

## 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

Eggs.....	3	Ground Sausage .....	0
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
Greek Vanilla Yogurt.....	10		

## 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 cranberries .....	49
Open Faced Beef Sandwich.....	16	Pureed Bread .....	8
Open Faced Turkey Sandwich ..	17	+ Hummus .....	10
Pureed Pork Chop .....	5	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, lemon-lime) .....	0	Vanilla.....
Pudding		Chocolate .....
Chocolate .....	20	New York Cheesecake.....
Vanilla .....	19	Italian Ice
Berry Mousse Dream.....	40	Orange.....
		Lemon.....

## 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 chocolate).....	27
Apple, Cranberry, Orange .....	14-16	Ensure High Protein Plus (vanilla, chocolate, or strawberry).....	41
Prune .....	20	Ensure High Protein (chocolate or vanilla) .....	19
V8/Low Sodium V8 .....	8	Ensure Clear (apple or mixed berry)..	52
Lemon Crystal Light.....	0		
Gatorade G2 Glacier Frost .....	7		
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		

