



PATIENT HANDBOOK

If you have questions or concerns, you have the right to ask and get a response from your doctor or nurse.

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**Valley Baptist
Health System**



Michael Cline

Market Chief Executive Officer
Valley Baptist Health System



Leslie Bingham

Chief Executive Officer
Valley Baptist Medical Center
Brownsville

WELCOME

Thank You for Trusting Us

Welcome to Valley Baptist Health System (VBHS) and thank you for trusting us with your care. We are committed to providing you with high quality health care in a safe, comfortable environment.

It is normal to feel anxious about staying in the hospital. But remember, you are not alone. You have an entire health care team focused on your safety and well-being. You are an important part of that team, and we want you and your family to take an active role in your health care during your stay with us.

We value the opportunity to serve you and appreciate the confidence you have placed in us.

Thank you for choosing Valley Baptist Health System.

Sincerely,

Michael Cline

Market Chief Executive Officer
Valley Baptist Health System

Leslie Bingham

Chief Executive Officer
Valley Baptist Medical Center - Brownsville

PHONE DIRECTORIES - Brownsville

Calling from INSIDE the hospital?

Please dial 1 and then the full phone number of the department you are trying to reach.

Brownsville Hospital Services Main Line 956-698-5400

Auxiliary Gift Shop	956-698-5482
Bariatric Services	956-698-5220
Case Management	956-698-5473
Day Surgery (Short Stay)	956-698-5759
Emergency Room Department	956-698-5595
Financial Counselor	956-698-5401
Food and Nutrition	956-698-5803
Front Desk/Lobby	956-698-5683
House Supervisor	956-698-5455
Housekeeping	956-698-5273
Medical Records	956-698-5788
Medical Unit (3 Tower)	956-698-5552
Medical ICU	956-698-5465
Neonatal ICU	956-698-5596
Nursery	956-698-5569
Outpatient Registration	956-698-5474
Pastoral Services	956-698-4060
Pediatrics	956-698-5434
Radiology	956-698-5480
Rehab	956-698-5500
Quality Management	956-698-4341
Security	956-698-5400
Surgical ICU	956-698-5771
Surgical Unit	956-698-5452
Telemetry	956-698-5562
Volunteer Services	956-698-4059
Women's Center Registration	956-698-5601

For more information on the resources available at VBMC Brownsville or Harlingen, visit ValleyBaptist.net

PHONE DIRECTORIES - Harlingen

Calling from INSIDE the hospital?

Please dial 1 then the last four digits of the phone number you are trying to reach.

Harlingen Hospital Services Main Line 956-389-1100

Admissions Office	956-389-5186
Ambulatory Infusion Unit (AIU)	956-389-4416
Breast Center	956-389-6194 956-389-6193
Case Management	956-389-1710
Emergency Room Department	956-389-5000
Financial Counseling	956-389-3132 956-389-5111
Food and Nutrition	956-389-1310
Gift Shop	956-389-1184
Housekeeping	956-389-3663
Medical Records	956-389-1713
Mother & Baby Unit	956-389-5266
Outpatient Scheduling	956-389-1852
Palliative Care Program	956-389-1285
Pastoral Services	956-389-1194
Pediatrics	956-389-5493
Quality Management	956-389-1623
Rehabilitation Services:	
Inpatient	956-389-1550
Outpatient	956-389-2323
Security	956-389-1697
Surgical Unit	956-389-1866
Volunteer Services	956-389-1193

For more information on the resources available at VBMC Brownsville or Harlingen, visit ValleyBaptist.net

OUR COMMITMENT TO CARE

Patient Satisfaction Matters to Us

How's your stay? Are you getting the care you need? Are your doctors and nurses listening and responding to your questions or requests? Our goal is to provide the best quality care. To do so, we ask for feedback from patients like you.

During Your Stay

Please speak with your nurse or nursing supervisor if you have any questions or concerns about your care. If your issue is not resolved, then contact **956-389-1623** in Harlingen or **956-698-5519** in Brownsville. You also have the right to file your complaint with either:

Texas Department of State Health Services

P.O. Box 149347

Austin, TX 78714

888-973-0022

Office of Quality and Patient Safety

The Joint Commission

One Renaissance Blvd.

