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
- Pureed French Toast ........... 15
- Chobani Strawberry Yogurt ... 15
- Greek Vanilla Yogurt .......... 10
- Yogurt Vanilla .................. 27
- French toast, eggs, & pears ... 32
- Ground Pork Sausage .......... 0
  + Chicken Gravy ................. 8
- Cream of Wheat ................ 11
  + Skim, 1%, or whole milk ...... 11-12
- Oatmeal .......................... 12
- Pancake, eggs, & blueberries .. 45
- Pureed Pineapple ............... 16
- Cottage Cheese Plate ....... 6+Fruit
  +Begin with cottage cheese and add two fruits
- Pureed Bread .................... 8
  + Hummus ........................... 10
- Ground Chicken ................. 1
  + Chicken Gravy ................. 8
- Plain Chicken Salad .......... 3
- Plain Tuna Salad ............... 2
- Turkey, bread stuffing, and cranberries .......... 49
- Blended Green Beans .......... 15
- Pureed Sweet Potato .......... 28
- Cottage Cheese ................. 3-5
- Blended Macaroni & Cheese ... 20
- Steamed Rice .................... 24
- Tomato Soup (Low-Sodium) .... 22
- SOUPS

**FRUITS**

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

**COMFORT FOODS**

- BBQ Beef Sandwich .......... 27
- Turkey and Rice with Gravy ... 31
- Open Faced Beef Sandwich .... 14
- Open Faced Turkey Sandwich  .16
- Pureed Cheese Pizza .......... 14
- Pureed Pork Chop ............... 5
- Pureed Spaghetti and Meat Sauce. 14
- Macaroni & cheese with broccoli & carrots .......... 52
- Mashed Potatoes ............... 23
  + Chicken ......................... 8
  + Beef Gravy ..................... 6
- Pureed Carrots ................ 16
- Pureed Corn ..................... 26
- Pureed Bread .................... 8
  + Hummus ........................... 10
- Ground Chicken ................. 1
  + Chicken Gravy ................. 8
- Plain Chicken Salad .......... 3
- Plain Tuna Salad ............... 2
- Steamed Rice .................... 24
- Pureed Green Beans .......... 15
- Pureed Sweet Potato .......... 28
- Cottage Cheese ................. 3-5
- Blended Macaroni & Cheese ... 20
- Steam Rice ...................... 24

**SIDES**

- Blended Chicken Noodle Soup .. 11
- Blended Low-Sodium Chicken Noodle .. 8

**SOUPS**

- Tomato Soup (Low-Sodium) .... 22

**DRINKS**

- Coffee (regular or decaf) .... 0
- Tea (green, decaf, or iced) ... 1
- Juice
  - Apple, Cranberry, Orange ... 14-16
  - Prune .......................... 20
  - V8/Low Sodium V8 .......... 20
  - Lemon Crystal Light ........ 8
  - Gatorade G2 Glacier Frost ... 7
  - Milk
    - Skim, 1%, Whole, Lactose Free .. 11-12
    - Chocolate .................... 20

**DESSERTS**

- Gelatin (orange, strawberry) .. 18
- Sugar-Free Gelatin (strawberry, lemon-lime) .......... 0
- Pudding
  - Chocolate ..................... 24
  - Vanilla ....................... 22
  - Berry Mousse Dream .......... 40

**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
- Tartar Sauce ............... 2

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- Sodium Chicken Noodle Soup: 8
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**SOFT & BITE-SIZED**

6 Soft & Bite-Sized

Tomato Soup (Low-Sodium) .... 22