



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.

Late night food options are available in the kitchenette on your floor.

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 \$10 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 are on a diabetes friendly diet, please select between 45-75 grams of carbohydrates per meal.

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

Breakfast

Omelets to Order – Choice of: peppers, onions, mushrooms, tomatoes, bacon, ham, sausage, turkey sausage and cheddar or American cheese. (*Low-cholesterol eggs or egg whites available upon request*)

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)

SIDES

Turkey Sausage Patty (0)	Ham(0)
Sausage Patty (0)	Bacon (0)
Breakfast Potatoes (16)	
Syrup – Regular (31) or Diet (4)	
Yogurt – Regular (35) or Light (13)	

BREADS

White Bagel (28)
Whole Wheat Bagel (27)
Cinnamon Raisin Bagel (49)
English Muffin (24)
Blueberry Muffin (52)
Cinnamon Roll (81)
White Toast (15)
Wheat Toast (15)
Sourdough Toast (28)
Marble Rye Toast (18)

SPREADS

Margarine (0)
Jelly Regular (9) or Diet (3)
Peanut Butter (4)
Cream Cheese
Regular (1)
Strawberry (1)
Low-fat (1)

CEREAL

Oatmeal, 1/3 cup (27)	Cream of Wheat, 1/3 cup (21)
Corn Flakes (19)	Bran Flakes (25)
Frosted Flakes (30)	Raisin Bran (28)
Lucky Charms (19)	Cheerios (12)
Rice Krispies (22)	Fruit Loops (24)

FRUIT

Banana (30)	Fresh Fruit Cup (6)
Apple (22)	Orange (16)
Grapes (15)	Cantaloupe (7)
Strawberries (6)	Pineapple (10)

BEVERAGES

Coffee (0) – Regular or Decaf
Cappuccino (30)
Hot Chocolate (19) or Sugar-free Hot Chocolate (10)
Tea (0)
Hot Apple Cider (20)
Milk – Whole (11), 2% (11), Skim (12), Chocolate (25)
Soy Vanilla (18) or Chocolate (25)
Juices – Apple (15), Orange (13), 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)

Salads & Vegetarian

(All salads served as half-sized portions.)

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)

➤ **Greek Salad** (8) – Romaine lettuce, red onions, cherry tomatoes, Kalamata olives and feta cheese.

➤ **Oriental Chicken Salad** (36) – Romaine lettuce blend, chicken, carrots, cucumber, mandarin oranges, chow mein noodles and mozzarella cheese. (Vegetarian Diet - ask for no chicken on salad)

Taco Salad With ground beef (20) – Combination taco meat, shredded lettuce, cheese, diced tomatoes, sliced black olives, salsa and sour cream, served in a tortilla shell.

➤ **Berry Chicken Salad** (18) – Lettuce spring mix, strawberries, feta cheese, candied walnuts and grilled chicken breast. (Vegetarian Diet - ask for no chicken on salad)

Fall Harvest Salad (15) – 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)

SALAD DRESSINGS

Regular	Fat Free	Fat Free & Sugar Free
Honey Mustard (14)	French (6)	French (2)
French (6)	Italian (4)	Caesar (0)
Italian (5)	Ranch (14)	Ranch (0)
Ranch (2)	Raspberry	Raspberry Vinaigrette (0)
Caesar (4)	Vinaigrette (9)	Balsamic Vinaigrette (0)
Bleu Cheese (2)		Sesame Ginger (0)
Greek (0)		Bleu Cheese (0)

Main Entrées

Cafeteria Daily Special – Ask for details.

Citrus Marinated Chicken (0)

Boneless Pork Cutlet with Grilled Pineapple (5)

Quesadilla (33) – Grilled flour tortillas with chicken, onion, peppers and mozzarella cheese.

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 (45) – 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.

➤ **Tuscan Tomato Chicken Pasta** (45) – Chicken, cavatappi pasta, spinach, diced tomatoes, butter, marinara sauce, heavy whipping cream, pesto sauce, parmesan cheese, parsley and bread crumbs.

➤ **Lemon Chicken** (6) – Grilled chicken breast topped with a lemon caper cream sauce. Garnished with fresh lemon and parsley.

Homemade Meatloaf (11) – 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.

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

➤ **Grilled Shrimp** (1) – Grilled shrimp seasoned with parsley and lemon.

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

➤ New menu item

Soups & Sandwiches

FROM THE GRILL (Choice of White or Wheat bun)

➤ Reuben - Corned beef, Swiss cheese and sauerkraut on marble rye with Thousand Island dressing (36)

Grilled Ham and Cheese on Sourdough Bread (58)

Grilled 3 Cheeses on Sourdough Bread (57)

5 oz. Grilled 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)

Tuna Salad (2)

Egg Salad (4)

Chicken Salad (2)

Peanut Butter (4) or Jelly (9)

SOUPS (Low-sodium also available)

Cream of Mushroom (8) Vegetable Beef (10)

Tomato (21)

Chicken Noodle (8)

Cream of Potato (13)

Sides

Baked Potato (29)

Whipped Potatoes (15)

Mashed 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 (15)

Side Garden Salad (5)

Fresh Fruit Cup (15)

Bread Stick (18)

French Fries (33)

Desserts

Cookie – Chocolate Chip (18) or Sugar (23)

Brownie (36)

Slice of Pie – Apple (41) or Cherry (48)

Frozen Dessert

Regular Ice Cream (15) – Vanilla, Chocolate, Strawberry

Fat Free, No Sugar Added Ice Cream (20) – Vanilla, Chocolate, Strawberry

Italian Ice (22) – Lemon or Cherry

Sherbet (27) – Orange or Rainbow

Cake

Chocolate Layer (50)

Carrot Cake (39)

Angel Food Cake (28)

Pudding

Chocolate – Regular (20) Sugar-free (10)

Vanilla – Regular (20) Sugar-free (10)

Tapioca (16)

Jello – Orange – Regular (20) Sugar-free (2)

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

Canned Fruit – Peaches (19), Pears (18), Applesauce (13),

Fruit Cocktail (16), Mandarin Oranges (19)

Milk Shakes – Vanilla (71), Chocolate (88), or Strawberry (82)

Malts – Vanilla (80), Chocolate (100), or Strawberry (99)