

## Late Night

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

### Vegetarian Chef Salad (15)

A blend of garden greens with tomatoes, cucumbers, carrots with choice of dressing.

### Fruit Plate (40)

A selection of sliced seasonal fruits.

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

With lettuce and sliced tomatoes.

Low Iodine



## Beverages

**Coffee (0)**  
Regular and Decaf

**Tea (0)**

**Hot Apple Cider (16)**

**Milk**  
Whole(11)  
2% (11)  
Skim (12)  
Chocolate(25)

**Juices**  
Apple (15)  
Orange (15)  
Cran-Apple (16)  
Prune (22)  
Grape (22)  
Tomato(5)

## 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

### CAFETERIA HOURS

6 to 9:30 a.m., 11 a.m. to 1:30 p.m. & 5 to 7:30 p.m.

### 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 extension 2173.*

## Breakfast

### ENTRÉES

Scrambled Eggs (0)

Multi-grain Pancakes (15 each)

### SIDES

Syrup *Regular (31) Diet (4)*

### BREADS

White Toast (15)  
Wheat Toast (15)

### SPREADS

Margarine (0)  
Jelly  
Regular (9)  
Diet (3)  
Peanut Butter (4)

### CEREAL

Oatmeal, ½ cup (15)  
Cream of Wheat, ½ cup (15)  
Corn Flakes (16)  
Bran Flakes (25)  
Frosted Flakes (30)  
Raisin Bran (25)  
Cheerios (12)  
Rice Krispies (22)

### FRUIT

Banana (30)  
Seasonal Fruit Cup (15)  
Apple (22)  
Orange (16)  
Grapes (20)  
Honeydew (10)  
Strawberries (10)  
Pineapple (18)  
Cantaloupe (10)

## Patient Room Service Menu



## Salads & Vegetarian (Half-sized portions are available for all salads.)

### Spinach Almond Date Salad (22)

Fresh Spinach, medjool dates, toasted almonds, red onions and olive oil.

### Berry Good Salad (35)

Spring lettuce, sliced strawberries, Feta cheese and candied walnuts, served with fat-free raspberry vinaigrette.

### Fall Harvest Salad (35)

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 (15)

A blend of garden greens with tomatoes, cucumbers, carrots and croutons\* with choice of dressing.

*\*Additional carb values for croutons (4)*

### Root Vegetable Salad (18)

Caramelized carrots, parsnips, fresh mixed greens, heirloom tomatoes, kale pesto and Parmesan cheese.

### Fruit Plate (40)

A selection of sliced seasonal fruits.

### SALAD DRESSINGS

#### Regular:

French (13)

Ranch (2)

#### Fat-free:

Ranch (14)

Italian (0)

Raspberry Vinaigrette (9)

Balsamic Vinaigrette (0)

Honey Dijon (0)

## Soups & Sandwiches

### FROM THE GRILL

5 oz. Grilled Marinated Chicken Breast (30)

5.3 oz. Angus Beef Hamburger (31)

4 oz. Grilled Turkey Burger (30)

### DELI SANDWICHES

#### Healthy Ones Sliced Meats

*2 oz. portion with reduced fat and sodium levels*

Roast Turkey (1)

Ham (1)

Margarine (0)

Peanut Butter (4)

Jelly (9)

#### Condiment choices:

Lettuce

Tomato

Onion

Ketchup

Mustard

Mayonnaise (Regular or Lite, 2 Tbsp/day)

#### Breads

White (15)

Wheat (15)

Multi-Grain Wheat (10)

#### Spreads 2 oz. portion

## Main Entrées

### Grilled Marinated Chicken Breast (3)

5 oz. chicken breast marinated in balsamic vinaigrette.

### Angus Sirloin (0)

6 oz. sirloin steak cooked to medium or well.

### Chickpea Cake (29)

Mixture of garbanzo beans, panko, bulgur wheat and plain Greek yogurt seared until golden brown drizzled with cilantro yogurt cream.

### Whole-grain Pilaf (36)

Blend of sautéed onions, garlic, red rice and Khorasan wheat.

## Sides

### Baked Potato (36)

### Baked Sweet Potato (27)

### Brown Rice (30)

### Corn (21)

### Green Beans (5)

### Broccoli (4)

### Sautéed Brussels Sprouts (4)

### Sautéed Carrots (7)

### Sautéed Zucchini & Squash (8)

### Potato Salad (28)

### Side Garden Salad (5)

### Fresh Fruit Cup (15)

### Dinner Roll, *White or Wheat* (20)

### Bread Stick (18)

## Desserts

### Cookie Sugar (23)

### Brownie (36)

### Slice of Pie Apple (48) or Cherry (48)

### Frozen Dessert

Italian Ice (22) Lemon, Orange, Strawberry

Sherbet (27) Orange or Rainbow

### Cake

Low-fat Pound Cake (22)

Angel Food Cake (30)

### Jello

Orange *Regular* (20) *Sugar-free* (0)

Strawberry *Regular* (25) *Sugar-free* (0)

### Canned Fruit

Pears (21)

Peaches (19)

Applesauce (13)

Mandarin Oranges (19)