



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 – Chopped
- French Toast Sticks

CEREAL CHOICES

- Cold**
- Cheerios, Corn Flakes, Honey Nut Cheerios, Rice Chex, Cinnamon Toast Crunch
- Hot**
- Oatmeal or Cream of Wheat
- Add in Options:* Cinnamon, Sugar, Sugar Sub, Brown Sugar

TOAST AND BREADS

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

MILK AND YOGURTS

- Low Fat Strawberry & Vanilla Yogurt
- Cottage Cheese
- Milk – 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

- Chopped Chicken Patty on Bun
- Chopped Roast Beef with Gravy
- Chopped Turkey Burger
- Cheeseburger Sliders (2)
- Garden Burger on Bun – Quartered
- Grilled Cheese – Quartered
- Peanut Butter & Jelly – Quartered
- Chopped Hot Dog on Bun

ENTRÉES FINGER FOODS

- Chicken Nuggets
- Chicken Tenders
- Fish Sticks

VEGETABLES

- Steamed Carrots
- Green Beans
- Broccoli Florets
- Garlic Roasted Vegetables
- Steamed Corn



SOUPS

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

SIDES

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

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

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

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|---------------------------------|-----------------------------|
| Chopped Chicken Parmesan | Cheddar Quesadilla |
| Chopped Chicken Breast | Flaked Cod with Lemon Sauce |
| Chopped Hot Roast Turkey Breast | |



FRESH FRUIT

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|--------------|------------------------|
| Apple Slices | Honeydew |
| Banana | Cantaloupe |
| Berries | Red Grapes – Quartered |



CANNED FRUIT

- | | |
|--------------|------------------|
| Applesauce | Sliced Peaches |
| Sliced Pears | Mandarin Oranges |

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 a Host Representative will assist.

SNACKS

- Goldfish Crackers
- String Cheese
- Saltine Crackers
- Cinnamon Teddy Grahams



CONDIMENTS

- Ketchup
- Honey Mustard Dipping Sauce
- Mustard
- Ranch Dressing
- Light Mayonnaise
- Tartar Sauce
- Salt
- Mild Salsa
- Pepper
- Brown Gravy
- Salt Free Seasoning Blend
- Poultry Gravy
- BBQ Dipping Sauce
- Lemon Juice Packet
- Buffalo Dipping Sauce

SUPPLEMENTS

- Apple Ensure Clear
- Breakfast Essentials – Chocolate and Vanilla
- Ensure – Chocolate, Strawberry, Vanilla
- Orange Power Shake
- Ensure Plus – Chocolate, Strawberry, Vanilla
- Recovery Shake – Chocolate, Vanilla, and Strawberry
- Pediasure – Chocolate, Strawberry, Vanilla

BREADS

- Dinner Roll – white or wheat

BABY FOOD

- Strained Applesauce (Stage 1 &2)
- Strained Mixed Vegetables (Stage2)
- Strained Bananas (Stage 1 &2)
- Strained Beef with Gravy
- Strained Peaches (Stage 1 &2)
- Strained Chicken with Gravy
- Strained Peas (Stage 1 &2)
- Strained Turkey with Gravy
- Strained Green Beans (Stage 1 &2)
- Infant Rice Cereal
- Strained Carrots (Stage 1 &2)
- Strained Apple Juice
- Strained Butternut Squash (Stage 1 &2)
- Strained Pear Juice
- Strained Sweet Potatoes (Stage 1 &2)

DESSERTS

- Vanilla Ice Cream
- Cherry Fruit Ice
- Chocolate ice Cream
- Apple Crisp
- Orange Sherbet
- Gelatin – Cherry or Citrus
- Mini Chocolat Chip Cookies
- Cherry Fruit Ice
- Gelatin – Cherry or Citrus
- Vanilla Pudding
- Vanilla Milkshake
- Chocolate Pudding
- Chocolate Milkshake

BEVERAGES

- Apple Juice
- Grape Juice
- Orange Juice
- Cranberry Juice
- Iced Tea
- Hot Chocolate
- Sugar Free Hot Chocolate
- Sugar Free Fruit Punch
- Sugar Free Lemonade
- Mixed Berry Powerade Zero







LITTLE TREATS &
TASTY EATS



MENU
1-3 YEARS OLD

*Room Service Menu—Dial 51414 7am-8pm