

# 输液中心菜单

## Infusion Center Menu (Chinese)

Add Patient Name Label Here

碳水化合物的克数以“克”列于食物后以供参考。

Grams of carbohydrate is listed as “g” next to the food items for your use.

您需要为病人还是访客订餐?  病人  访客

Are you ordering for a patient or guest?  Patient  Guest

你有食物过敏吗? \_\_\_\_\_

Do you have any food allergies? \_\_\_\_\_

### 早餐全天供应 All Day Breakfast

- 白吉饼 (28 克) Bagel (28g)
- 麦乳粥 (18 克) Cream of Wheat (18g)
- 脆谷乐麦圈 (20 克) Cheerios® (20g)
- 蓝莓杯状小松糕 (30 克) Blueberry Muffin(30g)  香甜玉米片 (25 克) Frosted Flakes® (25g)
-  燕麦片 (17 克) Oatmeal (17g)  红糖 (12 克) Brown sugar (12g)





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[www.mhealthy.umich.edu](http://www.mhealthy.umich.edu)

### 调味料 Condiments

- 糖 (3 克) Sugar (3g)  咖啡奶精 (1 克) Coffee Creamer (1g)
- 代糖 Splenda®  柠檬片 (2 克) Fresh Lemon Wedge (2g)
- 盐 Salt  软质涂抹人造奶油 Margarine
- 胡椒粉 Pepper  全果粒蔓越莓酱 (17 克) Whole Berry Cranberry Sauce (17g)
- 莎莎酱 (4 克) Salsa (4g)  麦考密克调味料 McCormick® Seasoning
- 红糖 (12 克) Brown Sugar (12g)  烧烤酱调料包 (5 克) BBQ Sauce Packet (5g)
-  酸奶油 (2 克) Sour Cream (2g)
-  奶油芝士抹酱 Cream Cheese:  低脂 (1 克) Lite (1g)  草莓 (4 克) Strawberry (4g)
- 双葱 (2 克) Chive and Onion (2g)

 含乳糖

Contain Lactose

餐饮服务由病人饮食和营养部提供。

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### 可选主食（每份订餐限选 2 种主食）

Entrée Selections (Please limit entrée selections to 2 per order.)

-  香烤鸡胸肉 Grilled Chicken Breast
  - 原味 Plain
  - 烧烤酱 (5 克) BBQ sauce (5g)
- 烤火鸡 Roast Turkey
  - 鸡肉调味汁 (2 克) Chicken Gravy (2g)
  - 蔓越莓酱 (17 克) Cranberry Sauce (17g)
-  家常通心粉和奶酪 (27克) Home-Style Macaroni and Cheese (27g)
- 杂粮汉堡包 (28 克) Hamburger (28g) Served on a multigrain bun
- Gardenburger® 马利布杂粮汉堡包（素食）(49 克) 配有机全谷物、玉米和胡萝卜  
Gardenburger® Malibu Burger (Vegan) (49g) Prepared with organic whole grains, corn and carrots, and served on a multigrain bun
-  香烤芝士三明治 (42 克) 得克萨斯烤面包片上加瑞士和美国奶酪稍稍烤制，可配火鸡胸肉片  
Grilled Cheese Sandwich (42g) Swiss and American Cheese, lightly grilled on Texas toast, available with Sliced Turkey Breast
- 墨西哥薄夹饼 (22 克) 卷有车达芝士的香烤面饼 Quesadillas (22g) Grilled flour tortilla filled with cheddar cheese
- 加鸡肉 Add chicken

### 现做三明治 Made-to-Order Sandwiches

-  烤火鸡 Roast Turkey
- 白面包 (每片 16 克) White Bread (16g per slice)
-  小麦面包 (每片 14 克) Wheat Bread (14g per slice)
-  瑞士芝士片 Sliced Swiss Cheese
-  切片番茄 (2克) Sliced Tomatoes (2g)

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- ① 车打芝士片 Sliced Cheddar Cheese
- 腌黄瓜片 Pickle Slices
- ① 美国芝士片 (1 克) Sliced American Cheese (1g)
- 芥末 Mustard
-  生菜叶 (1 克) Leaf Lettuce (1g)
-  番茄酱 (2 克) Ketchup (2g)
-  Hellman's® 低热量蛋黄酱 Hellman's® Light Mayonnaise

