

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 7 (Easy to Chew) Menu

Entrees:

Scrambled Eggs
Hard Boiled Eggs
Build Your own Omelet (*Choose From: Cheddar, Mozzarella, Diced Tomato*)
Pancakes (*Plain, Blueberry, Chocolate Chip, or Banana*)
French Toast (*Softened*)
Breakfast Burrito (*Egg & Cheese*)
Waffle (*Softened*)

Protein: Chicken Breast Chopped, Meatloaf, Turkey Meatballs, Ground Beef, Tofu, Baked Chicken Leg (*Off bone, chopped*)

Fish: Salmon or Tilapia

Grilled Items:

- Quesadilla (*Chicken or Cheese*)
- Burrito (*Bean, Beef or Chicken*)
- Enchiladas (*Chicken, Beef, Black Bean or Cheese*)
- Hamburger or Cheeseburger Patty – No bun

Pasta:

- Macaroni and Cheese
- Meat Lasagna
- Cheese Tortellini
- Wheat Penne

Pasta Sauces: Marinara, Alfredo, Meat sauce

Pasta Proteins: Turkey Meatballs or Ground Beef

***Please note, Items marked with an asterisk "*" may not be allowed depending on prescribed liquid level texture.**

Side Options:

Vegetables: Steamed Carrots, Broccoli (cooked, soft), Mashed Potatoes, Green Beans (cooked Soft), Peas, Peas & Carrots, Baked Potato

Broth: Chicken, Beef, Vegetable

***Soup:** Tomato, Vegetable, Cream of Chicken, Chicken Noodle, Cream of Potato

Other: Steamed white or brown rice, Refried Beans, hash brown, Garbanzo Beans

Cereals: Oatmeal, Cream of Wheat, Rice Krispies, Cheerios, Froot Loops, Frosted Flakes, Corn Flakes, Lucky Charms 1

Fruit: Strawberries, Banana, canned peaches* or pears*, watermelon*

Yogurt / Cottage Cheese: Strawberry, Blueberry, or Vanilla Greek Yogurt, Cottage Cheese, Light & Fit Peach or Strawberry Yogurt

Deli: Ham or Turkey Slices, Chicken Salad, Tuna Salad, Egg Salad, Potato Salad. *Cheese: American, Cheddar or Swiss, String Cheese*

***Breads, sandwiches, and toast that can be cut or broken apart into smaller pieces with the side of a fork or spoon can be provided if your medical team allows.**

Desserts:

***Ice Cream:** Chocolate, Vanilla, or Strawberry

***Jell-O:** Sugar Free Strawberry or Orange

Pudding: Chocolate or Vanilla

***Milkshake:** Chocolate, Strawberry or Vanilla

***Smoothies:** Strawberry, Strawberry Banana (contains milk), Pineapple, Peach, Watermelon, Banana (contains honey)

***Sugar Free Popsicles:** Orange, Red, Grape

Cookies: Sugar, Peanut Butter, Oatmeal Raisin

Cakes: Pound Cake, Chocolate Iced Cake, Angel Food Cake, Apple Pie

Food and Nutrition Services

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

Approved by PFE 11/18/21

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)

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