

University Hospital room service menu

Breakfast (available all day)

Hearty hot cereal

Select from oatmeal, cream of wheat or cream of rice  served with your choice of berry compote and/or walnuts 

Scrambler

Fluffy scrambled eggs

Breakfast sandwich

A toasted English muffin topped with one egg and choice of ham, bacon, turkey sausage and/or cheese

Cold cereal

Cheerios® , Corn Flakes®, Honey Nut Cheerios®, Rice Chex® , Rice Krispies®, Shredded Wheat®, Raisin Bran®

Farm fresh omelet

Three eggs with your choice of: ham, chicken, green bell peppers, onions, tomatoes, mushrooms, spinach and cheese

French toast

Sweet French toast made with wheat or white bread

Mixed berry crêpes

Two crêpes filled with warm berry compote

Pancake

A fluffy buttermilk or blueberry pancake

Fruit and yogurt parfait

Layers of vanilla Greek yogurt and fruit topped with granola

Breakfast sides

Turkey sausage patty

Bacon

Ham

Sausage links

English muffin

Hash browns

Toast (whole-wheat, white, rice , cinnamon raisin)

Bagel (plain, cinnamon raisin)

Mini muffin (blueberry, apple-bran)

Yogurt (blueberry, peach, strawberry, vanilla)

Fruits

Apple (whole or sliced)

Applesauce

Banana

Strawberries

Fresh fruit cup

Grapes

Orange

Canned fruit (mandarin oranges, peaches, pears, prunes, fruit cocktail)

Raisins

Melon (cantaloupe, honeydew, watermelon)

Pineapple

We are proud to make the healthy choice the easy choice

 The healthiest food and drink choices, set by UW Health registered dietitians.

 Food options free of beef, pork, poultry and fish. These items may contain dairy and egg products.

 Gluten-free food options. Additional items that have no gluten added are available upon request.

To prevent foodborne illness, eggs and meat are thoroughly cooked.

Lunch and dinner

Create a healthy meal by adding a vegetable and fruit side of your choice.

Macaroni and cheese

Creamy house-made macaroni and cheese

Perfect pasta

Spaghetti served with your choice of meat sauce, marinara sauce , Boca® marinara , or primavera marinara 

Chicken parmesan

Grilled chicken breast served with marinara and a combination of mozzarella and Parmesan

Linguine with artichoke

Linguine served with artichoke, tomato, mushroom onion and garlic olive oil sauce

Linguine with shrimp scampi

Linguine served with shrimp, garlic, mint, oregano and olive oil finished in a butter sauce.

Lasagna

Layered lasagna noodles, meat, marinara tomato sauce and mozzarella cheese

Vegetable lasagna

Layered lasagna noodles with cream sauce, broccoli and carrots

Sirloin tips on noodles

Beef top sirloin with mushroom onion gravy sauce served over egg noodles

Chicken

Grilled  chicken breast with choice of honey mustard sauce or BBQ sauce (optional)

Baked cod

Lightly seasoned baked cod

Grilled or poached salmon

Fresh grilled or poached salmon with house-made mustard dill sauce (optional)

Taco

One taco filled with your choice of ground beef, shredded chicken, white fish, refried beans , or vegetable  topped with choice of lettuce, cabbage, green bell pepper, mushroom, diced tomato, salsa and cheese

Carved roast turkey

Oven-roasted turkey breast

Chicken pot pie

Peas, carrots and diced chicken in a cream sauce, and topped with puff pastry

Sweet Thai stir-fry

Stir-fried vegetables served with your choice of chicken, beef or tofu  on a bed of rice with a sweet and tangy sauce

Meatloaf

Ground beef seasoned with herbs

Pot roast

Wisconsin beef roasted to perfection

Grilled pork loin

Pork loin grilled to perfection

Flat-bread pizza

Build your own pizza with flat bread, pizza sauce and your favorite toppings. Gluten-free crust available upon request.

