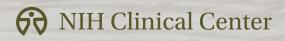
# Room Service Dining Menu



## 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



 ${\color{red} \pmb{Omelette}} \ (can be made with egg substitute upon request)$ 

with your choice of:

Tomatoes Onions

Green Peppers Mushrooms Ham

Swiss Cheese American Cheese

Fat-Free American Cheese

Cheddar Cheese

#### **Yogurt**

Lowfat Plain

Plain Vanilla Blueberry Non-Fat/No Sugar Added

Strawberry Peach



Homemade Banana Bread

Bagel

Plain

Cinnamon Raisin Whole Wheat

Croissant

**English Muffin** 

Muffins

Corn Blueberry

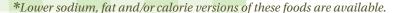
Breads

White

Whole Wheat

Multi-Grain

Rye



## 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

#### 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



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

Personal Pizza

Chicken Burrito



#### 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

## 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 Sauteed Onions Sauteed 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

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

### 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

Sour Cream
Strawberry
Grape

Barbecue Sauce
Peanut Butter

Hot Sauce Cream Cheese\*
Soy Sauce Pancake Syrup

Parmesan Cheese Diet Pancake Syrup

Cranberry Sauce Honey
Sweet 'n Sour Sauce Raisins

Guacamole Brown Sugar

Salsa Ground Cinnamon

**Jalapenos** 

## **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

#### *Iuice*

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 Bananas, Peaches, Pears

Applesauce Puréed Chicken Breast Puréed Beef Steak Puréed Seafood Filet Mashed Potatoes

Puréed Carrots, Green Beans, Peas, Corn



## 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.

