



## ABOUT OUR MENU

Available 7am to 8pm to patients and breast feeding mothers. Dial 51414 to place your order with one of our Room Service Operators. Meals will be delivered within 45 minutes. Some food items may not be available for those on restricted diets. Clinical Dietitians and Nutrition Assistants are available to help with meal selections.

### BREAKFAST TRADITIONS

- Scrambled Egg
- Hard Cooked Egg
- Bacon Strips
- Turkey Bacon
- Turkey Sausage Patty
- Hash Brown Patty
- Pancakes
- Chocolate Chip Pancakes
- Blueberry Pancakes
- Waffle
- French Toast Sticks
- Thick Sliced French Toast

### CEREAL CHOICES

#### Cold

Cheerios, Corn Flakes, Honey Nut Cheerios, Rice Chex, Raisin Bran, Cinnamon Toast Crunch

#### Hot

Oatmeal or Cream of Wheat

**Add in Options:** Raisins, Cinnamon, Sugar, Sugar Sub, Brown Sugar

### TOAST AND BREADS

- Toast – White or Whole Wheat
- Whole Grain English Muffin
- Blueberry Muffin
- Plain Bagel
- Cinnamon Raisin Bagel
- Cinnamon Roll
- Add:** Margarine, Butter, Grape Jelly, Strawberry Jelly, Light Cream Cheese, Cream Cheese, Peanut Butter, Honey, Maple Syrup, Sugar Free Maple Syrup

### MILK AND YOGURTS

- Granola, Fruit, and Greek Yogurt Plate
- Low Fat Strawberry & Vanilla Yogurt
- Cottage Cheese
- Milk – Skim, 2%, Whole, Chocolate Milk, Soy, Lactaid

### MAKE YOUR OWN OMLETTE

Breakfast Egg Blend or Egg Whites

**Meat** — Turkey Sausage, Ham, or Bacon

**Cheese** — American, Cheddar, Swiss, or Provolone

**Vegetables** — Diced Tomato, Sautéed Green Pepper, Sautéed Onions, Sautéed Mushroom

### SANDWICHES

- Grilled Chicken on Bun
- Open Faced Hot Roast Beef
- Beef Hamburger on Bun
- Turkey Burger
- Cheeseburger on Bun
- Cheeseburger Sliders (2)
- Garden Burger on Bun
- Mini Meatball Sub
- Breaded Chicken on Bun
- Grilled Cheese
- BLT

### ENTRÉES FINGER FOODS

- Chicken Nuggets
- Chicken Tenders
- Fish Sticks



### SIDES

- Baked French Fries
- Home Fries
- Baked Sweet Potato Fries
- Whipped Sweet Potatoes
- Mashed Potatoes
- Kraft Macaroni & Cheese
- Rice – brown or white
- Brown Rice & Black Beans
- Baked Lay's Potato Chips
- Tater Tots



### VEGETABLES

- Steamed Carrots
- Green Beans
- Broccoli Florets
- Garlic Roasted Vegetables
- Steamed Corn
- Carrot & Celery Sticks
- Add:** hummus
- Hummus with vegetables and pita bread



### SOUPS

- Beef Broth
- Chicken Broth
- Chicken Noodle
- Tomato Basil
- Fire Roasted Vegetable

### SALADS

- Tossed Garden Salad with Cucumber and Tomato
- Chicken Caesar Salad
- Side Caesar Salad
- Italian Rotini Salad
- Dressing Choices:** Ranch, Caesar, Italian, Fat Free Italian, Fat Free French

### PIZZA OR PASTA

#### Make your Own Pizza

- Dough or flat bread
- Pizza sauce or Alfredo
- Cheese, Pepperoni, Italian Sausage, or Vegetable (mushrooms, green peppers, onion)

#### Make your own Pasta

- Whole Grain Penne
- Add:** butter, Alfredo, or Marinara
- Rigatoni with Meatballs
- Parmesan

### GUEST TRAYS

Gift cards are available for purchase in the Orbits Café for \$6.00.

Place your order with one of our Room Service Operators by calling 51414.

A meal consists of 1 entrée, 3 sides and one beverage. If you are unable to leave the room to purchase a gift card, notify the Room Service Operator and Host Representative will assist.

