



To place your meal order please dial MEAL (ext. 6325)

Room Service is available from 6:30am-6:30pm

Allow up to 45 minutes to pick up your tray

Please bring your voucher(s) to the kitchen when you pick up your tray. Look for the **Orange NICU Parent** sign in the kitchen.

**\$3.00 Voucher:** 1 Entrée (Cold/Hot/Breakfast/Sandwich) + 2 sides + 1 drink & condiments

**\$5.00 Voucher:** 1 Entrée (Cold/Hot/Breakfast/Sandwich) + 2 sides + 2 drinks, 1 soup or salad, 1 dessert & condiments

### HOT ENTREES:

- |                               |                     |
|-------------------------------|---------------------|
| Panko & Dijon Crusted Tilapia | Chicken Parmesan    |
| Turkey w/Stuffing & Gravy     | ■ Macaroni & Cheese |
| Turkey Pot Pie                | ♥ Chicken Marsala   |
| Pot Roast                     | Meatloaf            |
- **Pasta:** Rotini or ♥ Whole Wheat Penne w/ your choice of:  
 ■ ♥ Marinara/Garlic Butter/Pesto/Meatballs

- General Tso Vegetarian Stir Fry served over White Rice
- ♥ Southwest Vegetarian Chili

### From the Grill:

- |                            |                 |                |
|----------------------------|-----------------|----------------|
| ♥ Grilled Chicken Sandwich | Chicken Tenders |                |
| Cheeseburger               | ■ Veggie Burger | Hamburger      |
| Turkey Burger              | Pepperoni Pizza | ■ Cheese Pizza |
| BLT                        | Fish Sandwich   | Hot Dog        |
- Grilled Cheese: Plain or add Tomato or Ham

### SOUPS & SALADS:

- |                |            |                     |
|----------------|------------|---------------------|
| Chicken Noodle | ■ Tomato   | ■ Garden Vegetable  |
| Chicken Broth  | Beef Broth | ■ Cream of Broccoli |
- ♥ Cottage Cheese    ■ Coleslaw  
 ■ ♥ Tossed Salad (*Italian/Ranch/French/Caesar/Oil & Vinegar/Lowfat Italian/Lowfat French*)

## NICU - Room Service REGULAR DIET

### COLD ENTREES:

- Chicken Caesar Salad    Chef Salad  
*(Italian/Ranch/French/Caesar/Oil & Vinegar/Lowfat Italian/Lowfat French)*  
 ■ ♥ Cottage Cheese Fruit Plate

### DELI BAR ~ Create your own custom sandwich

- |               |              |                |
|---------------|--------------|----------------|
| <b>Salad</b>  | <b>Meats</b> | <b>Cheeses</b> |
| Tuna Salad    | ♥ Turkey     | ■ American     |
| ■ Egg Salad   | Roast Beef   | ■ Swiss        |
| Chicken Salad | Ham          | ■ Provolone    |
- Breads** White, ♥ Wheat, Rye, Kaiser Roll, Hoagie Roll  
 ■ Peanut Butter & Jelly    Turkey Club (w/bacon)  
**Extras:** Lettuce, Tomato, Onion, Pickle

### ACCOMPANIMENTS:

- ♥ Mashed Potatoes
- ♥ Baked Sweet Potato
- Curly Fries    French Fries
- ♥ White Rice    Rice Pilaf
- ♥ Green Beans    ■ ♥ Butternut Squash    ■ ♥ Carrots
- ♥ Broccoli    ■ ♥ California Blend Vegetables    ■ ♥ Corn
- Breadstick    Regular/♥ Baked Potato Chips    Dinner Roll

### BEVERAGES:

- Coffee/Decaf Coffee    Tea/Decaf Tea/Herbal Tea  
 Hot Cocoa/Sugar-Free Hot Cocoa  
 Iced Tea    Ice Water
- Milk:** ♥ Skim, 2%, Whole, Chocolate, Lactaid, ■ Soymilk  
**♥ Juice:** Apple, Cranberry, Orange, Prune, V-8  
**Soda:** Coke, Diet Coke, Sprite, Diet Sprite, Gingerale, Diet Gingerale
- ♥ *indicates a heart healthy menu item*  
 ■ *indicates a vegetarian menu item*

## **BREAKFAST ITEMS:**

Scrambled Eggs   Fried Egg   Hard Boiled Egg

♥Egg Substitute

Sausage   Bacon   Turkey Sausage

French Toast   Pancakes

♥Cream of Wheat   ♥Oatmeal

English Muffin   Croissant

Blueberry Mini Muffin   Corn Mini Muffin

Hash Brown   Breakfast Potatoes   Bagel

- Omelet made to order: your choice of –  
Onions, peppers, mushroom, tomato, cheese
- Egg, Ham, & Cheese Breakfast Sandwich
- Breakfast Burrito: Eggs, Cheese, Salsa in a wrap

♥Rice Krispies   Frosted Flakes

♥Raisin Bran   ♥Special K   ♥Cheerios

♥Fruited Yogurt/Lite Yogurt/Plain Yogurt

## **DESSERTS:**

Frosted Vanilla Cake   Pound Cake   Brownie

Frosted Chocolate Cake   ♥Angel Food Cake

**Cookies:** Chocolate Chip, Oatmeal Raisin, Peanut Butter

**Sherbet ♥:** Raspberry, Orange

**Pudding:** Chocolate, Vanilla

**Ice Cream:** Vanilla, Chocolate, Strawberry

**Italian Ice:** Cherry, Watermelon, Lemon

**Fresh Fruit ■♥:** Apple, Banana, Orange, Grapes, Pineapple

Fresh Fruit Cup (Honeydew, Cantaloupe, Grapes)

Prunes

**Canned Fruit ■♥:** Peaches, Pears, Applesauce

♥Gelatin/Diet Gelatin   ♥Yogurt/Light Yogurt   ♥Custard

Lorna Doones   ♥Graham Crackers

*Remember to order condiments when placing order!*

## **CONDIMENTS:**

Butter / Margarine   Salt / Pepper   Honey   Lemon

Ketchup / Mayo / Lowfat Mayo/Mustard

Sugar/Sugar Substitute   Creamer/Non-dairy creamer

BBQ Sauce / Relish / Tartar Sauce / Soy Sauce

Cream Cheese/Lite Cream Cheese   Jelly/Diet Jelly

Sour Cream   Parmesan Cheese   Cranberry Sauce

Saltines

The goal of our Food and Nutrition staff is to prepare and serve quality food.

We will make every effort to accommodate religious & cultural preferences.

Nutrition is an important part of your recovery process, and our Food and Nutrition Department welcomes your feedback.

In an effort to exceed your dining expectations, we consistently monitor three specific areas of our food service:

- 1.) The quality of your food.
- 2.) The temperature of your food.
- 3.) The courtesy of our staff delivering your trays and taking your phone order.

During your stay, we appreciate any comments or suggestions regarding our food service.

Questions? Comments?

Please call Ext. 6325 with any concerns.



Patients are **THE HEART** of everything we do.