



# Patient Room Service Menu

See channel 1261 for additional menu options.

## Welcome

Mary Greeley Medical Center Dietetic Services promotes healthy eating with a menu that will appeal to the diverse tastes and dietary needs of our patients and visitors. In addition to tasty main dishes, we offer whole-grain breads, and fresh fruits and vegetables. None of our selections are deep-fat fried.

The following instructions will guide you and your guests through ordering all your meals and snacks at Mary Greeley Medical Center.

### ROOM SERVICE HOURS

7 a.m. to 8 p.m.

8 p.m. to 10 p.m. Late night room service menu

### HOW TO ORDER ROOM SERVICE

On your room phone, dial 5555, or press the room service button.

Please allow 45 minutes for delivery.

Guest trays are \$7 and are limited to one entrée per order.

### HOW TO READ THE MENU

The number, *in blue*, next to each food item lists the grams of carbohydrates in that item.

**If you would like to speak to a food service manager or your dietitian, please call x2173.**

## Late Night

Available from 8 p.m. to 10 p.m.

**Vegetarian Chef Salad (15)** – A blend of garden greens with tomatoes, cucumbers, carrots and croutons\* with choice of dressing. \*Additional carb values for croutons (4)

**Chicken Caesar Salad (17)** – Romaine lettuce with zesty Caesar dressing, grilled chicken strips, Parmesan cheese and sliced red onion, served with croutons.\*Additional carb values for croutons (4)

**Cottage Cheese (3)**

**Fresh Seasonal Fruit Cup (5)**

**Chicken Noodle Soup (8)**

**Tomato Soup (21)**

**Sliced Turkey Sandwich on Whole-Wheat (30)**

## Breakfast

**Omelets to Order** – Choice of: peppers, onions, mushrooms, tomatoes, bacon, ham, sausage, turkey sausage and cheddar or American cheese.

**Breakfast Burrito (50)** – Scrambled eggs and potatoes with choice of peppers, onions, sausage, turkey sausage and cheddar cheese.

**Grilled Breakfast Sandwich** – Ham, sausage or bacon with egg and American cheese, served on sourdough bread (57) or English muffin (33).

**Scrambled Eggs (0)**

**Multi-grain Pancakes (15 each)**

**Biscuits & Gravy (31)**

### SIDES

Turkey Sausage Patty (0)

Ham(0)

Sausage Patty (0)

Bacon (0)

Breakfast Potatoes (23)

Syrup – *Regular (31) or Diet (4)*

Yogurt – *Regular (35) or Light (13)*

### BREADS

Plain Bagel (60)

Wheat Bagel (60)

Raisin Bagel (60)

English Muffin (30)

Blueberry Muffin (52)

Cinnamon Roll (35)

White Toast (15)

Wheat Toast (15)

Sourdough Toast (28)

Marble Rye Toast (25)

### SPREADS

Margarine (0)

Jelly *Regular (9) or Diet (3)*

Peanut Butter (4)

Cream Cheese

Regular (1)

Strawberry (1)

Low-fat (1)

### CEREAL

Oatmeal, ½ cup (15)

Corn Flakes (16)

Frosted Flakes (30)

Lucky Charms (19)

Rice Krispies (22)

Cream of Wheat, ½ cup (15)

Bran Flakes (25)

Raisin Bran (25)

Cheerios (12)

Fruit Loops (24)

### FRUIT

Banana (30)

Apple (22)

Grapes (20)

Strawberries (10)

Seasonal Fruit Cup (15)

Orange (16)

Cantaloupe (10)

Pineapple (18)

### BEVERAGES

Coffee (0) – *Regular or Decaf*

Cappuccino (30)

Hot Chocolate (19) or Sugar-free Hot Chocolate (10)

Tea (0)

Hot Apple Cider (16)

Milk – Whole (11), 2% (11), Skim (12), Chocolate (25)

Soy *Vanilla (18) or Chocolate (25)*

Juices – Apple (15), Orange (15), Cranberry (14)

Grape (22), Prune (22), Tomato (5), V8 (7)

Soda – Ginger Ale (17), Lemon Lime (20), Diet Lemon Lime (0)

Cola (22), Diet Cola (0)

>> Flip for more...

## Salads & Vegetarian

(All salads served as half-sized portions.)

- **Field Salad** (8) – Fresh spring mix, diced beets, candied walnuts, roasted green beans and goat cheese.

**Chicken Caesar Salad** (6) – Romaine lettuce with zesty Caesar dressing, grilled chicken strips, Parmesan cheese and sliced red onion, served with croutons.\**Additional carb values for croutons* (4) (Vegetarian Diet - ask for no chicken on salad)

**Taco Salad** With ground beef (38) – Combination taco meat, shredded lettuce, cheese, diced tomatoes, sliced black olives, salsa and sour cream, served in a tortilla shell.

**Berry Good Salad** (18) – Spring lettuce, sliced strawberries, Feta cheese and candied walnuts, served with fat-free raspberry vinaigrette.

