

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
Oikos Greek Vanilla Yogurt	7	Oatmeal	12
Yogurt Vanilla	27	Blueberry Muffin.....	22
Yogurt Key Lime.....	16		

FRUITS

Applesauce	14	Minced Peaches.....	23
Pureed Banana.....	28	Minced Pears.....	22
Pureed Mixed Berries	19	Cottage Cheese Plate	6

COMFORT FOODS

BBQ Ground Beef Sandwich	29	Pureed Bread	8
Ground Turkey & Rice with		+ Hummus	10
Gravy	32	Ground Chicken	0
Open Faced Ground Beef		+ Chicken Gravy	8
Sandwich.....	16	Plain Chicken Salad	3
Open Faced Ground Turkey		Plain Tuna Salad.....	0
Sandwich	17	Turkey, bread stuffing, and	
Pureed Pork Chop.....	5	cranberries	49
		Macaroni & cheese with broccoli &	
		carrots	52

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	Steamed Rice	24

SOUPS

Blended Chicken Noodle Soup ..	11
Tomato Soup (Low-Sodium).....	22

99 numbers after each item show carbohydrates per serving

DESSERTS

Gelatin (orange).....	22	Thrive	
Sugar-Free Gelatin (strawberry, lemon-lime).....	0	Vanilla	35
Pudding		Chocolate	33
Vanilla or Chocolate	19-20	New York Cheesecake.....	27
Ice Cream		Italian Ice	
Vanilla or Chocolate.....	17-18	Lemon or Orange	20-22
		Berry Mousse Dream	40

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 chocolate).....	27
Prune	20	Ensure High Protein Plus (vanilla or chocolate).....	27
V8/Low Sodium V8.....	8	Ensure High Protein (chocolate or vanilla)	19
Lemon Crystal Light.....	0	Ensure Clear (apple or mixed berry)..	52
Milk			
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		

