

Welcome to Room Service

TO PLACE YOUR ORDER

dial **3663** (FOOD)

HOURS

6:30 am – 6:30 pm

HOW TO ORDER

- Please limit your order to one entrée per call. If your diet allows, we will be happy to bring you another meal if you are still hungry.
- If your physician has prescribed a modified diet, some items may not be allowed. Our trained staff will assist you in choosing appropriate meal items according to your doctor's orders.
- Your meal will be delivered to your room in approximately 45 minutes.

(#) Indicates the number of carbohydrate servings in an item. There are 15 grams of carbohydrates in one CHO unit.

♥ Indicates a Heart Healthy item which is lower in sodium and fat.

SPECIAL DIETS

If you have dietary concerns and wish to speak with one of our registered dietitians, please call extension **2199**.

DIABETES MANAGEMENT

Please tell your nurse when you have ordered your meal. This will allow for appropriate blood sugar testing and medication dosage.

ORDERING A GUEST TRAY

If a family member or friend would like to dine with you, guest trays can be purchased with cash, meal ticket, debit or credit card. Guest trays are \$6 per tray, and include one entrée, three sides and a beverage.

March 2015

BEVERAGES

Milk

2% (1) Lactose-free (1) ♥
Skim (1) ♥ Chocolate (2)

Soy Milk

Chocolate (2) or Vanilla (1) ♥

Juice

Apple (1) ♥ Prune (1) ♥
Cranberry (1) ♥ Low-sodium
Grape (1) ♥ Tomato ♥
Orange (1) ♥ V8

Coffee

Regular
Decaffeinated

Hot Tea

Regular
Decaffeinated
Herbal

Iced Tea

Regular
Decaffeinated

Hot Chocolate (1)

Lite Lemonade ♥

Coke (1)

Caffeine Free

Diet Coke ♥

Sprite (1)

Sprite Zero ♥

CONDIMENTS

Butter
Margarine ♥
Honey ♥
Cream Cheese
Lite Cream Cheese
Lite Sour Cream ♥
Jelly (also diet) ♥
Peanut Butter
Barbecue Sauce (1)
Ranch Dressing

Honey Mustard
Ketchup
Mustard ♥
Mayonnaise
Lite Mayonnaise ♥
Tartar Sauce
Syrup (2) ♥
Low-calorie Syrup ♥
Salt
Pepper ♥

Mrs. Dash ♥
Sugar ♥
Brown Sugar (1) ♥
Equal ♥
Splenda ♥
Creamer
Non-dairy Creamer
Salsa ♥
Saltine Crackers (1)
Soy Sauce

CLEAR LIQUID

Broth ♥

Beef, Chicken or Vegetable

Juice (1) ♥

Apple, Cranberry or Grape

Gelatin (1) *also sugar-free ♥

Cherry, Orange or Lemon

Italian Ice (1) ♥

Lemon or Cherry

Popsicle (1) *also sugar-free ♥

All Coffees and Teas

FULL LIQUID

All Clear Liquid Items Plus

Any Beverage

Soup (1)

Tomato, Cream of Chicken or
Cream of Potato

Pudding (1) *also sugar-free (1) ♥

Chocolate or Vanilla

Cream of Wheat (1) ♥

Vanilla Yogurt (2)

Ice Cream (1)

Chocolate or Vanilla

Raspberry Sherbet (2) ♥

Ensure (3)

Chocolate, Vanilla or
Strawberry

Sarah Bush Lincoln Health Center

Food and Nutrition Services

ROOM SERVICE



3663 (FOOD) from hospital phone
238- or 348-3663 from outside hospital

Sarah Bush
Lincoln
Trusted Compassionate Care

Breakfast

Available All Day

CEREAL

- Cheerios (1) ♥
- Corn Flakes (1) ♥
- Cream of Wheat (1) ♥
- Frosted Corn Flakes (2) ♥
- Oatmeal (1) ♥
- Raisin Bran (2) ♥
- Rice Krispies (1) ♥
- Rice Chex (1) ♥

HOT BREAKFAST ENTRÉES

- One or Two Eggs, any style
 - Two Low Cholesterol Scrambled Eggs ♥
 - Egg White Patty ♥
 - Pancakes (2) or French Toast (2)
 - maple syrup (2)
 - strawberry topping (2)
 - low-calorie syrup
 - Biscuit & Sausage Gravy (1)
 - Breakfast Sandwich (2)
 - Eggs in a Basket* (1)
 - Omelet (available with low-cholesterol eggs)
 - Cheese, Ham & Cheese, Veggie* or Western* ♥
- * Veggie includes mushrooms, onions & peppers

ON THE SIDE

- Two Bacon Strips
- Country Potatoes (1)
- Breakfast Ham
- One Sausage Patty
- One Turkey Sausage Patty ♥