Oakbrook Terrace, IL 60181

800-994-6610

Email: patientsafetyreport@jointcommission.org
jointcommission.org

After Your Stay

Once you leave our care, we will continue to seek your feedback through the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey. The HCAHPS survey is a tool to measure and report patient satisfaction. It's made up of simple questions on key care topics such as:

- Doctor and nurse communication
- Medicine and discharge information
- Pain management and staff responsiveness
- Overall quality of the hospital environment

If you're selected to receive this brief survey, please take the time to complete it. The results will help us know what we're doing right and where we can improve.

MAKING A DIFFICULT HEALTH CARE DECISION?

Sometimes a healthcare choice can involve an ethical concern – such as a wish to refuse lifesaving treatment or a disagreement over advance directives (see p. 18). Our Ethics Committee can help you make difficult decisions. For help, please call **956-698-5519** in Brownsville and **956-389-1764** in Harlingen.

VISITING THE HOSPITAL?

Thanks for taking the time to support your loved one's care and recovery. See p. 8 for important visitor information.

C.A.R.E. CHANNEL

The C.A.R.E. Channel, Channel 11 on patients' TV sets, creates a healing environment within the patient's room. The C.A.R.E. channel displays beautiful scenery along with soothing music, and it's perfect to have on while resting at night, complete with a starry night look.

FAST FACTS ABOUT YOUR STAY

An A-Z Guide to the Most Frequently Asked Questions



ATM

Brownsville: For your convenience, Valley Federal Credit Union provides an ATM in the Emergency Room waiting area.



Calling Your Nurse

Your room is connected to the nursing station via an intercom system. To call for your nurse, press the NURSE call button located on your bedrail. If you have any questions on how to use the call button, ask a staff member to show you.

VISITING THE HOSPITAL? Thanks for taking the time to support your loved one's care and recovery. See p. 8 for important visitor information.



Dining Options

Underground Café (Brownsville)

Location: Basement

Hours: Daily, 6:30 a.m. – 2 p.m.

Daily Grind Starbucks (Brownsville)

Location: To the right of main lobby

Hours: Monday-Friday, 7 a.m. – Noon.

Food Court (Harlingen)

Location: Medical Arts Pavilion - First Floor

Hours: Monday-Friday, 6:30 a.m. – 2 p.m. and 5 – 8 p.m.; Self-service available between meal service hours and after hours from 8 p.m. – 6:30 a.m. daily.

Saturday-Sunday, 6:30 a.m. – 2 p.m.; Self-service available between meal service hours and after hours from 8 p.m. – 6:30 a.m. daily.

Daily Grind Starbucks (Harlingen)

Location: Through South Tower lobby

Hours: Monday-Friday, 7 a.m. – 4 p.m.



Electrical Appliances

Only battery-operated devices are allowed in patient rooms. Do not use electric hair dryers, curling irons, razors, heating pads, portable fans and heaters, VCRs/DVRs, computers or other electric devices.



Fire Safety

We conduct fire drills from time to time. If you hear an alarm, stay where you are. In an actual emergency, hospital staff will tell you what to do.



Internet Access

Free Wi-Fi internet access is available for patients and guests. Please ask a member of your healthcare team for more information.



Medicines

Please do not bring any prescription or over-the-counter medicines to the hospital. All medicines you take in the hospital need to be prescribed, filled and given to you by hospital staff. Tell your doctor about any medicines you regularly take. If you still need them, hospital staff will give them to you.



Patient Meals

Registered, licensed dietitians work with your doctor to make sure you receive well-balanced meals according to your prescribed diet. If you have concerns or questions about your meals, call ext. 25803 in Brownsville or ext. 11748 in Harlingen.



Spiritual Services

Valley Baptist Medical Center (VBMC) wants to care for you and your family while you are with us, and our chaplains are available 24 hours a day to provide support and prayer. They can be reached by calling **956-698-4060** (Brownsville), **956-389-1194** (Harlingen) or the hospital operator. In addition, chaplains can contact your local minister if you want. Worship services are offered in the chapel on each campus. Please call for service times.



Smoking

Smoking inside the hospital is prohibited. VBMC has a no smoking policy for the comfort, well-being and safety of our patients, visitors and staff, as well as to comply with state codes.



Telephone Service

Brownsville: Your family and friends may reach you by calling the hospital operator at **956-698-5400**, who will transfer the call to your room.

