45 am - 6:45 pm

Allow up to 45 minutes for delivery. If your doctor has prescribed a special diet for you, our trained professional staff will be happy to guide you in making your menu choices when you call. Your dietitian is also available to provide diet education upon request.

For Vegetarian/Vegan options, please call 4-DINE



U.S. Department of Veterans Affairs
Veterans Health Administration
Milwaukee VA Medical Center

VA Gourmet



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Call 4-DINE (43463)
6:45 am - 6:45 pm

To place an order for patients
from outside the hospital:
414-384-2000, ext. 43463

BREAKFAST

Served 6:45 am - 6:45 pm

-  **Entrees**

Hard Fried (2 eggs), Scrambled, Hard Boiled (hot/ cold)
Homemade Pancakes (3)
Homemade French Toast (3)
Breakfast Casserole (1)

Build Your Own Omelet
Choose up to 4 choices

 Mushrooms, onions, peppers, ham, American cheese, Swiss cheese, and Cheddar cheese, sausage
Egg beaters upon request

Build Your Own Sandwich
English Muffin (2) or Bagel (2)
Bacon, Canadian Bacon or Chicken Sausage
American, Cheddar, or Swiss
- Breakfast Sides**

Bacon
Canadian Bacon
Chicken Sausage
 Homestyle Potatoes (1)
 Cottage Cheese (.5)
Cheesy Hash Browns (1)

 **Hot Cereal**

Oatmeal (2)
Cream of Wheat (1.5)
Grits (2)

 **Cold Cereal**

Corn Flakes (1)
Rice Krispies (1)
Raisin Bran (2)
Frosted Shredded Wheat (3)
Cheerios (1)

YOGURT

- Strawberry (1)
Blueberry (1)
- Greek Vanilla (.5)
Strawberry Yogurt Parfait (2)

BAKERY

- Bread/Toast**

White (1)
Wheat (1)
Raisin (1)
- Other**


White Roll (2)
Plain Bagel (2)
Danish (1)
Garlic Bread (1)
- Muffins**

English Muffin (2)
Blueberry (2)
Corn (1.5)


- Salt
Mrs. Dash
Pepper
Sugar
Splenda
Brown Sugar (1)
- Creamer
Lemon Juice
Honey (.5)
Syrup (3)
Sugar-Free Syrup (.5)
Butter
- Margarine
Cream Cheese
Grape Jelly (.5)
Strawberry Jam (.5)
Sugar Free Jelly
Peanut Butter


SIDES



*Fruits available all day –
All other sides are available after 11:00 am*

-  **Fruit**


Apple (1)
Applesauce (1)
Banana (1)
Fresh Fruit Cup (1)
Grapes (1)
Fresh Orange (1)
Mandarin Oranges (1)
Diced Peaches (1)
Diced Pears (1)
Stewed Prunes (2.5)


 **Other**

Cottage Cheese (.5)
Brown or White Rice (1)
Side Macaroni & Cheese (3)
Creamy Coleslaw
-  **Vegetables**

Steamed Green Beans (.5)
Steamed Broccoli Florets
Steamed Carrots (.5)
Steamed Cauliflower
 Garden Side Salad (.5)
Chef Side Salad
Caesar Side Salad (.5)
 Mixed Green Side Salad
Mashed Potatoes (1)
Tater Tots (1)

Soup

Chicken Noodle (.5)
Chili (1)
Cream of Chicken (1.5)
 Cream of Tomato

 Vegetarian

(#) Carb Servings

15g Carb = 1 Carb Serving

CONDIMENTS AND TOPPINGS

- Raisins (.5)
Sour Cream
Cheddar
American
Swiss
Parmesan Cheese
- Hot Sauce
Ketchup
Mustard
Mayo
BBQ Sauce (1)
Tartar Sauce
- Tomato
Lettuce
Onions
Pickles
Lemon Wedge
Gravy

LUNCH & DINNER

Available after 11:00 am

- Meat**

Homestyle Meatloaf (1)
Turkey Pot Roast
BBQ Pulled Pork (1)
Beef Stew (1)

Fish

Breaded Pollock (1)
Italian Cod

PASTA

 Macaroni & Cheese (3.5)

Build Your Pasta

 **Choose Your Noodles**

Elbow Pasta (3),
Spaghetti (3)

 **Choose Your Sauce**

Alfredo or Marinara

Choose Your Extras

Shrimp, Chicken, Meatballs,
Broccoli
- Hot Off the Grill**

Breaded Chicken Sandwich (2.5)
BBQ Pulled Pork Sandwich (3)
Hamburger (2)
Cheeseburger (2)
 Veggie Burger (3.5)
Grilled Chicken Sandwich (2)
Stir Fry: Chicken (1),
Shrimp (1) or  Veggie (1.5)
Pizza:  Veggie (2.5),
Cheese (2.5)
Quesadilla:  Cheese (2),
Chicken (2)

Salads

Chef Salad
Chicken Caesar Salad (1)
Tuna Salad
 Egg Salad

Deli Sandwiches

**Carbs vary based on bread choice*

Turkey, Roast Beef or Ham
Tuna Salad
Turkey Club (3.5)
 Grilled Cheese (2)
Hot Ham and Cheese (2)
 Egg Salad
 Peanut Butter & Jelly (3)

*Select bread from 'Bakery' & toppings from
'Condiments/Toppings' sections*

- Grilled Onions
Grilled Mushrooms
Saltines (1)
- Toppings:**

Strawberry Topping
Whipped Topping
Lettuce
Tomato
- Salad Dressings:**

Ranch (1)
French (1)
Italian
Thousand Island (0.5)
Oil & Vinegar