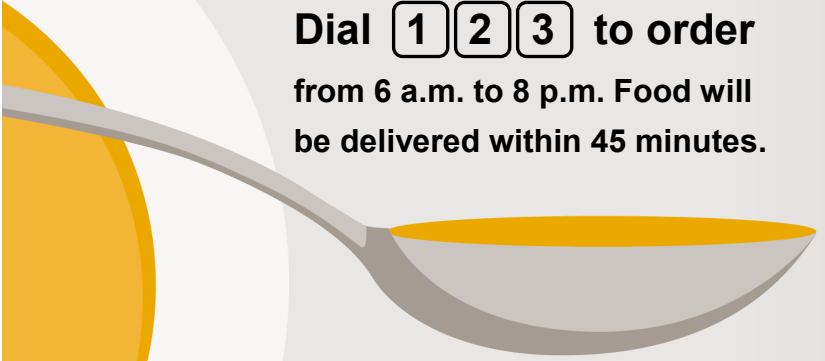


PATIENT ROOM SERVICE MENU

Dial **1** **2** **3** to order
from 6 a.m. to 8 p.m. Food will
be delivered within 45 minutes.



♥ **This menu is heart healthy.**
There are no fried foods. Most
items are low in sodium and
low in fat.

💬 **Questions?**
Our operator can help you with
your choices. Our dietitians
are also happy to help with
any questions.

Your liquids may be thickened
if ordered by a physician.

BREAKFAST

Pureed Eggs.....	2	Ground Turkey Sausage.....	0
Pureed French Toast.....	15	Cream of Wheat.....	11
Chobani Strawberry Yogurt.....	15	+ Skim, 1%, or whole milk.....	11-12
Yogurt Vanilla.....	27	Oatmeal.....	12
Yogurt Key Lime.....	16	Pancake, eggs, & blueberries ...	45
Greek Vanilla Yogurt.....	10		

FRUITS

Applesauce.....	14	Pureed Pineapple.....	16
Pureed Mixed Berries.....	19	Pureed Banana.....	28
Pureed Peaches.....	15		

COMFORT FOODS

BBQ Beef Sandwich.....	27	Turkey, bread stuffing, and cranberries.....	49
Open Faced Beef Sandwich.....	14	Pureed Bread.....	8
Open Faced Turkey Sandwich..	16	+ Hummus.....	10
Pureed Cheese Pizza.....	14	Ground Chicken.....	1
Pureed Pork Chop.....	5	+ Chicken Gravy.....	8
Pureed Spaghetti & Meat Sauce.	14	Plain Chicken Salad.....	3

SIDES

Mashed Potatoes.....	23	Pureed Green Beans.....	15
+ Chicken.....	8	Pureed Sweet Potato.....	28
+Beef Gravy.....	6	Cottage Cheese.....	3-5
Pureed Carrots.....	16	Blended Macaroni & Cheese...	20
Pureed Corn.....	26		

SOUPS

Blended Chicken Noodle Soup..	11	Tomato Soup (Low-Sodium)	22
Blended Low-Sodium Chicken Noodle.....	8		

99 numbers after each item
show carbohydrates per serv-

DESSERTS

Gelatin (orange).....	18	Thrive Ice Cream
Sugar-Free Gelatin (strawberry, lemon-lime).....	0	Vanilla.....
Pudding		Chocolate.....
Chocolate.....	20	New York Cheesecake.....
Vanilla.....	20	Italian Ice
Berry Mousse Dream.....	40	Orange.....
		Lemon.....

DRINKS

Coffee (regular or decaf).....	0	Broth (beef, chicken, vegetable).....	0
Tea (black, green, decaf, iced)....	1	Hot Chocolate.....	16
Juice		Instant Breakfast (vanilla or chocolate).....	27
Apple, Cranberry, Orange.....	14-16	Ensure High Protein Plus (vanilla, chocolate, or strawberry).....	41
Prune.....	20	Ensure High Protein (chocolate or vanilla).....	19
V8/Low Sodium V8.....	8	Ensure Compact (vanilla or chocolate).....	32
Lemon Crystal Light.....	0	Ensure Clear (apple or mixed berry)..	52
Gatorade G2 Glacier Frost.....	7		
Milk			
Skim, 1%, Whole, Lactose-Free ..	11-12		
Chocolate.....	24		
Vanilla Soy.....	16		

CONDIMENTS

Salt.....	0	Mayo.....	0	Margarine.....	0
Pepper.....	0	Light Mayo.....	1	Sour Cream.....	1
Salt-Free Seasoning..	0	Ketchup.....	2	Barbeque Sauce.....	19
Sugar.....	3	Mustard.....	0	Parmesan Cheese.....	0
Splenda.....	1	Ranch Dressing.....	2	Taco Sauce.....	1
Brown Sugar.....	13	Fat-Free Ranch Dressing..	3	Pancake Syrup.....	28
Cream.....	0	French Dressing.....	2	Sugar-Free Syrup.....	4
Creamer (Non-Dairy)..	1	Balsamic Vinaigrette.....	3	Jelly.....	10
Butter.....	0	Hot Sauce.....	0	Tartar Sauce.....	2