Harlingen: If you are in the South Tower, your family and friends may call your room by dialing **956-389-6 + your room number**. If you are in the East Tower, family and friends may call **956-389-5 + the room number**. You also can call the hospital operator at **956-389-1100** for assistance.

To make local calls, dial 9, wait for dial tone, then dial the number.

For long-distance calling, please use a calling card or you may reach the VBMC operator by dialing 0 to be connected to an outside operator. For other questions regarding phone use and service, call the VBMC operator by dialing 0. To promote rest and recovery, incoming calls to patient rooms at Valley Baptist-Harlingen stop at 9 p.m. – 8 a.m. (Brownsville) or 7 a.m. (Harlingen).

GIFT SHOP

BROWNSVILLE

Location:

Main lobby

Hours:

Monday-Friday,

9 a.m. – 4 p.m.

956-698-4059

HARLINGEN

Location:

South Tower lobby

Hours:

Monday-Friday,

10 a.m. – 3:30 p.m.

956-389-1184

956-389-1185



Vending Machines

Brownsville: Vending machines are located outside of the cafeteria in the basement of the hospital and in the Emergency Department waiting room. They are available 24/7.

Harlingen: Vending machines are located throughout the hospital, including in the South Tower lobby, the food court, near the Education department and in the Emergency Department waiting room. They are available 24/7.



Visitation Policy

Valley Baptist recognizes the importance of the involvement of family and friends during your loved one's hospital stay. We strive to be family friendly. Thank you in advance for understanding and supporting our visitation policy.

See departmental specific visitation guidelines.

- Please note that visitation policy and guidelines are subject to change. If you have questions regarding visitation, do not hesitate to ask a member of your healthcare team for more information.
- An exception to any limited visitation policy at the hospital includes patients with disabilities who require support from family members or staff in order for them to effectively communicate with medical personnel or otherwise receive equal access to medical treatment.



Visitor Guidelines

Visits from relatives and friends can play an important part in your recovery. Please share these guidelines with your visitors:

- Please wash your hands or use hand sanitizer when you enter and leave a patient room to help prevent infection and the spread of germs.
- If you are sick, or have any flu-like symptoms (fever, chills, sore throat, cough, etc.), or nausea, vomiting, or diarrhea, you will not be allowed to visit patients.
- Please be aware you may be asked to step out of the patient's room by hospital staff when necessary.
- All visitors should enter the hospital through the main lobbies or emergency department entrances.
- A courtesy phone is in the main lobby, in front of the hospital.
- Visitors should check with the patient's nurse before bringing food to the hospital.
- Service animals are allowed as long as the visit does not disturb other patients or patient care in the unit.
- Children may visit. However, visitation for children may be restricted, depending on the patient's condition and location.

CHECK IDs

While you are here, many people will care for you (doctors, nurses, aides and these same people will care for many patients). To prevent errors in your care:

Ask to see the ID of everyone who comes into your room, so you know the name and job of the person caring for you. If you do not see an ID badge, contact your nurse immediately.

Speak up if hospital staff does not check your patient ID bracelet. Any time staff enters your room to give you medicine, transport you or perform procedures or treatments, state your name and birth date.

This may seem repetitive at times, but it helps ensure you receive the correct care.

Always make sure members of your healthcare team double check your name.

