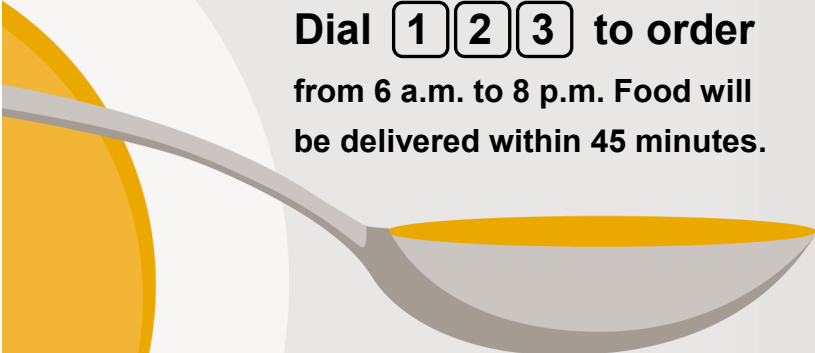


## PATIENT ROOM SERVICE MENU

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

