

Room Service

Dining Menu

Beverages

Coffee

Regular or Decaffeinated

Tea

Black Tea (reg/decaf)
Green Tea (reg/decaf)
Earl Grey Tea (reg/decaf)
Vanilla Chai Tea

Herbal Teas

Chamomile
Cinnamon Apple
Lemon
Mint
Orange
Raspberry

Hot Chocolate

Regular or Diet

Milk

Skim Lactaid
2% Soy
Whole Chocolate

Milk Shake

Vanilla
Chocolate
Strawberry

Juices

Apple Prune
Orange Tomato
Cranberry Low Sodium V-8
Grape

Refreshing Drinks

Decaf Iced Tea (unsweetened)
Lemonade
Crystal Lite Lemonade
Fruit Punch

Soda

Coke Diet Ginger Ale
Diet Coke Sprite
Ginger Ale Diet Sprite

Breakfast



Fruit

Banana
Grapes
Apple
Orange
Canned Pears
Canned Peaches
Pineapple Chunks
Fruit Cocktail
Mandarin Oranges
Mixed Tropical Fruit
Stewed Prunes
Applesauce

Cereal

Oatmeal
Cream of Wheat
Grits
Cheerios
Corn Flakes
Rice Krispies
Frosted Mini Wheats
Raisin Bran
Low-Fat Granola
All Bran
Corn Pops
Fruit Loops



Breakfast Entrees

Scrambled Eggs
(cheese may be added)
Scrambled Egg Substitute
(fat-free American cheese
may be added)
Hard Boiled Egg
Egg and Cheese Burrito
(salsa and sour cream
available upon request)

Buttermilk Pancakes
Belgian Waffle
Cinnamon French Toast
Hash Browns
Bacon
Turkey Bacon
Sausage
Veggie Sausage
Cottage Cheese



Omelette (can be made with egg substitute upon request)
with your choice of:

Tomatoes
Onions
Green Peppers
Mushrooms

Ham
Swiss Cheese
American Cheese
Fat-Free American Cheese
Cheddar Cheese

Yogurt

Lowfat
Plain
Vanilla
Blueberry



Non-Fat/No Sugar Added
Strawberry
Peach

Breakfast Bakery

Homemade Banana Bread
Bagel
Plain
Cinnamon Raisin
Whole Wheat
Croissant
English Muffin

Muffins
Corn
Blueberry
Breads
White
Whole Wheat
Multi-Grain
Rye



*Lower sodium, fat and/or calorie versions of these foods are available.

To Order Meals Call: 301-451-FOOD (3663)

Lunch & Dinner



Appetizers *Soup/Chili*

Beef*, Chicken* or Vegetable Broth
Classic Chicken Noodle
Tomato
Cream of Mushroom
Vegetarian Vegetable*
Broccoli & Cheese
Beef Chili

Side Salads

Fresh Green Salad
Classic Spinach Salad
Coleslaw
Carrots & Celery Sticks

Salad Dressings

Ranch
French
Thousand Island
Honey Mustard
Italian
Caesar
Olive Oil
Balsamic Vinegar
Fat-Free French
Lite Italian
Fat-Free Ranch

Chef's Favorites

Tortilla-Crusted Tilapia with Chipotle and Lime
Baked Filet of Flounder
Roast Turkey with (or without) Gravy*
Baked Salmon with (or without) Dill Sauce
Chicken Pot Pie
Jamaican Jerk Chicken Breast
Chicken, Beef, Tofu, or Vegetable Stir-Fry over Rice*
London Broil with (or without) Gravy*
Meatloaf with (or without) Gravy*
Cheese Quesadilla
Chicken Burrito

On the Side

Carrots
Green Beans
Vegetable Medley
Corn
Steamed Broccoli
Spinach
French Fries
Macaroni & Cheese*
Bread Stuffing
Mashed Potatoes*
White Rice
Brown Rice
Rice & Beans
Buttered Egg Noodles
Dinner Roll

Pizza, Pasta & Potato Bar

Personal Pizza

Choice of:
Cheese
Pepperoni
Mushrooms
Green Peppers
Sliced Tomatoes
Onions
Ham
Pesto

Pasta

Choice of:
Spaghetti
Penne
Whole Wheat Spaghetti
Cheese Ravioli

Sauces/Meat

Choice of:
Marinara Sauce
Meat Sauce
Alfredo Sauce
Pesto Sauce
Turkey Meatballs
(choose sauce)

Baked Potato

Choice of:
Plain (no toppings)
Steamed Broccoli
Beef Chili
Butter
Margarine (trans fat free)
Sour Cream
Real Bacon Bits
Shredded Cheddar Cheese
Cottage Cheese
Guacamole
Salsa
Jalapenos

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From the Grill

Grilled Chicken Sandwich
 Cheese Steak Sub
 (peppers and onions available)
 Hamburger
 Cheeseburger
 Veggie Burger on Bun

Grilled Cheese Sandwich*
 on white, whole wheat, or rye
 (sliced tomato or ham can be added)
 Hot dog on Bun*
 Chicken Fingers
 Fried Chicken Wingettes
 Fried Fish on Bun
 Fish Sticks

Accompaniments

Lettuce
 Tomato
 Raw Onion
 Sautéed Onions
 Sautéed Mushrooms
 Mayonnaise*
 Ketchup
 Mustard
 Relish

Deli Signatures

Grilled Chicken Caesar Salad
 Chef Salad*
 Classic Spinach Salad
 Seasonal Fruit Plate with choice of:
 Assorted Cheese Cubes,
 Cottage Cheese or Vanilla Yogurt

