

IN-ROOM DINING



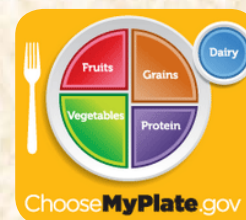
PATIENT MENU

**PLEASE DIAL 52222 TO PLACE YOUR ORDER
BETWEEN 6 A.M. AND 7:30 P.M.**

We are pleased to offer the convenience of In-Room Dining for our patients. Our approach is health and wellness. Our goal is to provide you with a nutritionally balanced meal based on federal guidelines for your health. **To help you make your meal selections here are our ordering guidelines: Choose one entree, up to five sides, one dessert and two beverages. The diet clerk will be happy to help with your selections. Some restrictions may apply.**

To order your selections, call **52222** to place your order between 6 a.m. and 7:30 p.m. Family members may dial **414-805-2222** from outside the hospital to order meal selections for patients. Meals are prepared fresh and delivered within 45 minutes of your request. Guest trays are available for delivery to patient rooms. Please see the guest menu or contact your nurse for a copy.

Please Note: *Menu items are subject to change.* *If your doctor has ordered a special diet, some items may not be available. In addition, some of your medications may need to be coordinated with your meals. If you are on insulin or need assistance with your meals, please notify your nurse each time you order a meal.*



IN-ROOM DINING – EXTENSION 52222

Please Note: If you are on insulin, please notify your nurse each time you order a meal. If you are on medication or need assistance placing your order, contact your nurse. Some menu items may not be available on a restricted diet.

BREAKFAST

BREAKFAST ENTRÉES

- Denver Omelet **+0.5** — *ham, cheddar, green pepper, onion*
- Ham and Cheddar Omelet
- Cheddar Cheese Omelet
- Vegetable Omelet **+0.5** — *cheddar, green pepper, onion, mushroom*
- *Breakfast Sandwich **up to +3**
Choice of bread (english muffin, bagel, croissant, kaiser roll)
Scrambled egg and cheddar cheese
Choice of meat (bacon, pork sausage patty, chicken sausage link)

BREAKFAST SIDES

- Scrambled Egg — *regular, low-cholesterol*
- Hard-Boiled Egg
- Buttermilk Pancake (each) **+1**
- *French Toast (per slice) **+1** — *regular, low-cholesterol*
- Meats — *bacon, pork sausage patty, chicken sausage link*
- Seasoned Diced Potatoes **+1**

CEREAL

- Hot Cereal — *Cream of Wheat +1, grits +1, oatmeal +1*
- Cold Cereal — *Corn Flakes +1, Lucky Charms +1.5, Multigrain Cheerios +1.5, Raisin Bran +2,*

FRUIT AND YOGURT

- Fresh Fruit — *apple-gala +1, banana +2, orange +1, pineapple +1, seasonal fruit up to +1.5*
- Fresh Fruit Cup **+1**
- Canned Fruit — *applesauce +1, mandarin oranges +1, peaches +1, pears +1*
- Raisins **+2**
- Yogurt Parfait **+1** — *blueberry, strawberry*
(add granola +1)
- Yogurt — *fat-free blueberry +1, fat-free peach +1, vanilla +2*
- Greek-Style Yogurt — *plain +0.5, strawberry +1*

BAKERY AND BREADS

- Apple Cinnamon Coffee Cake **+1.5**
- Bagel **+2**
- Blueberry Muffin **+1.5**
- Croissant **+2**
- English Muffin **+2**
- Kaiser Roll **+3**
- Nutri-grain Bar **+2** — *apple, raspberry*
- Toast **+1**

LUNCH & DINNER - SERVED AFTER 10:30 A.M.

SOUPS

Note: Carb counts are based on a bowl of soup.

