

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

Minced Eggs.....	3	Ground Sausage	0
Minced French Toast.....	22	Cream of Wheat	11
Chobani Strawberry Yogurt	15	+ Skim, 1%, or whole milk	11-12
Yogurt Vanilla	27	Oatmeal	12
Yogurt Key Lime	16	Blueberry Muffin.....	22
Oikos Greek Vanilla Yogurt	7		

FRUITS

Applesauce.....	14	Minced Peaches	23
Pureed Mixed Berries	19	Minced Pears	22
Pureed Banana	28		

COMFORT FOODS

BBQ Beef Sandwich	29	Turkey, bread stuffing, and	
Open Faced Beef Sandwich.....	16	cranberries	49
Open Faced Turkey Sandwich ..	17	Pureed Bread	8
Pureed Pork Chop	5	+ Hummus	10
		Ground Chicken	0
		+ Chicken Gravy	8
		Plain Chicken Salad	3
		Plain Tuna Salad.....	0

SIDES

Mashed Potatoes	23	Pureed Corn.....	26
+ Chicken	8	Pureed Green Beans	15
+Beef Gravy	6	Cottage Cheese.....	3-5
Minced Carrots	13	Blended Macaroni & Cheese...	20
Minced Broccoli	14		

SOUPS

Blended Chicken Noodle Soup..	11	Tomato Soup (Low-Sodium)	22
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99 numbers after each item
show carbohydrates per serv-

DESSERTS

Gelatin (orange)	22	Thrive Ice Cream	
Sugar-Free Gelatin (strawberry,		Vanilla.....	35
lemon-lime)	0	Chocolate	33
Pudding		New York Cheesecake.....	27
Chocolate	20	Italian Ice	
Vanilla	19	Orange.....	22
Berry Mousse Dream.....	40	Lemon.....	20

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	
Apple, Cranberry, Orange	14-16	chocolate).....	27
Prune	20	Ensure High Protein Plus (vanilla, or	
V8/Low Sodium V8.....	8	chocolate)	41
Lemon Crystal Light.....	0	Ensure High Protein (chocolate or	
Gatorade G2 Glacier Frost	7	vanilla)	19
Milk		Ensure Clear (apple or mixed berry)..	52
Skim, 1%, Whole, Lactose-Free ..	11-12		
Chocolate.....	23		
Vanilla Soy.....	18		

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.....	30
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
		Soy Sauce.....	0		

