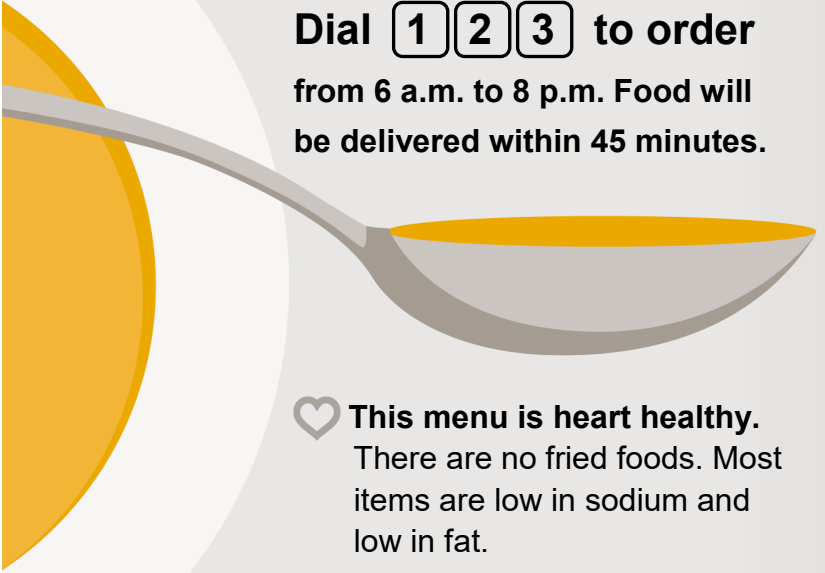




PATIENT ROOM SERVICE MENU

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
Pureed French Toast
Chobani Blueberry Yogurt
Chobani Strawberry Yogurt
Yogurt Vanilla
French toast, eggs, & pears

Greek Vanilla Yogurt
Ground Pork Sausage
+ Chicken Gravy
Cream of Wheat
+ Skim, 1%, or whole milk
Oatmeal
Pancake, eggs, and blueberries

FRUITS

Applesauce
Pureed Banana
Pureed Mixed Berries
Pureed Peaches

Pureed Pineapple
Cottage Cheese Plate
+Begin with cottage cheese and add two fruits

COMFORT FOODS

BBQ Beef Sandwich
Turkey and Rice with Gravy
Open Faced Beef or Turkey Sandwich
Pureed Cheese Pizza
Pureed Pork Chop
Pureed Spaghetti and Meat Sauce
Macaroni & cheese, broccoli, & carrots

Pureed Bread
+ Hummus
Ground Chicken
+ Chicken Gravy
Plain Chicken Salad
Plain Tuna Salad
Turkey, bread stuffing, cranberries

SIDES

Mashed Potatoes
+ Chicken or Beef Gravy
Pureed Carrots
Pureed Corn
Pureed Green Beans

Pureed Sweet Potato
Cottage Cheese
Blended Macaroni and Cheese
Steamed Rice

SOUPS

Blended Chicken Noodle Soup
Blended Low-Sodium Chicken Noodle

Tomato Soup

DESSERTS

Gelatin (orange, strawberry, tropical)
Sugar-Free Gelatin (strawberry)
Pudding (chocolate or vanilla)
Italian Ice (lemon or strawberry)

Berry Mouse Dream
Thrive (vanilla or chocolate)
New York Cheesecake

DRINKS

Coffee (regular or decaf)
Tea (green, decaf, or iced)
Juice (apple, cranberry, orange, prune, V8, low sodium V8)
Lemon Crystal Light
Broth (beef, chicken, vegetable)
Hot Chocolate

Milk (skim, 1%, whole, chocolate, vanilla, soy, lactose-free)
Instant Breakfast (vanilla or chocolate)
Ensure Enlive (vanilla, chocolate, or strawberry)
Ensure Compact (vanilla or chocolate)
Ensure Clear (apple or mixed berry)

CONDIMENTS

Salt
Pepper
Salt-Free Seasoning
Sugar
Splenda
Brown Sugar
Cream
Creamer (Non-Dairy)
Butter
Margarine

Mayo
Light Mayo
Ketchup
Mustard
Ranch Dressing
Fat-Free Ranch Dressing
French Dressing
Balsamic Vinaigrette

Sour Cream
Barbeque Sauce
Parmesan Cheese
Taco Sauce
Pancake Syrup
Sugar-Free Syrup
Jelly
Tartar Sauce

