

MERCY

Room Service Dining

ROOM SERVICE MENU

Dial 4-4444

Mercy Medical Center – Des Moines is pleased to offer room service dining for our patients.

This dining program allows you to select meals designed to make you feel as though you were at a restaurant.

You may order your meals at any time between the hours of 6:30 a.m. to 6:30 p.m.

All food selections may not fit into your modified diet, but our room service operators will be able to assist you with your selections.

Once you've made your choices please call us at **4-4444** and we will deliver your meal to you within 60 minutes.

If you are calling for a patient away from the hospital campus, please dial **247-4253, option 4**.

Interpretation services are also available; ask your nurse for details.

Suggested Serving Times

Breakfast

7 – 9:30 a.m.

Lunch

10:30 a.m. – 2 p.m.

Dinner

4:30 – 6:30 p.m.



A member of Mercy Health Network

Breakfast Entrées

(Breakfast available all day)

Healthy gourmet omelet

*(*cheese, onions/green peppers optional)*

Pancakes (each) (15 gms carb)

* Breakfast combo (30 gms carb) *(hash brown potatoes, scrambled eggs, cheese, diced ham, onions/green peppers optional)*

* Biscuits & gravy (30 gms carb)

* Scrambled eggs

* Cold hard-cooked egg

Condiments: *pancake syrup* (regular = 45 gms carb; reduced sugar = 0 carb)

ketchup, hot sauce, picante sauce

Breakfast Side Items

* Hash brown potatoes (15 gms carb)

Low-salt sausage patty

* Bacon (2 strips)

Yogurt *(blueberry, lemon, vanilla, key lime)*

(regular; 30 gms carb; Yo-Lite™, 15 gms carb)

Cereal

One serving = 15 gms carb, unless otherwise indicated

Oatmeal

Cream of Wheat™

Rice Krispies™

Raisin Bran™ (30 gms carb)

Corn Flakes™

Frosted Flakes™ (30 gms carb)

Cheerios™

Captain Crunch™ (30 gms carb)

Condiments: *sugar, brown sugar, honey, Splenda™ or Equal™, raisins*

Breakfast Bakery

Blueberry muffin (30 gms carb)

Oat bran muffin (30 gms carb)

Mini bagel (15 gms carb)

* Biscuit (30 gms carb)

Condiments: **butter, margarine, jelly* (8 gms carb), *honey* (15 gms carb),

*peanut butter, *cream cheese (regular or low-fat)*

Fruit Juices

Apple, orange, cranberry or grape (15 gms carb)

Prune juice (30 gms carb)

* V-8 juice™/low-salt V-8 juice™ (8 gms carb)

Fruit

(One serving = 15 gms carb, unless otherwise indicated)

Canned peaches, applesauce, pears

Fresh orange, apple, grapes

Seasonal fresh fruit cup

Banana (30 gms carb)

Stewed plums (prunes) (30 gms carb)

Lunch & Dinner Entrées

Daily Feature

Sunday

L: Oven-baked chicken with mashed potatoes/low-fat gravy and seasoned steamed carrots (15 gms carb)

D: Italian spaghetti with meat sauce served with savory peas and a dinner roll (45 gms carb)

Monday

L: Hot turkey sandwich with a steamed vegetable medley; includes one slice of bread, mashed potatoes and low-fat gravy (30 gms carb)

D: Savory roast beef served with baked potato and seasoned corn (30 gms carb)

Tuesday

L: Home-style chicken & noodles served with seasoned green beans (30 gms carb)

D: Salisbury steak with mashed potatoes/low-fat gravy and served with savory peas (30 gms carb)

Wednesday

L: Cheese filled pasta roll-up served with green beans and a lettuce side salad (30 gms carb)

D: Meatloaf served with mashed potatoes, low-fat gravy and lightly glazed carrots (30 gms carb)

Thursday

L: Savory turkey served with stuffing, low-fat gravy and mixed vegetables (30 gms carb)

D: Pork roast and oven browned potatoes served with sweet peas (30 gms carb)

Friday

L: Baked, potato-crust cod fillet served with white rice and California vegetable medley (30 gms carb)

D: Grilled turkey burger on a bun served with creamy coleslaw (45 gms carb)

Saturday

L: Beef & noodles served with golden corn and a side salad (45 gms carb)

D: Meat lasagna with seasoned green beans and a dinner roll (45 gms carb)

*** = High in salt/cholesterol/fat**

Always Available

Hamburger or *cheeseburger on a bun (30 gms carb)

Hot roast beef/hot turkey sandwich (30 gms carb)

- * Macaroni & cheese (30 gms carb)
 - * Chicken strips (2 or 3) (15-30 gms carb)
 - Chicken stir-fry over rice (15 gms carb)
 - Grilled chicken breast on bun (30 gms carb)
 - * Grilled cheese sandwich (30 gms carb)
 - * Grilled ham and cheese sandwich (30 gms carb)
 - * Fish sandwich on a bun (30 gms carb)
 - Garden vegetable burger on a bun (30 gms carb)
 - Pasta with marinara sauce (30 gms carb)
- Condiments:** *ketchup, mustard, BBQ sauce, tartar sauce, mayonnaise, Miracle Whip™*

Make Your Own Sandwich

Meat salads (*chicken, tuna or *egg*)

Chicken Caesar wrap

Thinly-sliced turkey, roast beef or *ham

Creamy peanut butter

Optional sandwich fillers

- | | |
|-------------------|---------------|
| * American cheese | * Bacon |
| Mozzarella cheese | Lettuce |
| Swiss cheese | Tomato |
| Mayonnaise | Miracle Whip™ |
| Mustard | Jelly |
- * Pickle