- Chicken Noodle, bowl or cup **+0.5**
- Beef Chili, bowl or cup **+1**
- Three-Bean Chili, bowl or cup **+1.5**
- *Tomato, bowl or cup **+1**
- Vegetable, bowl or cup **+0.5**
- Soup of the Day, bowl or cup
(available to patients on regular diet without allergies)
- *Broth — *chicken, beef, vegetable*

SALADS

- House Salad **+0.5** — *includes romaine, iceberg, red cabbage, shredded carrots, cucumber, tomato, red onion*
- *Chef's Salad **+0.5** — *includes romaine, iceberg, shredded carrots, cucumber, tomato, red onion, red cabbage, ham, turkey, cheese, egg*
- Taco Salad **+1.5** — *includes romaine, iceberg, red cabbage, shredded carrot, red onion, tomato, chicken, black beans, cheddar cheese, with tortilla strips.*
Add salsa, sour cream, guacamole
- Dressings — *low-sodium balsamic vinaigrette +0.5, caesar, french, fat-free italian, ranch, fat-free ranch, light raspberry vinaigrette +1, house vinaigrette*

+ = Number or carbohydrate servings
Example: +2 indicates the item has 2 carb servings.

***** = Lower sodium option available.

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ENTRÉES

Chef's Special of the Day
(available to patients on regular diet without allergies)
Grilled Boneless Chicken Breast
Beef Tips with Noodles **+1.5**
Meatloaf with Gravy **+1**
Boneless Grilled Pork Chop
Baked Cod
Grilled Salmon with Citrus Vinaigrette
Roast Beef with Gravy
Turkey Breast with Gravy
Chicken Stir-Fry with Rice **+2**
Vegetable Stir-Fry with Rice **+2**

PASTA

Pasta with Alfredo **+2** —
add chicken or meatless meatballs +0.5
Pasta with Marinara **+2.5** —
add chicken or meatless meatballs +0.5
Pasta with Meat Sauce **+2.5**

PIZZA

Cheese Pizza **+2**
Pepperoni Pizza **+2**
Sausage Pizza **+2**
Deluxe Pizza **+2.5** — *green pepper, mushroom, onion, sausage, pepperoni*
Vegetable Pizza **+2.5** — *green pepper, mushroom, onion*

QUESADILLA

Cheese Quesadilla **+2**
Chicken Quesadilla **+2** — *chicken, green pepper, onion*
Vegetable Quesadilla **+2.5** — *black beans, green pepper, onion*

SANDWICHES FROM THE GRILL

*Hamburger **+2**
*Cheeseburger **+2**
*Grilled Cheese **+2.5**
Grilled Ham & Cheese **+2.5**
*Grilled Turkey & Swiss Cheese with Cranberry Relish **+3**
*Grilled Chicken Sandwich **+2**
Veggie Burger **+3**

DELI SANDWICHES

Choice of Bread — **white (per slice) +1, *whole wheat (per slice) +1, croissant +2, kaiser roll +3, wheat tortilla +2, lettuce wrap*
Meat/Salads (choose 1) — *deli roast beef, deli roast turkey, deli ham, hummus +1, chicken salad, tuna salad, egg salad, peanut butter, jelly — regular +0.5, sugar-free*
Cheese (choose 1) — *american, cheddar, provolone, swiss*
Additional Toppings — *lettuce, onions, pickles, tomato*

SIDES

VEGETABLES AND STARCHES

Black Beans **+1**
Broccoli
Carrots
Corn **+1**
Green Beans
Hubbard Squash **+1**
Steamed White Rice **+1.5**
Steamed Brown Rice **+1.5**
Macaroni and Cheese **+1**
Baked Potato **+2**
Seasoned Diced Potatoes **+1**
Mashed Potatoes **+1**
Gravy — *beef, chicken*
Egg Noodles **+1.5**
Dinner Roll **+1**

SNACKS

Cheese and Crackers **+1**
Cottage Cheese **+0.5**
String Cheese
Coleslaw
Raw Vegetables **+0.5** with dill dip or dressing
Hummus **+1**
Pretzels **+1.5**
Pita Chips **+2**
Potato Chips — *regular +1, baked +2*
Graham Crackers **+1**
Saltines
Wheat Crackers