**Fall Harvest Salad** (16) – Spring lettuce, grilled chicken, green and red apples, candied walnuts and Feta cheese, served with fat-free raspberry vinaigrette. (Vegetarian Diet - ask for no chicken on salad)

**Vegetarian Chef Salad** (4) – A blend of garden greens with tomatoes, cucumbers, carrots and croutons\* with choice of dressing. \**Additional carb values for croutons* (4)

- **Lentil Salad** (27) – Shredded Brussel sprouts, lentils, caramelized onions, crumbled feta tossed with fresh lemon juice.

### SALAD DRESSINGS (Fat free, sugar free)

French (2)	Caesar (0)	Balsamic
Italian (0)	Raspberry	Vinaigrette (0)
Ranch (0)	Vinaigrette (0)	Sesame Ginger (0)

## Main Entrées

**Cafeteria Daily Special** – Ask for details.

- **Chicken Parmesan** (67) – Breaded chicken breast topped with marinara and mozzarella cheese.

**Quesadilla** (49) – Grilled flour tortillas with chicken, onion, peppers and mozzarella cheese, served with sour cream and salsa.

- **Grilled Pork Cutlet** (5) – 4 oz. boneless grilled pork cutlet topped with grilled pineapple.

**Chicken Strips** (25) – Breaded chicken tenderloins flavored with black pepper and served with barbecue sauce (7), honey mustard sauce (18) or ranch dressing (2).

**Traditional Hot Beef Sandwich** (21) – Thinly sliced roast beef with mashed potatoes and beef gravy, served on sliced bread.

- **Vegetable Primavera** (51) – Sautéed yellow onion, broccoli, red bell pepper, fresh garlic tossed with spaghetti noodles and parmesan cheese.

**Homemade Meatloaf** (29) – Served with sauce.

- **Spaghetti with Meat Sauce** (47) – Fresh meat sauce with marinara and spaghetti topped with parmesan cheese.

**Flat Bread Pizza** – Cheese (50), Pepperoni (50), Sausage (51), or Veggie

**Macaroni & Cheese** (45) – Elbow pasta tossed with creamy cheese sauce.

- **Seasoned Cod** (0) – Roasted cod seasoned with Mrs. Dash

- **Orange Roughy** (0) – Roasted orange roughy with fresh lemon and parsley.

**Poached Salmon** (1) – 4 oz. fillet poached in white wine & butter.

## Soups & Sandwiches

### FROM THE GRILL (Choice of White or Wheat bun)

- Grilled Ham and Cheese on Sourdough Bread (58)  
Grilled 3 Cheeses on Sourdough Bread (57)  
5 oz. Citrus Marinated Chicken Breast on a bun (30)  
5.3 oz. Angus Beef Hamburger on a bun (31)  
4 oz. Grilled Turkey Burger on a bun (30)  
3.2 oz. Veggie Burger on a bun (44)

### DELI SANDWICHES

#### All American Deli Wrap (61) Half portion sandwich (30)

Sliced turkey, sliced ham, tomatoes, American cheese and shredded lettuce, rolled in a whole-wheat wrap.

#### Healthy Ones Sliced Meats (2 oz. portion with reduced fat & sodium)

Roast Turkey (1), Roast Beef (1), Ham (1)

**Cheeses** (0) – American, Swiss, Pepper Jack, Cheddar

**Spreads** (2 oz. portion) – If ordered as a full sandwich, additional carbs for white (30) or wheat (30) bread.

Tuna Salad (2)	Egg Salad (4)
Chicken Salad (2)	Peanut Butter (4) or Jelly (9)

### SOUPS (Low-sodium also available)

Soup of the Day	Cream of Mushroom (8)
Vegetable Beef (10)	Tomato (21)
Chicken Noodle (8)	Cream of Potato (23)

## Sides

Baked Potato (36)	Whipped Potatoes (15)
Baked Sweet Potato (27)	Brown Rice (30)
Corn (21)	Green Beans (5)
Sautéed Brussels Sprouts (4)	Blanched Carrots (7)
Sautéed Zucchini & Squash (8)	Broccoli (4)
Cottage Cheese (3)	Potato Salad (28)
Side Garden Salad (5)	Fresh Fruit Cup (15)
Bread Stick (18)	Beets (8)

## Desserts

**Cookie** – Chocolate Chip (24) or Sugar (23)

**Brownie** (36)

**Slice of Pie** – Apple (48) or Cherry (48)

### Frozen Dessert

- Regular Ice Cream (15) – *Vanilla, Chocolate, Strawberry*  
Italian Ice (22) – *Lemon or Strawberry*  
Sherbet (27) – *Orange or Rainbow*  
Strawberry Frozen Yogurt (20)

### Cake

- Chocolate Layer (50)      Pound Cake (35)  
Carrot Cake (50)      Angel Food Cake (30)

### Pudding

- Chocolate – *Regular* (23) *Sugar-free* (10)  
Vanilla – *Regular* (21) *Sugar-free* (10)  
Tapioca (16)

**Jello** – Orange – *Regular* (20) *Sugar-free* (3)

Strawberry – *Regular* (25) *Sugar-free* (3)

**Canned Fruit** – Peaches (19), Pears (21), Applesauce (13), Fruit Cocktail (19), Mandarin Oranges (19)

**Milk Shakes** – Vanilla (61), Chocolate (87), or Strawberry (89)

**Malts** – Vanilla (76), Chocolate (102), or Strawberry (104)