BREAKFAST BAKERY

- Bagel (2) ♥
- Whole Grain Biscuit (1)
- Blueberry Muffin (2) ♥
- English Muffin (2) ♥
- Cream Cheese Danish* (1)
- Mini Blueberry Muffin (1) ♥
- Toast (1) ♥
 - White, Multi-grain or Cinnamon Raisin

FRUIT & YOGURT

- Apple (2) ♥
- Applesauce (1) ♥
- Banana (1) ♥
- Berry Yogurt Parfait (2) ♥
- Chilled Peaches (1) ♥
- Chilled Pears (1) ♥
- Chilled Prunes (2) ♥
- Fresh Fruit Cup (1) ♥
- Fresh Orange Sections (1) ♥
- Fresh Pineapple (1) ♥
- Fresh Watermelon (1) ♥
- Grapes (1) ♥
- Lite Strawberry Yogurt (1) ♥
- Raisins (2) ♥
- Vanilla Yogurt (2)
- Fresh Fruit Plate* (2)
 - with or without cottage cheese

Lunch and Dinner

SOUPS

- Broths ♥
 - Beef, Chicken or Vegetable
- Chicken Noodle (1) ♥
- Tomato (1) ♥
- Vegetable (1) ♥
- Cream of Chicken (1)

ENTRÉE SALADS

Available in half portions

- Chef Salad (1) ♥
 - Chicken Caesar Salad (1)
 - Fresh Fruit Plate (2)
 - * with or without Chicken Salad or Cottage Cheese ♥
 - Salad Dressings
 - * French ♥
 - * Italian ♥
 - * Ranch ♥
 - Vinegar & Oil ♥
- * available in fat-free

DELI

CREATE YOUR OWN SANDWICH (2)

- FILLINGS: Deli Turkey ♥, Chicken Salad ♥, Deli Ham, Peanut Butter and Jelly
- CHEESE: Swiss, American, Cheddar
- VEGETABLES: Lettuce, Tomato, Pickle or Onions
- BREAD: White, Multigrain or Croissant
- CONDIMENTS: Mayonnaise, Lite Mayonnaise, Mustard

FROM THE GRILL

- Black Bean Burger (3) ♥
- Chicken Breast (2) ♥
- Chicken Tenders (1)
- Grilled Ham & Cheese (2)
- Grilled Cheese (2)
- Grilled Turkey & Swiss (2) ♥
- Hamburger (2) ♥
- Cheeseburger (2)
- Quesadilla (2)
 - Cheese, Chicken or Veggie
 - * Veggie includes mushrooms, onions & peppers

Sandwich and Grill items are available with lettuce, tomato, pickle and onion. You may also choose Cheddar, Swiss or American cheese.

* NEW ITEM

ENTRÉES

- Beef Pot Roast ♥
- Breaded Tilapia
 - White Fish (1)
- Macaroni & Cheese (2)
- Grilled Ham
- Meatloaf
- Chicken Caesar Wrap (2) ♥
- Pulled Pork Sandwich (2) ♥
- Chicken Pot Pie (2)
- Roasted Turkey (2) ♥
 - with Pan Gravy and Cranberry Sauce
- Stir Fry over Rice (3) ♥
 - Vegetable or Chicken

SIDE DISHES

Hot Sides

- Broccoli ♥
- Carrots ♥
- Corn (1) ♥
- Green Beans ♥

- Macaroni & Cheese (1) ♥
- Steamed White Rice (2) ♥
- Mashed Potatoes (1) ♥
 - Gravy Available

Baby Baked Potatoes (1) ♥

- French Fries (2) ♥
- Dinner Roll (1) ♥

Cold Sides

- Baked Potato Chips (2) ♥
- Pretzels (1)
- Cottage Cheese ♥
- Garden Salad ♥

PIZZA

7-inch Personal Pizza (4)

Available Toppings

Cheese / Sausage / Pepperoni / *Veggie

* Veggie includes mushrooms, onions & peppers

DESSERT

COOKIES

- Sugar-free Lemon (1) ♥
- Sugar Cookie (1)
- Chocolate Chip (1)

CAKES AND PIES

- Homemade Apple Crisp (2)
- Angelfood Cake (1) ♥
 - Strawberry Topping (1) ♥

- Raspberry Puree Topping (1) ♥
- Snackwell Devils Food Cookie* (2)
- Blonde Brownie (2)
- Pumpkin Pie (3)
- Cherry Pie* (3)

FROZEN DESSERTS

- Ice Cream - Chocolate or Vanilla (1)
- Raspberry Sherbet (2) ♥
- Popsicle ♥
 - * also sugar-free ♥
- Italian Ice - Lemon or Cherry* (1) ♥

GELATIN & PUDDING

- Pudding (1) ♥
 - Chocolate
 - Vanilla
 - also sugar-free
- Gelatin (1) ♥
 - Orange
 - Cherry
 - Lemon
 - also sugar-free