

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 COMPREHENSIVE CANCER CENTER

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

For Our Patients on a Diabetic Diet

Carbohydrates are noted on your menu to help you manage your blood sugar.

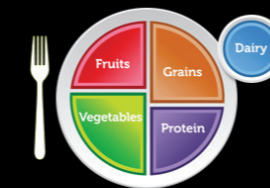
One carbohydrate choice equals 15 grams of carbohydrate, and is noted by the number within the parenthesis next to each food or beverage containing carbohydrate (#).

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.

MyPlate

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



ChooseMyPlate.gov

Room Service Dining

**From inside the hospital
dial 8888**

**From outside the hospital
call 716-845-8888**



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 Patty ♥
1 Veggie Breakfast Sausage ♥

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)
NonFat Vanilla Greek Yogurt (1)

Lunch & Diner

*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

Fat Free Ranch ♥
Balsamic Vinegar & Olive Oil

Deli Favorites

*Additional carbs per your bakery choice.

Egg Salad Sandwich
Tuna Salad Sandwich ♥ ^s
Chicken Salad Sandwich ♥ ^s
Turkey Sandwich ♥
Ham Sandwich ♥ ^s
Creamy Peanut Butter & Jelly Sandwich (1.5)

Sandwich Bakery Choices:

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

From Our Grill

Hamburger on Bun (1.5)
Cheeseburger on Bun (1.5) ^s
Turkey Burger on Bun ♥ (1.5) ^s
Veggie Burger on Bun ♥ (2) ^s
Grilled Cheese (2) ^s
Grilled Ham & Cheese (2) ^s
Grilled Turkey & Cheese (2)
Chicken Breast on Bun ♥ (1.5)
Chicken Tenders (1) ^s
Hot Dog (1.5) ^s
Battered Fish Fillet Sandwich on Bun (3.5)

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)
Meat Lasagna ♥ (2) ^s
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 ♥
Hummus Cup (0.5)
Side Garden Salad ♥
Cheese & Cracker Snack Plate (1)
Cottage Cheese
Garlic Toast (1)
Dinner Roll ♥ (1)
Baked Chips ♥ (2)
Pretzels ♥ (2)

Pizza Station

7" Personal Pizza (4.5) ^s

Choose your topping:

- Pepperoni
- Green Peppers
- Onions
- 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
Decaf Coffee
Hot Tea
Decaf Hot Tea
Hot Green Tea
Hot Chocolate (2)
Sugar Free Hot Chocolate (1)
Whole Milk (1)
2% Milk (1)
Skim Milk ♥ (1)

Chocolate Milk (2)
Lactaid (1)
Soy Milk (1)
Apple Juice (1)
Cranberry Juice (1)
Orange Juice (1)
Prune Juice (1.5)
Low Sodium V8 (.5)
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

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)