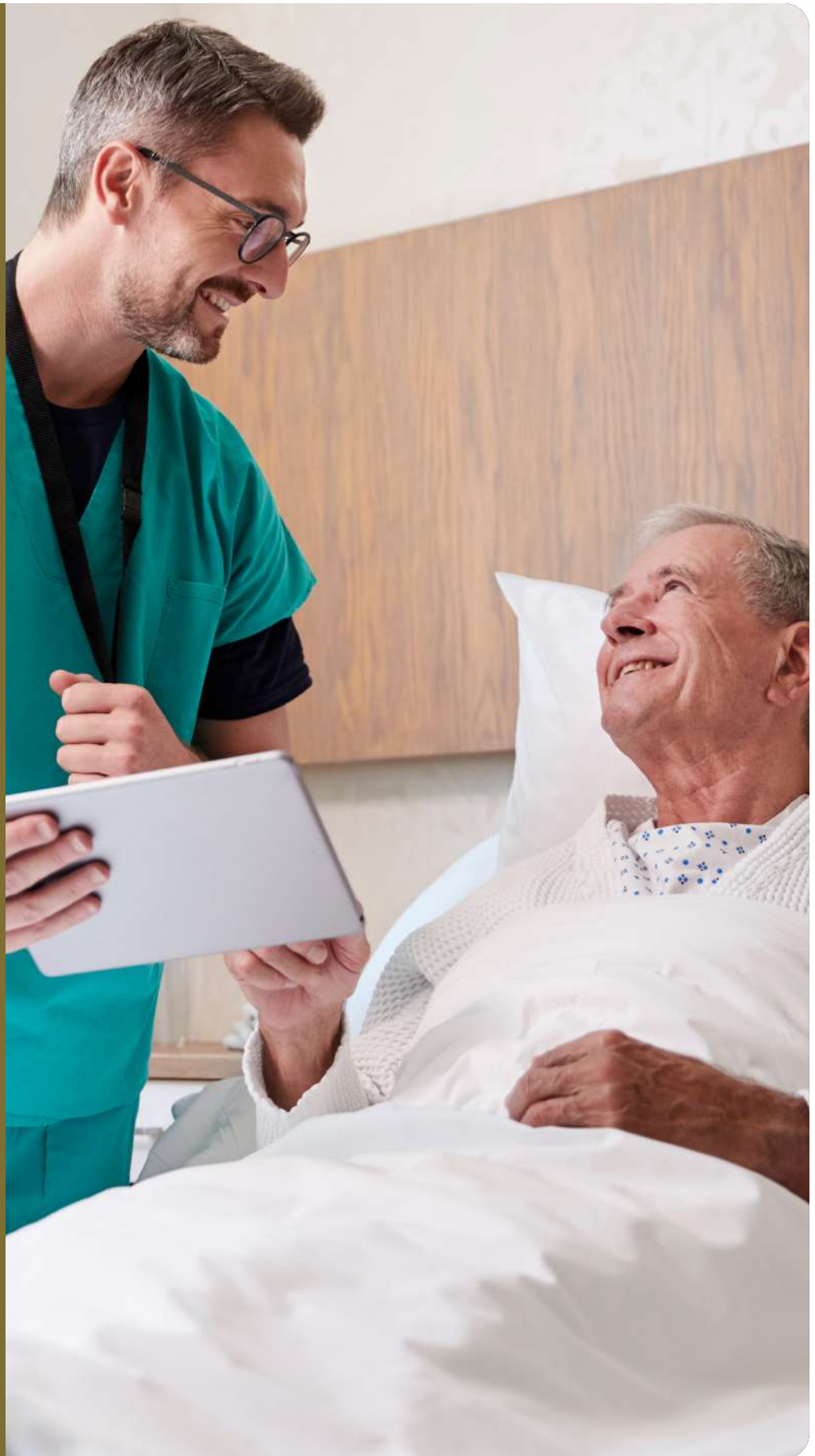
WANT TO KNOW HOW WE SCORE?

You can review and compare the quality, care and safety ratings for different hospitals at Medicare Hospital Compare, which uses HCAHPS results and other data:

- [Medicare.gov/hospitalcompare](https://www.medicare.gov/hospitalcompare)

You also can find information on hospitals through these accrediting organizations:

- Healthcare Facilities Accreditation Program (HFAP): [HFAP.org](https://www.hfap.org)
- DNV GL Healthcare: [DNVGLHealthcare.com](https://www.dnvglhealthcare.com)
- The Joint Commission: [QualityCheck.org](https://www.jointcommission.org)





ASK YOURSELF

Is there anything else the hospital should be aware of to improve my care experience?

YOU ARE THE
CENTER OF
YOUR HEALTH
CARE TEAM.
LET THIS SPECIAL
SECTION HELP
YOU GET THE
BEST RESULTS
FROM YOUR
HOSPITAL STAY.

SPECIAL SECTION



TAKE CHARGE OF YOUR CARE

Speak Up! If you have questions or concerns, you have the right to ask and get a response from your doctor or nurse that makes sense to you. To help, share your answers to these questions with hospital staff.

- What language would you prefer to speak?
- Do you need glasses, hearing aids or other devices to help with talking to hospital staff?
- Do you prefer to hear, see or read health information?
- Do you have any cultural, ethnic or religious-based special needs?
- Who will be your support person who talks with hospital staff about your healthcare wishes?

