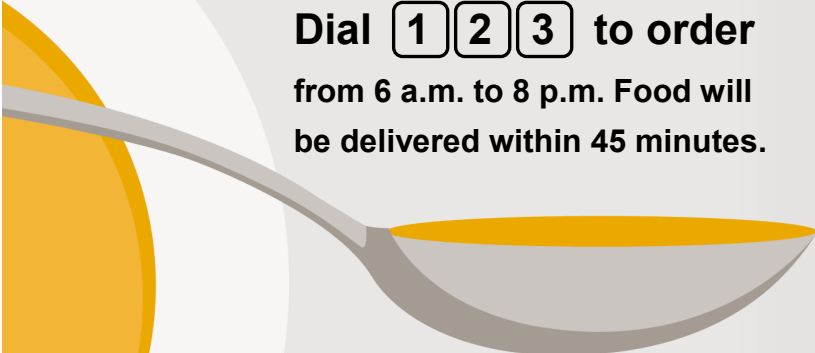


PATIENT ROOM SERVICE MENU

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
Greek Vanilla Yogurt.....	10	Oatmeal	12
Yogurt Vanilla	27	Blueberry Muffin.....	22
Yogurt Key Lime.....	16		

FRUITS

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

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 Green Beans.....	15
+ Chicken.....	8	Cottage Cheese.....	3-5
+ Beef Gravy	6	Blended Macaroni & Cheese...	20
Minced Carrots.....	13	Steamed Rice	24
Pureed Corn.....	26		

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, lem-		Vanilla	35
on-lime).....	0	Chocolate	33
Pudding		New York Cheesecake.....	41
Vanilla or Chocolate	19-20	Italian Ice	
Ice Cream		Lemon or Orange	20-22
Vanilla or Chocolate.....	17-18	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	
Prune	20	chocolate).....	27
V8/Low Sodium V8.....	8	Ensure High Protein Plus (vanilla, choco-	
Lemon Crystal Light.....	0	late, or strawberry)	27
Milk		Ensure High Protein (chocolate or	
Skim, 1%, Whole, Lactose Free ..	11-12	vanilla)	19
Chocolate.....	23	Ensure Clear (apple or mixed berry)..	52
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		