Sausage

Cheese

Green bell peppers

Tomato

Ham

Pepperoni

Mushrooms

Spinach

Chicken

Black olives

Onion

Pineapple

Soups

Chicken noodle

Vegetable

Vegetarian chili

Cream of potato

Tomato

Soup of the day

Broth (beef  GF,
chicken  GF,
vegetable 

Salads

Garden side salad GF

Mixed greens, tomato, cucumber

Asian salad

Your choice of grilled chicken or tofu 
with pea pods, cabbage, lettuce, wontons, cilantro,
sesame ginger dressing

Greek salad GF

Romaine lettuce, feta cheese, tomato, red bell
pepper, red onion, Kalamata olives

Caesar salad

Romaine lettuce, Parmesan cheese,
croutons, tomato, served with grilled chicken
breast (optional)

Dressings

Balsamic vinaigrette GF Caesar GF

Bleu cheese French GF

Italian

Sesame ginger

Ranch GF

Hot sandwiches

Roast beef

Savory beef served on a toasted baguette with
your choice of cheese, peppers and/or onions

Quesadilla

Melted cheese in a folded tortilla served with your
choice of lettuce, diced tomato, guacamole and
salsa GF (Available as bean and cheese , chicken
and cheese, or beef and cheese upon request)

Burgers

Select a hamburger, black bean , turkey ,
salmon  or Sloppy Joe, with your choice of
lettuce, tomato, onion and cheese, served on
a bun

Grilled chicken

Grilled chicken breast with your choice of lettuce,
tomato, onion and cheese, served on a bun.

Grilled cheese

Your choice of cheese grilled on your
choice of bread

Bread and cheese options are listed on the right

Cold sandwiches

Caprese sandwich

Mozzarella, tomato and basil on your choice
of bread

Turkey and avocado

Turkey, avocado, lettuce, tomato on your
choice of toasted bread

Veggie

Provolone cheese, avocado, mixed greens,
cucumber and tomato on your choice of bread

Build your own sandwich

Select from the following: Beef, ham, turkey, bacon,
cheese, chicken salad , egg salad , tuna salad ,
peanut butter and jelly 

Add your toppings: Lettuce, tomato, raw onions,
grilled onions, pickles, hummus

Choose your bread: Whole-wheat, white,
whole-grain wrap, baguette, rice bread GF

Cheese: American, cheddar, provolone, Swiss, pepper
jack, low-sodium cheddar

Vegetables

Steamed broccoli
Steamed cauliflower
Steamed carrots
Steamed peas

Steamed green beans
Sautéed vegetable blend

Savory sides

Baked potato 
Baked sweet potato 
Mashed potato 
Corn 
Brown rice 

White rice 
Refried beans 
Buttered noodles
Dinner roll
Garlic bread

Snacks

Chips  (*Sunchips®*, baked potato chips) 
Cottage cheese  
String cheese  

Raw vegetables with hummus  or ranch dip 
Granola Bar
Fruit leather  
Trail mix 

Popcorn 
Yogurt  (*blueberry, peach, strawberry, vanilla*)
Crackers (*saltines, graham crackers*) 

Desserts

Fruit smoothies  (*mixed berry, strawberry-banana*)
Sugar-free cookie  (*lemon, chocolate chip*)
Gelatin  (*regular, sugar-free* )
Pudding (*vanilla, chocolate, sugar-free* )

Banana bread 
Angel food cake 
Cookie  (*chocolate chip, oatmeal, sugar*)
Cheesecake  (*plain or with chocolate sauce*)
Pie  (*apple, cherry, lemon meringue*)

Frozen desserts

Frozen yogurt (*vanilla* , *chocolate, strawberry*)
Sherbet  (*raspberry, orange*)
Sugar-free sorbet  (*orange, strawberry*)
Milkshake (*vanilla, chocolate*)
Popsicle (*regular* , *sugar-free* )
Fruit ice  (*orange, cherry*)

Beverages

Hot beverages

Hot chocolate (*regular* , *sugar-free*)
Tea  (*black, decaffeinated black, green, herbal*)
Coffee  (*regular, decaffeinated*)

Cold beverages

Water 
Carbonated water 
Unsweetened iced tea  (*regular, decaffeinated*)
Lemonade (*sugar-free*)
Powerade Zero® (*fruit punch, mixed berry*)

Milk

Dairy milk  (*skim* , *2%, whole, chocolate*)
Lactose-free milk   (*skim*)
Non-dairy milk  (*rice, almond, soy*)

Juices

Orange
Apple
Cranberry

Grape
Prune
V8® vegetable (*low-salt*)

