## **Welcome to Room Service**

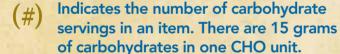
TO PLACE YOUR ORDER

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.





#### **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.

#### BEVERAGES

## Milk

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

#### Soy Milk

Chocolate (2) or Vanilla (1) 🧐

#### Juice

Apple (1) Prune (1) Prune (1) Cranberry (1) Low-sodium
Grape (1) V8

Prune (1) V9
Low-sodium
Tomato V9
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

Mrs. Dash Sugar (1) Sugar Sugar Sugar Sugar Sugar Sugar (1) Sugar (1) Sugar (1) Sugar (1) Sugar Sugar

### CLEAR LIQUID

Broth 🍄

Beef, Chicken or Vegetable

Juice (1) 🍄

Apple, Cranberry or Grape

Cherry, Orange or Lemon

Gelatin (1) \*also sugar-free 🍄

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)

Chocolate or Vanilla

Ice Cream (1)

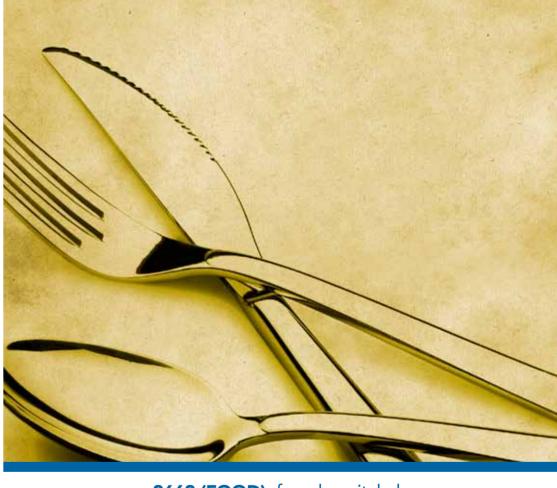
Raspberry Sherbet (2) <? Ensure (3)

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



## **Breakfast**

Available All Day

#### CEREAL

Cheerios (1) % Corn Flakes (1) % Cream of Wheat (1) <? Frosted Corn Flakes (2) <9

Oatmeal (1) % Raisin Bran (2) <9 Rice Krispies (1) % Rice Chex (1) 99

## 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

#### ON THE SIDE

Two Bacon Strips Country Potatoes (1) Breakfast Ham

One Sausage Patty

Biscuit & Sausage Gravy (1)

**Breakfast Sandwich (2)** 

Eggs in a Basket\* (1)

Omelet (available with

low-cholesterol eggs)

Cheese, Ham & Cheese,

Veggie\* or Western\*

One Turkey Sausage Patty 🧇

\* Veggie includes mushrooms, onions & peppers

#### BREAKFAST BAKERY

Bagel (2) < 9 Whole Grain Biscuit (1) Blueberry Muffin (2) English Muffin (2)

Cream Cheese Danish\* (1) Mini Blueberry Muffin (1) <9 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) 99 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) <9 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 🍄 Pulled Pork Sandwich (2) % **Breaded Tilapia** Chicken Pot Pie (2) White Fish (1) Roasted Turkey (2) < 9 Macaroni & Cheese (2) with Pan Gravy and Grilled Ham Cranberry Sauce Meatloaf Stir Fry over Rice (3) <? Chicken Caesar Wrap (2) % Vegetable or Chicken

#### **SIDE DISHES**

#### **Hot Sides** Broccoli 🧐

Carrots <?

Corn (1) <9

Green Beans 🧐 Macaroni & Cheese (1)

Steamed White Rice (2) Mashed Potatoes (1) %

- Gravy Available

## Baby Baked Potatoes (1) < French Fries (2) <9

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

#### DESSERT

#### **COOKIES**

Sugar-free Lemon (1) <? Sugar Cookie (1) Chocolate Chip (1) **CAKES AND PIES** 

Cherry Pie\* (3)

Homemade Apple Crisp (2) Angelfood Cake (1) <

- Strawberry Topping (1) - Raspberry Puree Topping (1) 09

Snackwell Devils Food Cookie\* (2) Blonde Brownie (2) Pumpkin Pie (3)

Pudding (1) < Chocolate Vanilla also sugar-free

**FROZEN DESSERTS** 

Popsicle 🧐

Ice Cream - Chocolate or Vanilla (1)

\* also sugar-free 🧇

Italian Ice - Lemon or Cherry\* (1)

Rasberry Sherbet (2) <?

**GELATIN & PUDDING** Gelatin (1) 🧇 Orange Cherry Lemon also sugar-free

<sup>\*</sup> Veggie includes mushrooms, onions & peppers