### 配菜/零食 Sides/Snacks

- ① 芝士条 (1 克) String Cheese (1g)
-  香蕉 (28 克) Banana(28g)
- 餐包 (17 克) Dinner Roll (17g)
-  柑橘 (14 克) Mandarin Oranges (14g)
- ① 乡村芝士 (3 克) Cottage Cheese (3g)
-  苹果泥 (13 克) Applesauce (13g)
- 水煮蛋 – 冷盘 (1 克) Hard Cooked Egg - served chilled (1g)
- 小包花生酱 (4 克) Peanut Butter packet (4g)
- ① 车打芝士谷物脆片® (19 克) Harvest Cheddar® Sun Chips (19g)
- 全麦饼干 (11 克) Graham Crackers (11g)
- Better Made® 原味薯片 (24 克) Better Made® Original Potato Chips (24g)
- Rold Gold® 椒盐脆饼 (23 克) Rold Gold® Pretzels (23g)
- Smartfood® 爆米花 (9 克) Smartfood® Popcorn (9g)
- 美式沙琪玛米酥 (17 克) Rice Krispies Treat (17g)
- ① 本地产低脂酸奶: Locally made Lowfat Yogurt:
  - 香草 (24 克) Vanilla(24g)
  - 什锦浆果 (25 克) Mixed Berry (25g)
  - 蓝莓 (24 克) Blueberry (24g)
-  ① 希腊草莓酸奶 (17 克) Greek Strawberry Yogurt (17g)

### 仅上午 11:45 后供应 Only available after 11:45AM

-  玉米 (19 克) Corn (19g)
-  蒜茸青豆 (6 克) Garlic Green Beans (6g)

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-  马铃薯泥 (21克) Mashed Potatoes (21g)
-  鸡肉调味汁 (2克) Chicken Gravy (2g)
- 烘烤马铃薯 (41克) Baked Potato (41g)
-  西兰花 (4克) Broccoli (4g)
- 鸡肉面条汤 (11克) Chicken Noodle Soup (11g)
-  奶油番茄浓汤 (17克) Cream of Tomato Soup (17g)




### 饮料 Beverages

- 苹果汁 (9克) Apple Juice (9g)
-  脱脂牛奶 (11克) Skim Milk (11g)
- 柳橙汁 (10克) Orange Juice (10g)
-  2%低脂牛奶 (11克) 2% Milk (11g)
- 蔓越莓汁 (10克) Cranberry Juice (10g)
- Silk® 香草豆奶 (18克) Silk® Vanilla Soy Milk (18g)
- 咖啡  普通  无咖啡因 Coffee  Regular  Decaf
-  低脂巧克力牛奶 (26克) Lowfat Chocolate Milk (26g)
-  立普顿® 茶  普通  无咖啡因 Lipton® Tea  Regular  Decaf
-  Lactaid® 无脂牛奶 (13克) Lactaid® Fat Free Milk (13g)
-  比奇洛® 绿茶 Bigelow's® Green Tea
-  无加糖冰茶 Unsweetened Iced Tea
- 姜汁汽水 Gingerale  普通 Regular  低热量 Diet

调味水 Flavored Water:  草莓猕猴桃 Strawberry Kiwi  蓝覆盆子 Blue Raspberry

### 零食 (每份订餐限选 2 种甜点)

Desserts (Please limit dessert selections to 2 per order)

- 橘子果冻 Orange Jello
-  冰冻果子露 (24克) Sherbet (24g)
- 柳橙 Orange
- 覆盆子 Raspberry
-  布丁 Pudding
- 巧克力 (22克) Chocolate (22g)
- 香草 (20克) Vanilla (20g)
-  含乳糖

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- ① 冰淇淋杯 Ice Cream Cup     巧克力 (17 克) Chocolate (17g)     香草 (16 克) Vanilla (16g)
- ① 巧克力曲奇饼 (17 克) Chocolate Chip Cookies (17g)
- 柠檬冰 (20 克) Lemon Ice (20g)
- ① 奶昔 Milkshakes:  草莓 (30 克) Strawberry (30g)                       香草 (31 克) Vanilla (31g)
- 卡布奇诺 (30 克) Cappuccino (30g)     巧克力 (30 克) Chocolate (30g)

仅上午 11:45 后供应 *Only available after 11:45AM*

- ① 香草芝士蛋糕 (25 克) Vanilla Cheesecake (25g)
- ① 巧克力糖霜巧克力夹层蛋糕 (31 克) Chocolate Layer Cake w/choc Icing (31g)

**请注意：患者和访客的用餐费用将直接计入患者的医院帐户。**

**Note: Patient and guest tray fees are charged directly to the patient’s hospital account.**

5 美金 (晚上 9 点 - 上午 10:59)                      8 美金 (上午 11 点 - 晚上 8:59)

访客订餐限选 1 份主食，3 份其他选项和 2 种饮料。

\$5.00 (9PM – 10:59AM)                      \$8.00 (11AM-8:59PM)

Please limit guest selections to 1 entrée, 3 additional items, 2 beverages.

*请将此菜单返还给您的医疗助理*

*Return this menu to your Medical Assistant*    Last update: September 2020

① 含乳糖

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