Create Your Own Sandwich (Whole or Half)

Choice of:

Turkey
 Ham
 Roast Beef
 Bacon
 Chicken Salad
 Tuna Salad
 Egg Salad
 Peanut Butter & Jelly
 BLT (Bacon, Lettuce
 & Tomato)

Cheese

Swiss
 American
 Fat Free American
 Provolone

Breads

White
 Whole Wheat
 Multi-Grain
 Rye
 Whole Wheat Pita
 Hoagie Roll
 Flour Tortilla

Something Crunchy/Extras

Potato Chips	Saltine Crackers	Dried Fruits
Baked Potato Chips	Corn Tortilla Chips	Apricots
Pretzels	Peanuts (salted)	Raisins

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Condiments



Ketchup	Hummus
Mustard	Butter
Mayonnaise*	Margarine (trans fat free)
Relish	Half & Half
Pickle Chips	Non-Dairy Creamer
Dill Pickle	Sugar
Tarter Sauce	Equal
Lemon Packet	Splenda
Lemon Wedge	Jelly
Salt	Strawberry Grape
Pepper	Diet Jelly
Mrs. Dash	Strawberry Grape
Sour Cream	Peanut Butter
Barbecue Sauce	Cream Cheese*
Hot Sauce	Pancake Syrup
Soy Sauce	Diet Pancake Syrup
Parmesan Cheese	Honey
Cranberry Sauce	Raisins
Sweet 'n Sour Sauce	Brown Sugar
Guacamole	Ground Cinnamon
Salsa	
Jalapenos	

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Sweet Temptations

Ice Cream/Sherbet

- Vanilla
- Strawberry
- Chocolate
- Fat Free, No Sugar Added
- Vanilla
- Orange Sherbet

Fruit Ice

- Lemon
- Cherry

Gelatin Cup

- Lemon
- Orange
- Strawberry
- Sugar-Free Strawberry

Popsicle

- Grape
- Cherry

Cakes & Pies

- Chocolate Cake
- Carrot Cake
- Angel Food Cake
- Apple Pie
- Lemon Meringue Pie

Pudding

- Vanilla
- Chocolate
- Rice Pudding

Cookies

- Chocolate Chip
- Oatmeal Raisin
- Peanut Butter
- Sugar
- Graham Crackers

Clear Liquids

Broths

- Beef*
- Chicken*
- Vegetable

Fruit Ice

- Lemon
- Cherry

Juice/Fruit Drinks/Soda

- Apple
- Cranberry
- Grape
- Fruit Punch
- Lemonade
- Diet Lemonade
- Ginger Ale
- Diet Ginger Ale

Coffee

- Regular, Decaf

Gelatin Cup

- Lemon
- Orange
- Strawberry
- Sugar-Free Strawberry

Tea

- Black Tea (reg/decaf)
- Green Tea (reg/decaf)
- Earl Grey Tea (reg/decaf)
- Vanilla Chai Tea

Herbal Teas

- Chamomile
- Cinnamon Apple
- Lemon
- Mint
- Orange
- Raspberry

- Decaf Iced Tea (unsweetened)

Popsicle

- Grape
- Cherry

Full Liquids

(All clear liquid items available on full liquid diet)

Soup

- Tomato
- Strained Mushroom
- Blended Chicken Noodle

Hot Cereal

- Cream of wheat
- Strained Oatmeal

Yogurt

- Plain
- Vanilla

Ice Cream/Sherbet

- Vanilla
- Chocolate
- Strawberry
- Fat Free, No Sugar Added
- Vanilla
- Orange Sherbet

Pudding

- Vanilla
- Chocolate

Juice

- Tomato
- Low Sodium V-8

Milk

- Skim
- 2%
- Whole
- Lactaid
- Soy
- Chocolate

Boost

- Vanilla
- Chocolate
- Strawberry

Ensure

- Vanilla
- Chocolate

Milkshake

- Vanilla
- Chocolate
- Strawberry

Pureed Foods

(All clear liquid and full liquid items available on pureed foods diet)

- | | |
|--------------------------------|-----------------------------------------|
| Cream of Wheat, Grits, Oatmeal | Puréed Beef Steak |
| Puréed Bananas, Peaches, Pears | Puréed Seafood Filet |
| Applesauce | Mashed Potatoes |
| Puréed Chicken Breast | Puréed Carrots, Green Beans, Peas, Corn |

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*The Nutrition Department wants to make your visit
as pleasant as possible by offering you room service.*

How to Place Your Order

- 1** Dial **301-451-FOOD** (3663) *between the hours of 6:30 a.m. and 6:30 p.m.*
- 2** Identify yourself to the Room Service Attendant who will verify your name, room number and the diet ordered by your physician.
- 3** Place your order.

Your meal will be prepared to your specifications and served to you within 45 minutes of your request.

Notes

Won't be back until after 6:30 p.m.? Call in advance to order from the deli menu. We will package your meal and leave it in the refrigerator on your unit.

Cafeterias and coffee shops are available for visitors. Vending machines outside the second floor cafeteria are available 24 hours a day. Food in these locations is provided by a food service contractor.

Special/Restricted Diets

Please note that not all menu items are appropriate for all diets. If you are on a special/restricted diet, our Room Service Attendant will assist you with your meal selections.

If you take insulin please let your nurse know that you are ordering a meal.

The Nutrition Department is committed to provide you with *Excellent* service. Feel free to let your Room Service Attendant know how we can help meet all of your food service needs.