PAY ATTENTION TO YOUR CARE

- Tell your nurse if something doesn't seem right.
- Know what time you normally get medicine and tell your nurse if you don't get it.
- Request drawings or illustrations to help you learn about your condition.
- Read and understand all medical forms before signing. Ask if you need information explained.
- If your treatment involves medical equipment, practice using it with your nurse before you leave the hospital.
- Don't be afraid to ask for a second opinion. The more information you have, the better you will feel about making decisions.
- Talk to your doctor and family about whether you want lifesaving actions taken.

And Remember,
Take Charge of Your
Communication

Ask About Jargon:

If you hear a medical term you don't understand, ask what it means.

Teach Back: After you get instructions or an explanation, repeat back what you thought you heard so you can double-check that you understood.

Take Notes: Write down any key facts your doctor tells you so you won't forget.

YOU ARE KEY

You are the most important member of your healthcare team.

- Understand your treatment
- Ask questions
- Speak up about pain
- Know your medicines
- Plan early for a successful discharge

CONCERNS?

If you have concerns about the care you or your loved one is receiving, please speak with your doctor or nursing supervisor. If you feel that your issue isn't resolved, call **956-389-1623** in Harlingen and **956-698-5519** in Brownsville.

RIGHTS & RESPONSIBILITIES





You Have the Right to Receive Quality Care

Valley Baptist Health System respects, protects and promotes patient rights. No one will be denied their rights on the basis of age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation or gender identity. Upon admission to the hospital, you should have received a list of your rights as a patient. If you didn't receive this information and would like a copy, please call **956-698-5474** or **956-698-5412** (Brownsville) or **956-389-1623** (Harlingen).

If You Have a Concern About Your Care

Patients may call **956-389-1623** in Harlingen and **956-698-5519** in Brownsville to voice a complaint. If the concern is not resolved, patients may call the Texas Department of State Health Services at **888-973-0022**, write a letter of complaint to the Office of Quality and Patient Safety, The Joint Commission, One Renaissance Blvd., Oakbrook Terrace, IL 60181, call **630-792-5000** or email patientsafetyreport@jointcommission.org.

Notice of Information Access and Security Practices for Patients

Upon admission to the hospital, you should have received a Notice of Information Access and Security Practices for Patients regarding your rights as a patient pertaining to information in your medical records, billing records, etc. If you didn't receive this notice and would like a copy of this information, please call **956-389-1623**.

Effective Communication for Patients with Special Needs

Valley Baptist provides services at no cost to persons with hearing, blindness or manual impairments and Limited English Proficiency (LEP), so that they may have equal opportunities to participate in our services, activities, programs and other benefits. On admission, the patient's language and communications needs and other needs are assessed.

Viewing Your Personal Health Information

Your patient information is available electronically via the Valley Baptist Health System Patient Portal. To register for access, visit <http://www.valleybaptist.net> and click "Portal" at the top of the screen to get started. For more information or assistance, ask a member of your healthcare team.

Patient/Family Responsibilities

1. Provide information about present complaints, past illnesses, hospitalization, medications, other matters related to your health, reporting unexpected changes or perceived risks in your condition to provider, and provide VBHS with feedback about service needs and expectations.
2. Ask questions when you do not understand what you have been told about your care.
3. Follow instructions with treatment and discharge plans.
4. Accept outcomes for not following instructions for care, service or treatment plan.
5. Follow VBMC policy, local and state regulations as appropriate.
6. Act with consideration and respect of other patients and hospital personnel and property.
7. Meet financial commitments promptly. VBHS financial counselors are available. You will not be denied emergent care.
8. Safeguard your valuables and medication by taking them home.
9. Participate in your care or the care of your loved one as much as possible. Report any safety concerns to your doctor or nurse.

QUESTIONS?

If you have questions about your patient rights and responsibilities, call **956-698-5519** in Brownsville and **956-389-1623** in Harlingen.

