

## 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.

November 2016

## 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)
    - Plain (2) or Chocolate Chip (3)
  - 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)
  - Cheese, Chicken or Veggie
- Grilled Turkey & Swiss (2)
- Fish Sandwich (3)
- Hamburger (2)
- Cheeseburger (2)
- Quesadilla (2)
  - \* 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.

## ENTRÉES

- Beef Pot Roast
- Parmesan Encrusted Tilapia (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)
  - Veggie 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
  - Caesar 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