

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.

ROSWELL PARK CANCER INSTITUTE

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.

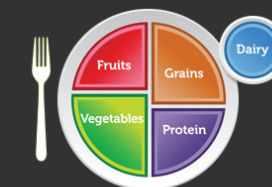
Key

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

- (#) indicates a carbohydrate choice
- ♥ indicates a low-fat choice
- Ⓢ indicates an item high in sodium

MyPlate

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



ChooseMyPlate.gov

Room Service Dining Program made possible in part through the generosity of

Coca-Cola

Room Service Dining

From inside the hospital
dial 8888

From outside the hospital
call 716-845-8888

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 (#).

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.



Breakfast

*available any time

Cereal ♥

- Cream of Rice (1)
- Cream of Wheat (1)
- Oatmeal (1)
- Raisin Bran (2)
- Rice Chex (1)
- Corn Flakes (1)
- Special K (1)
- Frosted Flakes (2)
- Honey Nut Cheerios (1.5)
- Cheerios (1)

Hot Breakfast Entrees

- Two Eggs:
- Scrambled ♥
 - Low Cholesterol
 - Hard Cooked
 - Fried: over easy, sunny side up, medium or hard cooked
- (One egg available upon request)
- French Toast ♥ (2) ^s
 - Two Buttermilk Pancakes ♥ (2)

Create Your Own Breakfast Sandwich

Your choice of bread, egg, meat and cheese

On the Side

- 2 Bacon Strips ^s
- Home Fried Potatoes (1.5)
- 1 Pork Sausage Patty
- 1 Turkey Sausage Link

The Omelet Station

Choose from the following:

- Green Peppers
- Onions
- Mushrooms
- Diced Tomatoes
- Ham
- American Cheese
- Cheddar Cheese
- Swiss Cheese
- Provolone Cheese
- Bacon
- Sausage

Breakfast Bakery ♥

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

Fruits & Yogurt ♥

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

Lunch & Dinner

*available 11am daily

Soups

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

Entree Salad Plates

- Julienne Salad (1)
- Chicken Caesar Salad (1) ^s
- Chicken Salad & Fresh Fruit Plate (2)
- Tuna Salad & Fresh Fruit Plate ♥ (2)
- Egg Salad & Fresh Fruit Plate (2)
- Cottage Cheese & Fresh Fruit Plate ♥ (2)

Salad Dressings

- French
 - Italian
 - Ranch
 - Balsamic Vinegar & Olive Oil
- (available in regular or fat free ♥ varieties)

Deli Favorites

- Egg Salad Sandwich
- Tuna Salad Sandwich ♥ ^s
- Chicken Salad Sandwich ♥ ^s
- Turkey Sandwich ♥
- Ham Sandwich ♥ ^s
- Creamy Peanut Butter & Jelly Sandwich (1.5)
- Hummus Cup (.5)

Choice of Sandwich Breads:

- White ♥ (2)
- Wheat ♥ (2)
- Rye ♥ (2)
- Soft Kaiser Roll ♥ (2.5)
- Croissant (2) ^s
- White or Wheat Wrap (1)

From Our Grill

- Hamburger (1.5)
- Cheeseburger (1.5) ^s
- Veggie Burger ♥ (2) ^s
- Grilled Cheese (2) ^s
- Grilled Ham & Cheese (2) ^s
- Grilled Turkey & Cheese (2)
- Chicken Breast ♥ (1.5)
- Chicken Tenders (1) ^s
- Hot Dog (1.5) ^s
- Battered Fish Fillet Sandwich (3)

Our Deli and Grill items are available with lettuce, tomato, pickle & onion, upon request, along with your choice of: American, Swiss, or Provolone cheese.

