

Room Service Menu



Room Service Hours: 6:30 a.m.-7:00 p.m.

To place your order, call x16368 from the hospital phone

To speak with the patient services Foodservice Manager, call x14912

IDDSI Diet Level 6 (Soft & Bite Sized) Menu

Entrees:

Scrambled Eggs
Cheese Omelet, *chopped*
Pancake (plain, banana, or chocolate chip) *Chopped & Soft*
French Toast, *Chopped & Soft*
Macaroni and Cheese, *chopped*
Tortellini with alfredo or marinara sauce, *chopped*
Meatloaf with Gravy, *chopped*
Ground Beef
Turkey Meatballs, *chopped*
Beef Ravioli, *chopped*
Salmon, *chopped*
Tilapia, *chopped*
Lasagna, *chopped*
Spaghetti (*top with: Meat sauce, Alfredo Sauce, Marinara, Turkey Meatballs*)
Baked Chicken Leg. *Off Bone*

Desserts:

Banana Crumble
Oreo Crumble
***Ice Cream:** *Chocolate, Vanilla, or Strawberry*
***Jell-O:** *Sugar Free Strawberry or Orange*
Pudding: *Chocolate or Vanilla*
***Milkshake:** *Chocolate, Strawberry or Vanilla*
***Sugar Free Popsicles:** *Orange, Red, Grape*

*Please note:

Ice Cream: Allowed for patients cleared for Level 0 & Level 1 Liquids only.

Gelatin, Milkshakes & Popsicles are cleared for Level 0 Thin Liquid only.

Food and Nutrition Services

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Side Options:

Vegetables: Steamed Carrots, Broccoli (cooked, soft & chopped), Mashed Potatoes, Puree corn, Chopped Green Beans, Puree Peas

***Broth:** Chicken, Beef, Vegetable

***Soup:** Tomato, Chicken Noodle, Vegetable

Other: Steamed white or brown rice, refried beans, Spanish rice

Cereals: Oatmeal, Cream of Wheat, Rice Krispies (*moistened & drained*), Cheerios (*moistened & drained*)

Fruit: Strawberries (*chopped*), Banana (*Chopped*), Peaches & Pears (*Liquid Drained*), Applesauce

Yogurt / Cottage Cheese: Strawberry or Vanilla Greek Yogurt, Cottage Cheese

Deli: Ham or Turkey (*Chopped*), String Cheese (*chopped*)

Side Salads: Potato Salad (*Chopped*), Tuna Salad, Chicken Salad, Egg Salad (*Chopped*)

Condiments: *Don't forget to ask!*
Salt, Pepper, Gravy, Splenda/Sugar, Brown Sugar, Butter or Margarine, Honey, Ketchup, Mustard, Mayonnaise (light available), Sour Cream, Syrup (Regular or Sugar Free), Cream cheese (Light Available), Hot Sauce, BBQ Sauce & more!

Baby Food Available:

Fruit: Banana, Peaches, Pear, Applesauce

Vegetables: Sweet Potato, Green Beans, Peas, Carrots

Meats: Turkey, Chicken or Beef

Beverages:

Juice: *Apple, Orange, Cranberry, Grape, Tomato, Prune, Pineapple*

Crystal Light: *Lemonade, Punch, Raspberry*

Milk: *Fat Free, 2%, Whole, Low-Fat Chocolate, Lactose Free, Soy, Almond*

Gatorade: *Low Sugar Blue or Red*

Water or Tea *(Sweetened or Unsweet)*

Warm Beverages: *Chocolate Milk (Regular or No Added Sugar), Assorted Teas*

Thickened Beverages:

Apple Juice (Mild or Moderately Thick)

Orange Juice (Mild or Moderately Thick)

Cranberry Juice (Mild or Moderately Thick)

Dairy Thick (Mild or Moderately Thick)

Water (Mildly Thick)