DESSERTS

Seasonal Dessert **up to +3**
Angel Food Cake **+1.5**
Apple Pie **+2**
Frosted brownie (no nuts) **+2.5**
Cheesecake **+1.5**
Cookie — *chocolate chip +1, shortbread +1.5, sugar +1*
Pudding — *chocolate +1.5, tapioca +1.5, vanilla +1.5, no-sugar-added chocolate +1, no-sugar-added vanilla +0.5, no-sugar-added cheesecake +1*
Yogurt Parfait **+1** — *blueberry, strawberry (add granola +1)*
Jello, regular **+1** — *strawberry, lime, orange*
Jello, sugar-free — *strawberry, orange*
Ice Cream **+1** — *chocolate, vanilla*
Italian Ice — *cherry +1.5, lemon +1*
Sherbet — *lime +2, raspberry +1.5*

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BEVERAGES

Coffee — *regular, decaf*

Tea — *regular, green, herbal*

Hot Chocolate **+1.5**

Fruit Juice — *apple +1, cranberry +1, orange +1*
prune +1.5

Unsweetened Iced Tea

Milk — *skim +1, 2% +1, whole +1,*

chocolate +1, lactose-free +1, vanilla soy +1

Crystal Light — *lemon*

Gatorade — *punch +1.5*

Gatorade G2 — *glacier freeze +0.5*

Soda, 12 oz. — *cola +3, diet cola, white +2.5, diet white,*
ginger ale +2

CLEAR LIQUID DIET

Broth — *chicken, beef, vegetable*

Juice — *apple +1, cranberry +1*

Jello, regular **+1** — *strawberry, lime, orange*

Jello, sugar-free — *strawberry, orange*

Italian Ice — *cherry +1.5, lemon +1*

Popsicle — *regular +1, sugar-free*

Coffee — *regular, decaf*

Tea — *regular, green, herbal*

Crystal Light — *lemon*

Gatorade — *punch +1.5*

Gatorade G2 — *glacier freeze +0.5*

Unsweetened Iced Tea

Soda, 12 oz:

cola — regular +3, diet

white — regular +2.5, diet

ginger ale +2

FULL LIQUID DIET

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

Milk — *skim +1, 2% +1, whole +1,*

chocolate +1, lactose-free +1, vanilla soy +1

Hot Chocolate **+1.5**

Juice — *orange +1, prune +1.5*

Cream of Wheat **+1**

Grits **+1**

Cream of Chicken Soup, strained **+0.5**

Cream of Mushroom Soup, strained **+0.5**

Tomato Soup **+1**

Pudding — *chocolate +1.5, tapioca +1.5, vanilla +1.5,*

no-sugar-added chocolate +1, no-sugar-added vanilla +0.5,

no-sugar-added cheesecake +1

Ice Cream **+1** — *vanilla, chocolate*

Sherbet — *lime +2, raspberry +1.5*

Yogurt, *vanilla +2*

Greek-Style Yogurt — *plain +0.5*

CONDIMENTS — AVAILABLE IN LIMITED QUANTITIES

BBQ Sauce **+0.5**

Brown Sugar **+1**

Butter

Cinnamon Topping

Cheddar Cheese, shredded

Cranberry Relish **+1**

Cream Cheese

Creamer — *regular, non-dairy*

Croutons

Gravy — *beef, chicken*

Honey **+0.5**

Hot Sauce

Jelly — *regular +0.5, sugar-free*

Ketchup

Lemon Juice

Lettuce

Margarine

Mayonnaise — *regular*

Miracle Whip — *light*

Mrs. Dash

Mushrooms — *sautéed*

Mustard

Onions — *raw, sautéed*

Parmesan Cheese

Peanut Butter

Pepper

Pickle Slice

Salsa

Salt

Saltines

Sour Cream — *regular, fat-free*

Soy Sauce

Sugar

Sugar Substitute — *blue, yellow*

Syrup — *regular +2, sugar-free*

Tartar Sauce

Tomato Slice



Froedtert & MEDICAL COLLEGE of WISCONSIN

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