Entrees

- Beef Pot Roast & Pan Gravy ♥
- Pesto Crusted Chicken Breast ♥
- Oven Roasted Turkey Breast & Gravy ♥
- Penne Pasta with Tomato Sauce or Meat Sauce ♥ (3.5)
- Vegetable (1), Chicken (1) or Tofu (1) Stir Fry over rice ♥ (2.5) ^s
- Macaroni & Cheese (2) ^s
- Lite Macaroni & Cheese (2) ♥
- Crumb Crusted Cod ♥
- Battered Fish Fillet (1)
- Plain Baked Chicken ♥
- Red Beans and Rice ♥ (4) ^s

Side Dishes

- Mashed Potatoes ♥ (1) ^s
- Mashed Sweet Potatoes (1)
- Steamed Rice ♥ (1.5)
- Egg Noodles ♥ (2)
- Baked Potato ♥ (2.5)
- Red Beans & Rice ♥ (2) ^s
- French Fries (1.5)
- Hot Gravy
- Macaroni & Cheese (1) ^s
- Lite Macaroni & Cheese ♥ (1)
- Baby Carrots ♥ (.5)
- Broccoli ♥
- Corn ♥ (1)
- Green Beans ♥
- Peas ♥ (.5)
- Cucumber Sticks ♥
- Raw Baby Carrots ♥
- Side Garden Salad ♥
- Cheese & Cracker Snack Plate (1)
- Cottage Cheese
- Dinner Roll ♥ (1)
- Potato Chips (1)/Baked ♥ (2)
- Pretzels ♥ (2)

Pizza Station

7" Personal Pizza (4.5) ^s

Choose your topping:

- Pepperoni
- Onions
- Green Peppers
- Mushrooms

Desserts


- Angel Food Cake ♥ (1.5)
- Apple Pie (3)
- Carrot Cake (3)
- Brownie (1.5)
- Sugar Cookie (1.5)
- Chocolate Chip Cookie (1.5)
- Lorna Doone Cookies (2)
- Fresh Fruit Cup ♥ (1)
- Gelatin ♥ (1)
- Vanilla Pudding ♥ (1.5)
- Chocolate Pudding ♥ (1.5)
- Vanilla Ice Cream (1)
- Chocolate Ice Cream (1)
- Strawberry Ice Cream (1)
- Rainbow Sherbet ♥ (2)
- Popsicle ♥ (1)
- Lemon Ice ♥ (1)
- Cherry Ice ♥ (1)

No Sugar Added Desserts ♥

- Chocolate Pudding (.5)
- Popsicle
- Vanilla Ice Cream (1)
- Gelatin
- Lemon Ice (.5)

() = carbohydrate serving

Beverages

- | | | |
|------------------------------|----------------------|---|
| Coffee | Chocolate Milk (2) |  |
| Decaf Coffee | Lactaid (1) | Coke (1.5) |
| Hot Tea | Soy Milk (1) | Diet Coke |
| Decaf Hot Tea | Apple Juice (1) | Sprite (1.5) |
| Hot Green Tea | Cranberry Juice (1) | Sprite Zero |
| Hot Chocolate (2) | Orange Juice (1) | Ginger Ale (1.5) |
| Sugar Free Hot Chocolate (1) | Prune Juice (1.5) | Diet Ginger Ale |
| Whole Milk (1) | Low Sodium V8 (.5) | Lemon-Lime Powerade (1) |
| 2% Milk (1) | Iced Tea (1.5) | Berry Powerade (1) |
| Skim Milk ♥ (1) | Unsweetened Iced Tea | |

Condiments

- Salt ^s
- 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)
- Raisins (2)
- Ketchup ^s
- Mustard
- Sour Cream

Tartar Sauce

- Relish
- Mayonnaise
- Light Mayo
- Barbecue Sauce (.5) ^s
- Hot Sauce
- Vinegar
- Light Soy Sauce ^s
- Bleu Cheese Dressing ^s
- Parmesan Cheese
- Graham Crackers (.5)
- Saltines
- Unsalted Crackers

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)
- Sugar Free Popsicle

Full Liquid

All Clear Liquid Selections Plus:

- Any Beverage
- Cream of Wheat ♥ (1)
- Cream of Rice ♥ (1)
- Vanilla Yogurt ♥ (1.5)
- Tomato Soup ♥ (1)
- Strained Cream of Mushroom Soup ♥ (.5) ^s
- Chocolate Pudding (1.5)
- Vanilla Pudding (1.5)
- Sugar Free Chocolate Pudding ♥ (.5)
- Ice Cream (1)
- Rainbow Sherbet ♥ (2)