

WELCOME

TO STILLWATER MEDICAL CENTER'S ROOM SERVICE MENU

TO PLACE AN ORDER

» DIAL 3463 «

(D I N E)

ROOM SERVICE IS AVAILABLE FROM **6:30AM-6:30PM**

Your meal will be delivered within 45 minutes of placing your order.

Guest Trays also available to purchase.

BREAKFAST

FRUIT 1+♥

- > Apple Slices
- > Banana
- > Fresh Fruit Cup
- > Grapes
- > Orange Slices
- > Packaged Fruit - *Peaches, Pears, Tropical Fruit, Mixed Fruit*
- > Stewed Prunes

CEREAL

- > Bran Flakes 1+♥
- > Cheerios 1+♥
- > Corn Flakes 1+♥
- > Cream of Wheat 2+♥
- > Honey Nut Cheerios 2+♥
- > Oatmeal 2+♥
- > Raisin Bran 2+♥
- > Rice Krispies 1+
- > Shredded Wheat 2+♥

SIDES

- > Bacon
- > Breakfast Potatoes with Peppers and Onions 1+
- > Cream Pepper Gravy*
- > Hash Browns 1+♥
- > Pork Sausage (*Patties or Links*)
- > Turkey Bacon ♥
- > Turkey Sausage Patties ♥

BREADS

- > Bagel - *Blueberry 4+, Cinnamon Raisin 4+, Wheat 4+♥, Plain 2+*
- > Banana Bread (*reduced sugar*) 1+♥
- > Biscuit 2+
- > Cinnamon Roll 3+
- > English Muffin 2+♥
- > Muffin 2+♥ - *Banana, Blueberry, Bran, Chocolate Chip*
- > Toast - *White 1+, Wheat 1+, Whole Grain 1+♥, Wheat Berry 2+♥*

YOGURT 1+♥ *Greek yogurt available upon request*

- > Blueberry
- > Strawberry/Banana
- > Peach
- > Vanilla
- > Strawberry

FROM THE GRILL

- > Boiled Egg
- > French Toast 1+♥
- > Fried Egg
- > Pancake 2+♥ (*Plain or Blueberry*)
- > Scrambled Egg*
- > Waffle 2+♥
- > **Breakfast Burrito** 2+ *Scrambled Eggs, Choice of Meat (Bacon, Ham, Sausage, Turkey), Cheese, Bell Pepper, Onions, wrapped in a Tortilla*
- > **Denver Skillet Hash*** 2+- *Scrambled Eggs, Cheese, Ham, Hash Browns, Grilled Bell Peppers*
- > **Omelet** *(+VARIES) - *Cheese, Choice of Meat (Bacon, Ham, Sausage, Turkey), Choice of Bell Peppers, Mushrooms, Onions, Spinach, Tomatoes*
- > **Vegetarian Skillet Hash*** 2+- *Scrambled Eggs, Cheese, Grilled Bell Peppers, Hash Browns*

1+ = 1 carbohydrate choice (approx. 15g carbohydrates)

♥ = Heart Healthy

* = Heart Healthy option available upon request

3/2016

A LA CARTE ENTRÉE

SOUPS

- > Broth* – *Beef, Chicken, Vegetable*
- > Chicken Noodle* 1+
- > Creamed Chicken Soup * 1+
- > Creamed Mushroom Soup * 1+
- > Creamed Potato Soup 1+♥
- > Tomato* 1+
- > Vegetable Beef Soup 1+
- > Vegetable Soup* 1+

SALADS

- > Chef's Salad*
- > Cottage Cheese with Fruit 1+
- > Fajita Chicken Salad ♥
- > Tossed Salad ♥

SALAD DRESSINGS

- > Bleu Cheese
- > Caesar
- > French/(Fat Free French ♥)
- > Italian/(Fat Free Italian ♥)
- > Ranch/(Fat Free Ranch ♥)
- > Raspberry Vinaigrette ♥
- > Spicy Ranch
- > Thousand Island/(Fat Free Thousand Island ♥)

SANDWICHES & WRAPS

> COLD SANDWICHES: 2+

- Meat – *Turkey ♥ or Ham ♥*
- Cheese – *American ♥, Swiss, Provolone ♥, or Pepperjack*
- Spreads – *Chicken Salad ♥, Tuna Salad ♥*
- Peanut Butter & Jelly* 3+
- Bread – *White, Wheat, Whole Grain ♥, or Wheat Berry ♥ (Gluten free bread available upon request)*
- Additions – *Lettuce ♥, Tomato ♥, Onions ♥, or Pickles*

> COLD WRAPS: 3+

- Meat – *Fajita Chicken, Turkey, or Ham*
- Cheese – *American, Swiss, Provolone, or Pepperjack*
- Wrap – *Wheat Tortilla*
- Additions – *Lettuce, Tomato, Onions, or Pickles*
- Dressing (*served on the side*) – *Ranch, Caesar, Spicy Ranch, or Fat Free Ranch*

