



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
Greek Vanilla Yogurt.....	10	Oatmeal.....	12
Yogurt Vanilla.....	27	Pancake, eggs, & blueberries..	45
French toast, eggs, & pears.....	32		

FRUITS

Applesauce.....	14	Pureed Pineapple.....	16
Pureed Banana.....	28	Cottage Cheese Plate	6+Fruit
Pureed Mixed Berries.....	19	+Begin with cottage cheese and add	
Pureed Peaches.....	15	two fruits	

COMFORT FOODS

BBQ Beef Sandwich.....	27	Pureed Bread.....	8
Turkey and Rice with Gravy.....	31	+ Hummus.....	10
Open Faced Beef Sandwich.....	14	Ground Chicken.....	1
Open Faced Turkey Sandwich.....	16	+ Chicken Gravy.....	8
Pureed Cheese Pizza.....	14	Plain Chicken Salad.....	3
Pureed Pork Chop.....	5	Turkey, bread stuffing, and	
Pureed Spaghetti and Meat Sauce.....	14	cranberries.....	49
Macaroni & cheese with broccoli &			
carrots.....	52		

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	Steamed Rice.....	24

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 serving

DESSERTS

Gelatin (orange).....	18	Thrive	
Sugar-Free Gelatin (strawberry,		Vanilla.....	35
lemon-lime).....	0	Chocolate.....	33
Pudding		New York Cheesecake.....	41
Chocolate.....	20	Italian Ice	
Vanilla.....	20	Orange.....	22
Berry Mousse Dream.....	40	Lemon.....	20

DRINKS

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

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

