

# Welcome TO OAK HAMMOCK

at the University of Florida®

As an added service, Oak Hammock also provides an **“Always available”** menu of classic food items as an alternative to the daily menus. Please inform your nurse or aide in advance before the meal service so we can prepare your request in a timely manner.

## Meal Service Hours

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
<u>Restorative Dining</u>	8-9:30am	12-1:30pm	5-6:30pm
<u>Main Dining</u>	8-9:30am	12-1:30pm	5-7:00pm

## **BREAKFAST**

### ***Traditional Omelet***

Build your own omelet from variety of choices (Mushroom, Bacon, Sausage, Ham, Onions, Tomatoes, Cheese)

### ***Assortment of Bread***

Choices are White/Wheat bread, Bagel, English muffins, Rye, and Multi-grain

### ***Eggs cooked to your preference***

Select from Poach, 5-minute, Fried, Scrambled, Sunny-side up, and Over-Easy

### ***Assorted Cereals***

Cheerios, Shredded Mini Wheats, Raisin Bran

### ***Fresh Fruits***

Bananas, Apples, Oranges, and a cup of sliced fruit assortment

### ***Beverages***

Orange Juice, Apple Juice, Cranberry Juice, Prune Juice, Grape Juice, Low Sodium V8 Juice, Milk (Whole, Skim, 2%), and Bottled Water

## **LUNCH and DINNER**

### ***All American Deli Sandwich***

*Choice of Ham, Turkey, BLT (bacon, lettuce, & tomatoes) or  
a Grilled cheese (Swiss, Cheddar or American cheese) on White or Wheat bread*

### ***Steak Burger***

*Certified Angus burger with lettuce, tomato and choice of condiments.*

### ***Chicken Breast or Salmon***

*Half Chicken breast or Salmon filet cooked to order*

### ***100% Beef Hot Dog***

*All beef quarter-pound hot dog on a bun.*

### ***Peanut Butter and Jelly Sandwich***

*Classic sandwich served with fresh cut mixed fruits*

### ***Specialty Salad of your choice***

*Chef's salad, meatless salad, or Small side salad and a choice of dressings*

### ***Select Vegetables***

*Peas, Green Beans, or Carrots*

### ***Soups***

*Chicken and Noodle, Chicken and Beef Broth, and Tomato Soup*

### ***Beverages***

*Orange Juice, Apple Juice, Cranberry Juice, Prune Juice, Grape Juice, Low Sodium V8 Juice, Milk (Whole, Skim, 2%), Sweetened and Unsweetened Iced Tea, Assorted Soft Drinks (Coke, Diet Coke, Sprite) and Bottled Water*

### ***Snacks***

*Baked Potato Chips, Graham Crackers, Granola bars, Sugar Free Jell-O, Puddings, Saltine Crackers, Fig Newton, Pretzels, Gold Fish Crackers, Cheez-it, and Fruit Cups*

**\*Assorted Cakes and Pies are always available in the island refrigerator in each of the Skilled Nursing kitchens**