

## 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, lem- |       | Vanilla .....            | 35    |
| on-lime).....                        | 0     | Chocolate .....          | 33    |
| Pudding                              |       | New York Cheesecake..... | 27    |
| 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 or  |    |
| Lemon Crystal Light.....             | 0     | chocolate).....                       | 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 |                      |    |