MAKE YOUR OWN SANDWICH

Deli Turkey, Ham, Roast Beef, Dill Tuna Salad or Chicken Salad

Add- American, Swiss, Provolone, Leaf Lettuce, Tomato Slice, Dill Pickle, Sautéed Onion, Sautéed Mushrooms

On Choice of- White Bread, Whole Wheat Bread, Whole Grain Hoagie Roll, Flat Bread, Mini Kaiser Roll, or Whole Grain Tortilla

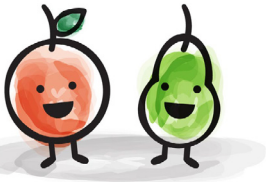
TRADITIONAL ENTRÉES

- Chicken Parmesan
- Hot Roast Beef
- Grilled Chicken Breast
- Hot Roast Turkey Breast
- Buffalo Chicken Wrap
- Cheddar Quesadilla
- Beef Taco Burrito
- Cod with Lemon Sauce
- Teriyaki Tofu Stir Fry



FRESH FRUIT

- Apple
- Apple Slices
- Banana
- Berries
- Cantaloupe
- Red Grapes
- Orange
- Fresh Fruit Salad
- Honeydew
- Pineapple Chunks
- Canned Fruit
- Applesauce
- Diced Pears
- Diced Peaches
- Mandarin Oranges
- Fruit Cocktail



SNACKS

- Goldfish Crackers
- Raisins
- Saltine Crackers
- String Cheese
- Mozzarella Sticks with Marinara
- Cinnamon Teddy Grahams
- Tiny Twist Pretzels

CONDIMENTS

- Ketchup
- Mustard
- Mayonnaise
- Light Mayonnaise
- Peanut Butter
- Salt
- Pepper
- Salt Free Seasoning Blend
- Lemon Wedge

SUPPLEMENTS

- Apple Ensure Clear
- Ensure – Chocolate, Strawberry, Vanilla
- Ensure Plus – Chocolate, Strawberry, Vanilla
- Pediasure – Chocolate, Strawberry, Vanilla

BREADS

- Dinner Roll – white or wheat

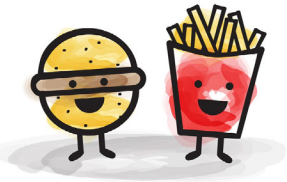
DESSERTS

- Vanilla Ice Cream
- Chocolate ice Cream
- Orange Sherbet
- Fudge Brownie
- Oatmeal Cinnamon Raisin Cookies
- Rice Krispie Treat
- Chocolate Chunk Cookies

BEVERAGES

- Apple Juice
- Grape Juice
- Orange Juice
- Cranberry Juice
- Iced Tea
- Regular Hot Tea

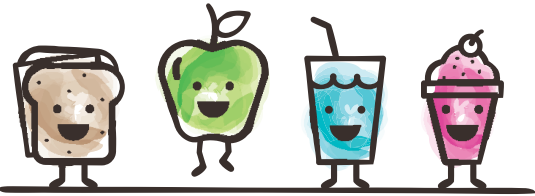
- BBQ Dipping Sauce
- Buffalo Dipping Sauce
- Honey Mustard Dipping Sauce
- Tartar Sauce
- Cheese Sauce
- Mild Salsa
- Brown Gravy
- Poultry Gravy
- Lemon Juice Packet



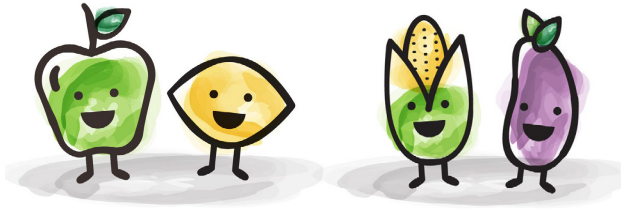
- Breakfast Essentials – Chocolate and Vanilla
- Orange Power Shake
- Recovery Shake – Chocolate, Vanilla, and Strawberry

- Apple Crisp
- Gelatin – Cherry or Citrus
- Cherry Fruit Ice
- Vanilla Pudding
- Chocolate Pudding
- Popsicle (Assorted flavors)

- Hot Chocolate
- Sugar Free Hot Chocolate
- Sugar Free Fruit Punch
- Sugar Free Lemonade
- Mixed Berry Powerade Zero



LITTLE TREATS & TASTY EATS



MENU 4-18 YEARS OLD

\*Room Service Menu—Dial 51414 7am-8pm