Welcome

Nutrition & Food Service is pleased to offer hotel-style room service for your meals. This service is an extension of our commitment to providing excellence in patient care. To place your order, simply dial 8888 on your room phone any time between 6:45 am and 6:30 pm; or you may call 845-8888 from outside the hospital. Meals are made to order and your meal will be delivered within 30 minutes of placement of your order.

Guest Meal Program

Guests and family members are invited to dine with you, right in your room, ordering from the same menu.

Guest meal tickets are available for purchase at the cashier’s station located in the Sunflower Café (1st floor). They can be purchased for any meal service and you may purchase as many as you need. They are also completely refundable.

Special Diet Considerations

If your doctor has placed you on a special or restricted diet, or if you are scheduled for certain tests, your selections may be restricted. The Call Center Hostess will be able to assist you in making appropriate menu item selections that align with your diet order.

If you require special menu items, such as Kosher or Gluten Free, our Call Center Hostess will let you know which specialty items are available to meet your needs.

Key

Items on our menu are marked accordingly to assist you with your selections:

- (4) indicates a carbohydrate choice
- ♥ indicates a low-fat choice
- (8) indicates an item high in sodium

For Our Patients on a Diabetic Diet

Carbohydrates are noted on your menu to help you manage your blood sugar. One carbohydrate choice equals 15 grams of carbohydrate, and is noted by the number within the parenthesis next to each food or beverage containing carbohydrate (4).

The average diabetic diet includes 4 to 6 carbohydrate choices per meal. If you have questions about your carbohydrate goals, ask to speak to your dietitian.

Note: You may need your blood sugar checked before eating to assure your medications for glucose control are delivered properly. Please notify nursing staff after you order room service to assure your medications are timed with your meal.

Liquids

Coffee
Decaf Coffee
Hot Tea
Decaf Hot Tea
Green Tea
Hot Chocolate (1)
Whole Milk (1)
2% Milk (1)
Skim Milk ♥ (1)
Chocolate Milk (2)

Full Liquid
All Clear Liquid Selections Plus:
Any Beverage
Cream of Wheat ♥ (1.5)
Cream of Rice ♥ (1)
Vanilla Yogurt ♥ (1.5)
Tomato Soup ♥ (1)
Strained Cream of Mushroom Soup ♥ (1.5)
Strained Baked Potato Soup (1)
Chocolate Pudding ♥ (1.5)
Vanilla Pudding ♥ (1)
No Added Sugar Chocolate Pudding ♥ (1)
Ice Cream (1)
Raspberry Frozen Yogurt ♥ (1.5)
Rainbow Sherbet ♥ (1)

Clear Liquid ♥
Beef Broth
Chicken Broth
Vegetable Broth
Apple Juice (1)
Cranberry Juice (1)
All Coffee, Teas & Iced Teas
Gelatin (Orange or Berry) (1)
Sugar Free Gelatin (Orange or Berry)
Lemon Ice (1)
Sugar Free Lemon Ice (.5)
Cherry Ice (1)
Popsicle (1)

Beverages

Coffee
Decaf Coffee
Hot Tea
Decaf Hot Tea
Green Tea
Hot Chocolate (1)
Whole Milk (1)
2% Milk (1)
Skim Milk ♥ (1)
Chocolate Milk (2)

Lactaid Milk (1)
Soy Milk (1)
Apple Juice (1)
Cranberry Juice (1)
Orange Juice (1)
Prune Juice (1.5)
Low Sodium V8 (0.5)
Sweetened Iced Tea (1.5)
Unsweetened Iced Tea

Coke (1.5)
Diet Coke
Sprite (1.5)
Sprite Zero
Ginger Ale (1.5)
Diet Ginger Ale
Lemon-Lime Powerade (1)
Berry Powerade (1)
Sparkling Water

Room Service
Breakfast *available any time

Cereal
- Cream of Rice (1)
- Cream of Wheat (1.5)
- Oatmeal (1)
- Raisin Bran (2)
- Rice Chex (1.5)

Hot Breakfast Entrees
- Scrambled
- Low Cholesterol
- Hard Cooked
- Fried: over easy, sunny side up, medium or hard cooked

Breakfast Bakery
- Bagel (2.5)
- English Muffin (2)
- Blueberry or Apple Cinnamon Muffin (3)
- White (1), Wheat (1) or Rye (1.5) Toast
- Banana Bread (2)

Fruits & Yogurt
- Apple (1)
- Banana (1)
- Orange (1)
- Fresh Cut Fruit Cup (.5)
- Watermelon Cup (.5)
- Grapes (1)
- Apple sauce (1)
- Chilled Prunes (1.5)
- Chilled Peaches (1)
- Chilled Pears (1)
- Chilled Mandarin Oranges (1)
- Lite Peach Yogurt (.5)
- Vanilla Yogurt (1.5)
- Strawberry Greek Yogurt (.5)
- NonFat Vanilla Greek Yogurt (1)

