

BEVERAGES

(Select up to 3)

COLD BEVERAGES

Juice

- Apple
- Grape
- Cranberry
- Orange
- Lemonade
- Fruit Punch
- Diet Lemonade
- Diet Fruit Punch

Milk

- Skim, 1%, Whole Milk
- Chocolate
- Lactose Free
- Almond
- Soy

HOT BEVERAGES

Tea

- Iced
- Unsweetened Ice
- Hot
- Decaf Hot

Coffee

- Decaf

DESSERT

(Select up to 1)

- Sherbet (Lemon, Lime, Orange, Raspberry)
- Ice Cream (Chocolate, Vanilla, Strawberry)
- Ice Cream Bar or Sandwich
- Cookies (Chocolate Chip, Sugar. Oatmeal)
- Lorna Doone Cookies
- Sugar-Free Popsicles

- Applesauce
- Pudding (Chocolate, Vanilla)
- Gelatin (Orange, Strawberry, Tropical)
- Rice Krispies Treat
- Lemon Ice
- Fruit Salad Cups

CONDIMENTS

- Ketchup
- Mustard
- Mayonnaise
- Hot Sauce
- Honey Mustard
- BBQ Sauce
- Honey
- Lemon Juice
- Sugar
- Sugar Substitute
- Brown Sugar
- Raisins
- Sour Cream
- Margarine
- Salt
- Pepper
- Herb Seasoning (no salt)
- NuSalt Salt Substitute
- Salad Dressing (French/Catalina, Ranch, Italian, Raspberry Vinaigrette, Balsamic Vinaigrette, Bleu Cheese, Caesar Thousand Island)

MODIFIED DIETS

While you're in the hospital, you may be prescribed a modified diet specific to your needs. The room service menu offers Heart Healthy food choices that are prepared without added salt. Our room service staff can assist you in making appropriate food choices. Below is a explanation of several modified diets and the foods they may restrict.

If you have questions about your diet, tell the Call Service Staff you would like to speak with a Dietitian.

Sodium Restricted Diet: Foods high in salt are restricted as indicated by the symbol

Consistent Carbohydrate Diet: The amount recommended will vary based on your needs. Foods high in sugar are restricted as indicated by the symbol. Below are carbohydrate ranges per meal and the matching carb choices.

Carbs per Meal	Carbohydrate Choices per Meal
45 grams per meal	3 Carbohydrate Choices per meal
60 grams per meal	4 Carbohydrate Choices per meal
75 grams per meal	5 Carbohydrate Choices per meal

Mechanically Altered Diets: These diets are ordered if you have difficulty chewing or swallowing and may include thickened liquids. Foods may be chopped, ground, or pureed.

Renal (Kidney) Diet: This diet may limit sodium, potassium, and phosphorous. Fluid and protein may also be limited. Restricted foods are indicated by the symbol

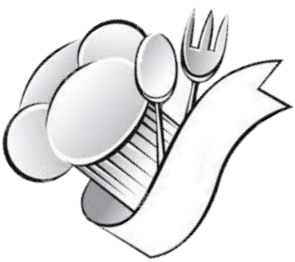
Clear Liquid and Full Liquid Diets: Used primarily for certain tests or when solid foods are not tolerated.

Faith based requests: Please notify the Dietitian or Nutrition and Food Service Staff for accommodations.

Medication: You may be on a medication that must be given before eating. Please check with you nurse.



Room Service Menu



DIAL EXT 64385 TO PLACE YOUR ORDER at the following times:

Call Center is open: 6:30a.m. –6:30 p.m.



DIAL EXT 64385 TO PLACE YOUR ORDER

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BREAKFAST

Available 6:30 a.m. until 6:30 p.m.

*Chef’s Special will be provided if no order is placed.

HOT CEREAL & COLD CEREAL (select up to 1)

- Oatmeal
 - Grits
 - Cream of Wheat
 - Frosted Mini Wheats
 - Rice Krispies
 - Special K
- Corn Flakes
 - Frosted Flakes
 - Cheerios
 - Raisin Bran
 - Bran Flakes

BREAKFAST ENTREES (select up to 1)

- Scrambled Eggs
 - Fried Eggs
 - Hard boiled eggs
 - Cheese Omelet
- French Toast
 - Pancakes
 - Waffle

BREAKFAST SIDES (select up to 2)

- Turkey Sausage Links or Patties
 - Bacon
 - Cottage Cheese
- Home fries
 - Hashbrown Patty
 - Tater Tots

BREAKFAST BREADS (select up to 2)

- Croissant
- Biscuit
- Toast (white, wheat, rye, or raisin)

FRUIT AND YOGURT (select up to 2)

- Vanilla Dannon
 - Peach Activia
 - Raspberry/Strawberry/Blueberry Light n Fit
- Apple
 - Banana
 - Orange
 - Seasonal Fresh Fruit Plate

Key

Kidney: Renal diets cannot have this item.

Salt shaker: This item is high in sodium.

Cookie: This item is high in carbohydrates.

Leaf: This item is vegetarian.

DIAL EXT 64385 TO PLACE YOUR ORDER

LUNCH/DINNER

Available 11:00 a.m. until 6:30 p.m.

*Chef’s Special will be provided if no order is placed.

MAIN ENTREES (select up to 1)

- Grilled Chicken
 - Macaroni and Cheese
 - Chicken Tenders
 - Breaded Fish
 - Fish (no breading)
 - Hot Dogs
 - Salisbury Steak
- Chef Salad (call for availability)
 - Eggplant Rollettes (with Alfredo or Marinara)
 - Cheese Pizza
 - Bean and Cheese Burrito
 - Spaghetti (with Alfredo or Marinara)
 - Ravioli (with Alfredo or Marinara)

HOT SANDWICHES

- Grilled Cheese
- Veggie Burger
- Black Bean Burger
- Cheese/Hamburger
- Chicken Patty

COLD SANDWICHES

- Roast Beef
- Roast Turkey
- Tuna Salad
- Egg Salad
- Chicken Salad
- PB & J

SIDES (select up to 2)

STARCHES

- Acini Pasta
- Steamed Rice
- Mashed Potatoes (with or without Gravy)
- Buttered Noodles
- Potato Wedges
- Crispy Cubed Potatoes
- Baby Baked Potatoes

VEGETABLES

- Green Beans
- Carrots
- Corn
- Broccoli
- Cauliflower
- Mixed Vegetables
- Raw Vegetable Side (Carrots, Celery, Sliced Tomatoes)
- Onion Petals
- Tossed Side Salad

SOUPS (select up to 1)

- Chicken Noodle
- Tomato
- Vegetable
- Cream of Mushroom
- Chicken Broth
- Beef Broth
- Vegetable Broth

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