

# MERCY

*Room Service Dining*

## ROOM SERVICE MENU

***Dial 4-4444***

Mercy Medical Center – West Lakes 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 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 p.m.

**Requests taken between**

6:30 a.m. – 6 p.m.



*A member of Mercy Health Network*

# Breakfast Entrées

*(Breakfast available all day)*

Pancakes (each) (15 gms carb)

Breakfast sandwich (30 gms carb)

*(biscuit, scrambled egg, cheese and sausage)* (30 gms carb)

\* Biscuits & gravy (30 gms carb)

\* Scrambled eggs

\* Cold hard-cooked egg

Low cholesterol scrambled eggs

**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™

Special K™ (30 gms carb)

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

## Breakfast Bakery

Blueberry 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

Apple

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)
- Grilled chicken breast on bun (30 gms carb)
- \* Grilled cheese sandwich (30 gms carb)
- \* Fish sandwich on a bun (30 gms carb)
- Garden vegetable burger on a bun (30 gms carb)
- \* Pepperoni pizza (45 gms carb)
- \* Three cheese pizza (45 gms carb)
- Cottage cheese and fresh fruit plate  
(small, 22 gms carb; large, 45 gms carb)
- Heart-healthy chef salad (0 gms carb)

**Condiments:** *ketchup, mustard, BBQ sauce, tartar sauce, mayonnaise, Miracle Whip™*

## Make Your Own Sandwich

- Meat salads (*chicken, tuna or \*egg*)
- Thinly-sliced turkey, roast beef or \*ham
- Creamy peanut butter

### Optional sandwich fillers

- \* American cheese      Onion
- 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*

## 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)

## 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)
- Golden corn
- Vegetable medley (*broccoli, cauliflower, carrots*) (0 gms carb)
- \* Regular potato chips (22 gms carb)
- Baked potato chips (22 gms carb)
- Cottage cheese
- Dinner side salad
- 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

\* = High in salt/cholesterol/fat

## Desserts

*One serving choice = 15 gms carb, unless otherwise indicated*

- \* Chocolate brownie cake (30 gms carb)  
Angel food cake  
Chocolate or vanilla ice cream  
Rainbow sherbet (30 gms carb)  
Rice Krispie™ bar
- \* Chocolate chip cookie  
Vanilla wafers  
Pudding (**chocolate, vanilla, tapioca**) (30 gms carb)  
Plain gelatin (**cherry or orange**) (0 gms carb)

## Reduced-sugar dessert options

- Reduced-sugar chocolate, vanilla or tapioca pudding (15 gms carb)
- Reduced-sugar gelatin (**cherry or orange**)

## 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**) (20 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/salt-free chicken broth
- \* Beef broth/salt-free 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)
- No sugar-added gelatin (**cherry or orange**) (0 gms carb)
- Coffee (**regular or decaf**)
- Hot tea (**regular or decaf**)
- Iced tea (**decaf**)
- Equal™
- Sugar packet (8 gms carb)

## Full Liquid Menu

*All foods are 15 gms carbs unless otherwise specified*

*All of the above clear liquid menu items, plus the following:*

- Puréed potato soup
- Oatmeal
- Tomato soup
- Orange juice
- Cream of Wheat™
- Pudding (**vanilla or chocolate**)  
(regular; 30 gms carb; reduced sugar: 15 gms carb)
- Chocolate or vanilla 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  
\* = High in salt/cholesterol/fat  
½ portions are available

Additional condiments are available upon request