HOT SANDWICHES

- > BLT* 2+
- > Cheeseburger 2+
- > Chicken Pesto Panini 3+
- > Grilled Cheese 2+♥
- > Grilled Chicken Sandwich 2+♥
- > Grilled Ham and Cheese 2+♥
- > Grilled Turkey and Cheese 2+♥
- > Hamburger 2+
- > Veggie Burger 3+

CHEF'S SPECIAL

>> ASK ABOUT OUR SOUP OF THE DAY <<

SUN.: Entrée Special 2+ – Seasoned Boneless Pork Chop, Roasted New Red Potatoes, Prince Edward Vegetable Blend - (*Whole Green Beans, Sunshine Yellow String Beans, Baby Carrots*)

MON.: Entrée Special 2+ – Oven Roasted Chicken Herbed Rice Pilaf Malibu Blend Vegetables - (*Broccoli & Cauliflower Florets, Bold Yellow & Orange Carrot Slices*)

TUES.: Entrée Special 2+ – Pot Roast with Root Vegetables - (*Carrots, Onions, Celery & Potatoes*)

WED.: Entrée Special 2+ – Homemade Meatloaf Mashed Potatoes and Gravy, Baked Fresh Yellow Squash, Zucchini, Red Onions

THURS.: Entrée Special 2+ – Roasted Sliced Turkey Mashed Sweet Potatoes Steamed Green Beans

FRI.: Entrée Special 2+ – Grilled Salmon Jasmine Rice Grilled Asparagus

SAT.: Entrée Special 2+ – Italian Herb Chicken Garlic Herb Pasta with Vegetables - (*Carrots, Broccoli, Squash, Red Peppers*)

ENTRÉES

BEEF

- > Flat Iron Steak
- > Hamburger Steak with Grilled Onions ♥
- > Spaghetti with Meatballs *2+

PORK

- > Boneless Pork Chop ♥
- > Pepperoni Pizza 3+
- > Pork Stir Fry with Rice 2+♥
- > Sliced Ham ♥

VEGETARIAN

- > Cheese Pizza 2+
- > Fettuccine Alfredo 2+
- > Spaghetti with Marinara Sauce ♥ 2+
- > Vegetable Stir Fry with Rice 2+♥

POULTRY

- > Chicken Fettuccine Alfredo 2+
- > Chicken & Noodles 2+♥
- > Chicken Stir Fry with Rice 2+♥
- > Chicken Tenders 2+
- > Grilled Chicken Breast ♥
- > Lemon Pepper Chicken ♥
- > Roasted Sliced Turkey ♥

SEAFOOD

- > Grilled Salmon ♥
- > Baked Tilapia ♥
- > Shrimp Stir Fry with Rice 2+

SNACKS

- > Applesauce 1+♥
- > Cottage Cheese
- > Crackers 1+ - *Saltine, Club, Wheat* ♥
- > Fresh Fruit Cup 1+♥
- > Fruit 1+♥ - *Apple, Banana, Orange, Grapes*
- > Jell-O® 1+♥ - *Strawberry, Orange, Lemon/Lime*
- > Packaged Fruit 1+♥ - *Peaches, Pears, Tropical Fruit, Mixed Fruit*
- > Popsicle 1+♥/Sugar Free Popsicle ♥ - *Flavors vary*
- > Potato Chips 2+ - *Lays® Classic, Baked Lays®* ♥ (*assorted variety available*)
- > Stewed Prunes/Raisins 1+♥
- > Sugar Free Jell-O® ♥ - *Strawberry, Orange, Lemon/Lime*
- > Yogurt 1+♥ - *Blueberry, Peach, Strawberry, Strawberry/Banana, Vanilla* (*Greek yogurt available upon request*)

SIDES

VEGETABLES ♥

- > Broccoli Florets
- > Brussels Sprouts
- > Carrots
- > Cauliflower
- > Corn 1+
- > Green Beans
- > Malibu Blend Vegetables - (*Broccoli & Cauliflower Florets, Bold Yellow & Orange Carrot Slices*)
- > Spinach

STARCHES

- > Baked Potato 2+♥
- > Baked Half Sweet Potato 2+♥
- > Brown Rice 1+♥
- > French Fries* 2+
- > Mac & Cheese 2+
- > Mashed Potatoes 1+♥

BREADS

- > Sliced Bread - *White* 1+, *Wheat* 1+, *Whole Grain* 1+♥, *Wheat Berry* 2+♥
- > Whole Wheat Dinner Roll 2+♥