Breads and Cracker Choices:

(One serving = 15 gms carb)

Bread (white, wheat, multi-grain or marble rye)

White dinner roll

French bread (lactose-free)

Flour tortilla

Gluten-free bread

Crackers/low-salt crackers (3 pkgs)

Condiments: *butter, margarine, *cream cheese, peanut butter

Individual Pan Pizza

(One pizza = 45 gms carb)

~Gluten-free pizza crust is available~

Your choice of toppings:

- | | |
|----------------|-------------|
| * Three cheese | * Hamburger |
| * Pepperoni | Vegetarian |

Salads

Grilled chicken, dried cranberries w/pecans on a bed of lettuce

~with poppy seed dressing (45 gms carb)~

Heart-healthy chef salad

Cottage cheese

Creamy coleslaw (15 gms carb)

Dinner side salad

Assorted relish plate

(*carrots, celery, cucumber and cherry tomatoes*)

Salad Dressings

French or Light French (15 gms carb)

Ranch (8 gms carb) or Fat-free Ranch (0 gms carb)

Creamy Italian or Light Italian (0 gms carb)

Thousand Island (8 gms carb)

Honey mustard (15 gms carb)

Vegetables and Sides

One serving choice = 15 gms carb, unless otherwise indicated

Fluffy mashed potatoes w/low-fat gravy (optional)

Baked potato * French fries

Steamed white rice * Macaroni & cheese

Green Beans (0 gms carb) Baked butternut squash

Golden corn

Vegetable medley (*broccoli, cauliflower, carrots*) (0 gms carb)

* Regular potato chips (22 gms carb)

Baked potato chips (22 gms carb)

* Tortilla chips and picante sauce

Condiments: *butter, margarine, *sour cream (regular or fat-free)

Soups

* Home-style creamy potato (15 gms carb)

* Cream of tomato (15 gms carb) or low-salt tomato (22 gms carb)

* Home-style chicken noodle (15 gms carb)

Low-salt chicken noodle (8 gms carb)

Homemade vegetable beef (15 gms carb) or

low-salt vegetable (15 gms carb)

Broth (beef, chicken, vegetarian)

* Low-salt beef or chicken broth

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Desserts

- * Cherry pie (30 gms carb)
- * Chocolate brownie cake (30 gms carb)
- Lemon meringue pie (45 gms carb)
- Angel food cake (15 gms carb)
- Seasonal fresh fruit (15 gms carb)
- * Chocolate or vanilla ice cream (15 gms carb)
- Rainbow sherbet (30 gms carb)
- Yogurt (**blueberry, lemon, vanilla, key lime**) (30 gms carb)
- Rice Krispie™ bar (15 gms carb)
- Chocolate chip cookie (15 gms carb)
- Sugar cookie (15 gms carb)
- Vanilla wafers (15 gms carb)
- Pudding (**chocolate, vanilla, tapioca**) (30 gms carb)
- Plain gelatin (**cherry or lime**) (15 gms carb)

Reduced-sugar dessert options

- Reduced-sugar banana cream pie (30 gms carb)
- Yo-Lite™ yogurt (**blueberry, lemon, vanilla, key lime**) (15 gms carb)
- Reduced sugar chocolate, vanilla or tapioca pudding (15 gms carb)
- Reduced sugar gelatin (**cherry or lime**)

Beverages

Fountain pop available in patient care areas

- Milk (*whole, 2%, skim) (15 gms carb)
- 2% chocolate milk (30 gms carb)
- Dairy Ease™; lactose-free (15 gms carb)
- Soy milk; lactose-free (**vanilla or chocolate**) (15 gms carb)
- Non-dairy liquid creamer (8 gms carb)
- Hot chocolate (15 gms carb)
- Reduced sugar hot chocolate (8 gms carb)
- Crystal Light™ lemonade (0 gms carb)
- Crystal Light™ raspberry (0 gms carb)
- Coffee (**regular and decaf**)
- Iced tea (**decaf**)
- Hot tea (**regular, decaf, herbal or green**)
- Condiments: dry creamer, sugar (8 gms carb), Splenda™, Equal™, honey (15 gms carb), lemon juice

Clear Liquid Menu

- Chicken broth
- Beef broth
- Vegetarian broth
- Apple juice (15 gms carb)
- Grape juice (15 gms carb)
- High protein juice beverage (**apple or mixed berry**) (45 gms carb)
- Sugared-cherry gelatin (15 gms carb) or reduced sugar cherry gelatin (0 gms carb)
- Sugared-lime gelatin (15 gms carb) or reduced sugar lime gelatin (0 gms carb)

Full Liquid Menu

All foods are (15 gms carb) unless otherwise specified

- Puréed potato soup
- Puréed chicken noodle soup
- Tomato soup
- Oatmeal
- Cream of Wheat™
- Fruit juice
- Pudding (**vanilla or chocolate**)
(regular; 30 gm carb; reduced sugar: 15 gms carb)
- Vanilla ice cream
- Chocolate ice cream
- Rainbow sherbet (30 gms carb)
- High protein non-dairy beverage (45 gms carb)
- Healthshake™ (**chocolate, vanilla, strawberry**) (30 gms carb)
- Milk (*whole, 2%, skim)
- 2% chocolate milk (30 gms carb)

Key: Carbohydrates – count as:

0-5 grams carb = do not count

6-10 grams = ½ carb

11-20 grams = 1 carb

21-25 grams = 1½ carb

26-35 grams = 2 carb

36-40 grams = 2½ carb

41-45 grams = 3 carb

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½ portions are available

Additional condiments are available upon request