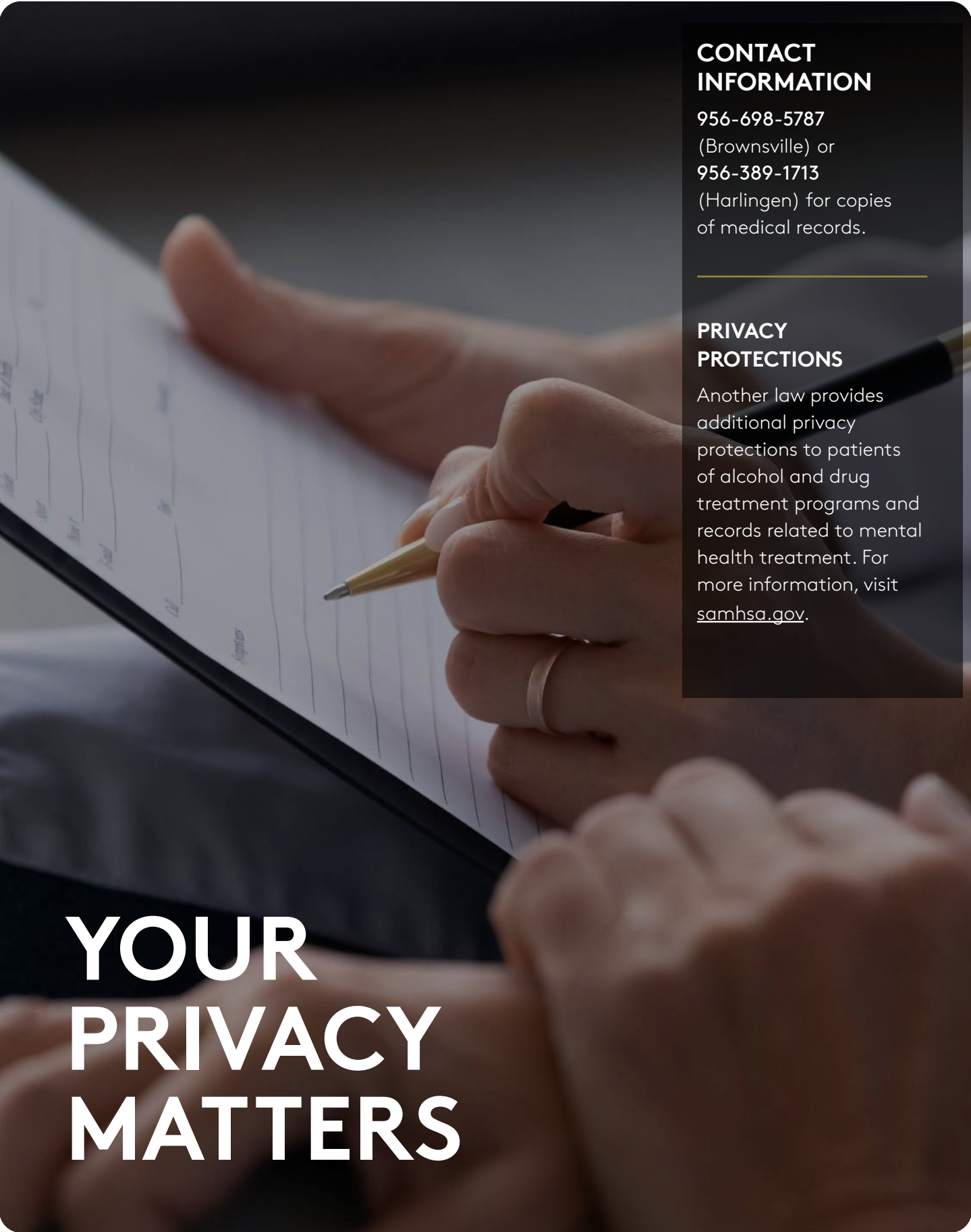
VIOLENT AND THREATENING BEHAVIOR IS NOT ACCEPTABLE HERE

- We understand that you may feel upset and anxious during your stay or visit in the hospital.
- We understand that you want the best care possible for your loved one.
- Please understand that physically or verbally threatening our staff will not help.
- Please try to stay calm.

RIGHT TO COMPLAIN

If you believe your rights are being denied or your health information isn't being protected, you can file a complaint with your provider, health insurer or the U.S. government at ocrportal.hhs.gov/ocr





YOUR PRIVACY MATTERS

CONTACT INFORMATION

956-698-5787
(Brownsville) or
956-389-1713
(Harlingen) for copies
of medical records.

PRIVACY PROTECTIONS

Another law provides additional privacy protections to patients of alcohol and drug treatment programs and records related to mental health treatment. For more information, visit [samhsa.gov](https://www.samhsa.gov).