Breakfast Anytime
- Corn Flakes (1)
- Special K (1)
- Frosted Flakes (1.5)
- Honey Nut Cheerios (1.5)
- Cheerios (1)

Create Your Own Breakfast Sandwich
Your choice of bread, egg, meat and cheese

On the Side
- 2 Bacon Strips
- Home Fries
- 1 Turkey Sausage Patty
- 1 Turkey Sausage Patty
- 1 Veggie Breakfast Sausage

Omelet Station
Choose from the following:

Meat
- American Cheese
- Cheddar Cheese
- Swiss Cheese
- Provolone Cheese
- Dairy-Free Cheese Substitute

Cheese
- American Cheese
- Cheddar Cheese
- Swiss Cheese
- Provolone Cheese
- Dairy-Free Cheese Substitute

Veggies
- Green Peppers
- Diced Tomatoes
- Mushrooms

Lunch & Dinner *available after 11 am daily

Soups
- Chicken, Beef or Vegetable Broth
- Chicken Noodle Soup (.5)
- Vegetable Soup (1)
- Tomato Soup (1)
- Cream of Mushroom Soup (.5)
- Baked Potato Soup (1)

Entree Salad Plates
- Julienne Salad (1)
- Chicken Caesar Salad (1)
- Chicken Salad & Fresh Fruit Plate (1)
- Tuna Salad & Fresh Fruit Plate (1)
- Egg Salad & Fresh Fruit Plate (1)
- Cottage Cheese & Fresh Fruit Plate (1)

Deli Favorites
- *Additional carbs per your bakery choice.

Entrees
- Beef Pot Roast & Pan Gravy
- Pesto Crusted Chicken Breast
- Oven Roasted Turkey Breast & Gravy
- Penne Pasta with Marinara Sauce (4)
- or Meat Sauce (3.5)

Sandwich Bakery Choices:
- 2 Slices White (2)
- 2 Slices Wheat (2.5)
- 2 Slices Rye (3)
- Soft Kaiser Roll (2.5)
- Croissant (1.5)
- White Wrap (1.5)
- Wheat Wrap (1.5)

From Our Grill
- Hamburger on Bun (1.5)
- Cheeseburger on Bun (1.5)
- Turkey Burger on Bun (1.5)
- Veggie Burger on Bun (2.5)
- Grilled Cheese (2)
- Grilled Ham & Cheese (2)
- Grilled Turkey & Cheese (2)
- Chicken Breast on Bun (.5)
- Chicken Tender (1)
- Hot Dog (1.5)

Pizza Station
- 7" Personal Cheese Pizza (5)

Side Dishes
- Mashed Potatoes (1)
- Mashed Sweet Potatoes (2)
- Steamed Rice (1.5)
- Cilantro Lime Cauliflower Rice
- Egg Noodles (1)
- Baked Potato (2.5)
- Red Beans & Rice (1)

Desserts
- Angel Food Cake (2)
- Apple Pie (3)
- Carrot Cake (3)
- Brownie (2)
- Chocolate Chip Cookie (1.5)
- Chocolate Pudding (1.5)
- Fresh Fruit Cup (.5)
- Gelatin (1)
- Vanilla Pudding (1)
- Chocolate Pudding (1.5)
- Vanilla Ice Cream (1)
- Chocolate Ice Cream (1)
- Raspberry Frozen Yogurt (1.5)
- Rainbow Sherbet (1)

Condiments
- Cinnamon
- Raisins (2)
- Ketchup
- Mustard
- Sour Cream
- Tartar Sauce
- Relish
- Mayonnaise
- Light Mayo
- Barbeque Sauce (.5)
- Salsa
- Hot Sauce
- Vinegar
- Light Soy Sauce
- Bleu Cheese Dressing
- Parmesan Cheese
- Graham Crackers (1)
- Saltines
- Unsalted Crackers
- Granola Topping (1)

Dessert
- Popsicle (1)
- Lemon Ice (1)
- Cherry Ice (1)
- Hard Candy (2)

Condiments
- Salt
- Pepper
- Mrs. Dash Seasoning
- Sugar (.5)
- Brown Sugar (1)
- Equal
- Splenda
- Half & Half
- Non-Dairy Creamer
- Butter
- Margarine
- Jelly (.5)
- Diet Jelly
- Syrup (2)
- Diet Syrup
- Cream Cheese
- Light Cream Cheese
- Peanut Butter
- Honey (1)
- Lemon Juice
- Cranberry Sauce (1)

Veggie
- Green Peppers
- Diced Tomatoes
- Mushrooms

Meat
- Ham
- Bacon
- Sausage

Cheese
- American Cheese
- Cheddar Cheese
- Swiss Cheese
- Provolone Cheese
- Dairy-Free Cheese Substitute

Choose MyPlate
MyPlate illustrates the five food groups that are the building blocks for a healthy diet.

• = carbohydrate serving