DESSERTS

- > Angel Food Cake 2+♥
- > Apple Pie 3+
- > Apple Pie (*reduced fat & sugar*) 2+♥
- > BlueBunny® Healthy Start Ice Cream 1+♥ - *Vanilla, Strawberry, Chocolate*
- > Cheesecake Lite Parfait 1+♥
- > Cherry Pie (*reduced fat & sugar*) 2+♥
- > Cookies 2+ / Cookies (*reduced sugar*) 1+♥
- > Cream Pie 3+ - *Chocolate or Coconut*
- > Cream Pie (*reduced fat & sugar*) 2+♥ - *Chocolate or Coconut*
- > Milkshake *3+ - *Vanilla, Chocolate, Strawberry*
- > Oreo Pie 3+
- > Peach Cobbler 3+
- > Pudding 2+ - *Chocolate, Vanilla, Lemon*
- > Pudding (*reduced sugar*) 1+♥ - *Chocolate or Vanilla*
- > Pumpkin Pie 3+
- > Sherbet 1+♥ - *Flavors vary*
- > Yogurt Parfait with Fruit 3+♥ - *Strawberries or Blueberries*

BEVERAGES

- > Almond Milk ♥ – Vanilla 1♣, Chocolate 2♣
- > Coffee ♥/Decaf Coffee ♥
- > Hot Chocolate 1♣♥/No Sugar Added Hot Chocolate 1♣♥
- > Hot Tea ♥ - Regular, Decaf, Green Tea
- > Iced Tea ♥ - Regular, Decaf, Green Tea
- > Juice 1♣♥ – Orange, Apple, Cran-Grape, Prune
- > Juice ♥ – Diet Cranberry
- > Milk 1♣ – Skim ♥, 2%, Whole, Lactose Free, Buttermilk
- > Milk 2♣♥ – Fat Free Chocolate Milk 2♣♥
- > Soy Milk ♥ – Chocolate 2♣, Vanilla 1♣
- > Sugar Free Lemonade ♥
- > V8® Vegetable Juice*
- > Water ♥

CONDIMENTS

- > A1 Steak Sauce
- > Bacon Bits
- > BBQ Sauce
- > Brown Sugar
- > Creamer – Half & Half
- > Creamer Powder
- > Diet Jelly/Jam
- > Diet Syrup
- > Honey
- > Honey Mustard
- > Horseradish Sauce
- > Hot Sauce
- > Jelly/Jam
- > Ketchup
- > Lemon Juice
- > Lemon Wedges
- > Lite Mayonnaise
- > Low Fat Cream Cheese
- > Low Fat Sour Cream
- > Margarine Spread
- > Miracle Whip
- > Mustard
- > Parmesan Cheese
- > Peanut Butter
- > Picante Sauce
- > Soy Sauce
- > Sugar
- > Sugar Substitute – Equal, Splenda, Sweet & Low, Stevia
- > Sweet and Sour Sauce
- > Syrup
- > Tartar Sauce
- > Vinegar

SUPPLEMENTS

- > Supplements are available upon physician's approval

1♣ = 1 carbohydrate choice (approx. 15g carbohydrates)
♥ = Heart Healthy * = Heart Healthy option available

CLEAR LIQUID DIET

BEVERAGES

- > Coffee ♥/Decaf Coffee ♥
- > Hot Tea ♥ - Regular, Decaf, Green Tea
- > Iced Tea ♥ - Regular, Decaf, Green Tea
- > Juice 1♣♥ – Apple, Cran-Grape
- > Juice ♥ – Diet Cranberry
- > Water ♥

BROTH*

- > Beef Broth
- > Chicken Broth
- > Vegetable Broth

DESSERTS

- > Jell-O® 1♣♥ – Strawberry, Lemon/Lime, Orange
- > Popsicle 1♣♥ – Flavors vary

FULL LIQUID DIET

Beverages for the Full Liquid Diet are the same as the "Beverages" list

SOUP/BROTH/HOT CEREAL

- > Broth* – Beef, Chicken, Vegetable
- > Cream of Wheat 2♣♥
- > Creamed Chicken Soup 1♣♥
- > Creamed Mushroom Soup 1♣♥
- > Creamed Potato Soup 1♣♥
- > Tomato Soup * 1♣

DESSERTS

- > Applesauce 1♣♥
- > BlueBunny® Healthy Start Ice Cream 1♣♥ – Vanilla, Strawberry, Chocolate
- > Jell-O® 1♣♥, Sugar Free Jell-O® ♥ – Strawberry, Orange, Lemon/Lime
- > Milkshake * 3♣ – Vanilla, Chocolate, Strawberry
- > Popsicle 1♣♥/Sugar Free Popsicle ♥
- > Pudding 2♣ – Vanilla or Chocolate
- > Pudding (reduced sugar) 1♣♥ – Vanilla or Chocolate
- > Sherbet 1♣♥ – Flavors vary
- > Yogurt 1♣♥ – Vanilla or Strawberry

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AT STILLWATER MEDICAL CENTER

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