Privacy and Health Information

You have privacy rights under a federal law that protect your health information. This law sets rules and limits on who can look at and receive your health information. These rights are important for you to know.

Who must follow this law?

- Most doctors, nurses, pharmacies, hospitals, clinics, nursing homes and many other healthcare providers and their vendors
- Health insurance companies, HMOs and most employer group health plans
- Certain government programs that pay for health care, such as Medicare and Medicaid

What information is protected?

- Information your doctors, nurses and other healthcare providers put in your medical records
- Conversations your doctor has with nurses and others regarding your care or treatment
- Information about you in your health insurer's computer system
- Billing information about you at your clinic
- Most other health information about you held by those who must follow this law

What rights do you have over your health information?

Providers and health insurers must comply with your right to:

- Ask to see and get a copy of your health records
- Have corrections added to your health information
- Receive a notice that tells you how your health information may be used and shared
- Decide if you want to give your permission before your health information can be used or shared for certain purposes, such as for marketing
- Get a report on when and why your health information was shared for certain purposes
- File a complaint

What are the rules and limits on who can see and receive your health information?

To make sure that your health information is protected in a way that doesn't interfere with your health care, your information can be used and shared:

- For your treatment and care coordination
- To pay doctors and hospitals for your health care and help run their businesses
- With your family, relatives, friends or others you identify who are involved with your health care or your healthcare bills, unless you object
- To make sure doctors give good care and nursing homes are clean and safe
- To protect the public's health, such as by reporting when the flu is in your area
- To make required reports to the police, such as reporting gunshot wounds

Without your written permission, your provider cannot:

- Give your health information to your employer
- Use or share your health information for marketing or advertising purposes
- Share private notes about your mental health counseling sessions

ADVANCE DIRECTIVES

A Simple and Smart Way to Take Charge of Your Care

One of the most important decisions you can make about your care is to fill out advance directives in case you can no longer speak for yourself. Advance directives are documents that let others know your wishes about the type of care you want. They will only be used if you become unconscious or too ill to communicate yourself. Different states have different laws about advance directives. Check with your admissions department or nurse if you have any questions. Directives can include:

Living Will

This set of instructions explains the type of life prolonging medical care you wish to accept or refuse. It can include your wishes about the use of cardiopulmonary resuscitation (CPR) if your heart stops, a ventilator if you stop breathing or feeding tubes or IVs if you cannot eat or drink.

Durable Power of Attorney

For healthcare: This is a legal document that names your healthcare proxy—someone who can make medical decisions for you if you're unable to do so. An official healthcare proxy can represent your wishes on emergency care as well as other medical issues like potential treatment options, blood transfusions, kidney dialysis, etc. Choose someone you trust, discuss your medical wishes and make sure the person agrees to represent you.

FILL OUT YOUR FORMS

Make sure you submit advance directives each time you go to the hospital so your most current information and wishes are on file. You do not need a lawyer to fill these out. For more information and to obtain the forms you need, contact your nurse or Pastoral Services at **956-698-4060** (Brownsville) or **956-389-1194** (Harlingen).

CHOOSE YOUR CARE

Fill out advance directives so your wishes are met and your loved ones are sure of what you want.

A REASON TO PLAN EARLY

If you need a rehabilitation facility, nursing home, skilled care or other service after your stay, you'll need time to find and weigh your options. For help comparing services in your local area, go to:

www.medicare.gov/nursinghomecompare

www.medicare.gov/homehealthcompare

www.qualitycheck.org

BEFORE YOU LEAVE THE HOSPITAL

A successful recovery after your stay starts with a solid plan before you go.



Plan early to reduce your chances of being readmitted and increase your chances for a healthy recovery. Take steps as soon as possible during your stay to plan for a successful transition from the hospital.

To begin, ask to speak with your discharge planner, and review the following:

- your discharge summary and discharge plan
- your complete medicine list and instructions
- your upcoming appointments
- what to do if you don't feel well

UNDERSTANDING YOUR BILL

Take Charge of Your Payments

The hospital billing process may seem complicated, but you can feel more in control by knowing exactly what your bill covers. For example, if you stay overnight, you can expect to see charges for your room, meals, 24-hour nursing care and medicines. The bill also will show charges for any special services, such as X-rays and lab tests. You'll receive bills for doctors, surgeons and specialists separately from the hospital.

Medicare

If you have Medicare, you'll have to fill out an Medicare Secondary Payer (MSP) form. This ensures that Medicare only pays for services not covered by other insurance you may have. If you have secondary insurance, this usually covers Medicare deductibles. If you don't have secondary insurance, you need to pay these amounts yourself. Also be sure to read your quarterly Medicare Summary Notices (MSNs) to review:

- the amount your doctor(s) charged
- the amount Medicare approved and paid
- the amount you owe

You have the right to receive quality care. Valley Baptist Health System respects, protects and promotes patient rights.

Brownsville

1040 West Jefferson St.
Brownsville, TX 78520
956-698-5400

Harlingen

2101 Pease St.
Harlingen, TX 78550
956-389-1100

KEEPING TRACK

One of the key ways to feel well-informed and less overwhelmed about the hospital billing process is to stay organized. Keep all of your statements and bills together and review each one as it arrives.

Commonly Confused Terms

Deductible: The amount you owe each year before your insurance begins making payments.

Co-payment: A flat fee you pay for a specific service, usually due at the time of service.

Coinsurance: The portion of your medical expenses that you're personally responsible for paying. For example, your insurance may cover 80 percent of a bill, while you have to pay the remaining 20 percent.



**Valley Baptist
Health System**

ValleyBaptist.net

MENU

HOURS 7 a.m. - 6:30 p.m.
Monday - Sunday

TO PLACE YOUR ORDER

A patient dining associate will visit you to take your order to contact your patient dining associate, please call 11755 between 7 a.m. and 6:30 p.m.

Your diet, like your medication, is an important part of your treatment and may speed your recovery.

You will receive the diet ordered by your doctor, who may transition your diet through your stay.



DAILY SPECIALS

SUNDAY

BREAKFAST

Classic American Breakfast

scrambled egg, bacon, breakfast potatoes

LUNCH

Jumbo Italian Meatball

jumbo meatball, rotini, marinara

DINNER

Chicken Piccata

chicken piccata, mashed potatoes, seasoned green beans

MONDAY

BREAKFAST

Biscuit & Gravy

buttermilk biscuit, scrambled egg, country gravy

LUNCH

Chicken Verde Enchiladas

chicken enchiladas, cilantro lime rice, pinto beans

DINNER

Smothered Pork Chop

pork chop, mushroom gravy, potato wedges, lemon pepper carrots

TUESDAY

BREAKFAST

Lemon Ricotta Pancakes

scratch pancakes, blueberry compote, lemon pudding

LUNCH

Smokehouse BBQ Pork

pulled pork, mac & cheese, red cabbage slaw, honey-kissed cornbread

DINNER

Cajun Chicken Pasta

blackened chicken, sausage, rotini, peppers & onions, mushrooms, white wine cream sauce

WEDNESDAY

BREAKFAST

Fiesta Tacos

tortillas with egg, cheddar, black beans, potato, pico de gallo

LUNCH

Beef Burgundy

braised beef, herb citrus crunch, mashed potatoes, caramelized carrots & pearl onions

DINNER

Roasted Pork

roasted pork, demi glace, au gratin potatoes, green beans

THURSDAY

BREAKFAST

Breakfast Skillet

homestyle potatoes, peppers & onions, scrambled egg, sausage link

LUNCH

Jerk Chicken

jamaican-style chicken, yellow rice, black beans, caribbean fruit salsa

DINNER

Roasted Turkey

roasted turkey, gravy, mashed potatoes, herb green beans

FRIDAY

BREAKFAST

Chilaquiles

corn tortilla, egg, queso fresco, salsa verde, sour cream sauce

LUNCH

Sesame Ginger Chicken & Rice

sesame ginger glazed chicken, edamame fried rice, hibachi vegetables

DINNER

Homestyle Meatloaf

smashed potatoes, ranch broccoli, gravy

SATURDAY

BREAKFAST

Ham & Cheese Egg Bite

ham & cheese egg bite, red potato hash, sausage link

LUNCH

Rotisserie Chicken

roasted chicken quarter, mashed potatoes, green beans

DINNER

Southwestern Carnitas Bowl

shredded pork, cilantro lime rice, pinto beans, pico de gallo



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Health System**

ValleyBaptist.net