

IN-ROOM DINING



PATIENT & GUEST MENU

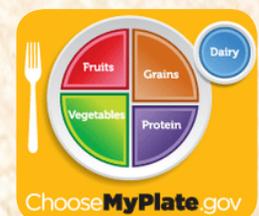
We are pleased to offer the convenience of In-Room Dining for our patients. Our approach is health and wellness. Our goal is to provide you with a nutritionally balanced meal based on federal guidelines for your health. To help you make your meal selections here are our ordering guidelines: Choose one 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 place your meal order call our Food and Nutrition services Call Center.

| | Hours of Operation | If calling from a hospital phone | If calling from a cell phone |
|--|------------------------|--|------------------------------|
| Froedtert Bluemound Rehabilitation Hospital | 6:30 a.m. to 6:30 p.m. | 48022 | 414-454-8022 |
| Froedtert Hospital | 6 a.m. to 7:30 p.m. | 52222 | 414-805-2222 |
| Froedtert Menomonee Falls Hospital | 6:30 a.m. to 6:30 p.m. | 73663 | 262-257-3663 |
| Froedtert West Bend Hospital | 6:30 a.m. to 6:30 p.m. | 65034 | 262-836-5034 |
| | | If using a hospital phone or cell phone | |
| Froedtert Holy Family Hospital | 7:00 a.m. to 6:00 p.m. | 920-476-6222 | |

Meals are prepared fresh and delivered within 45 minutes of your request. Trays for patient's guests are available for delivery to patient rooms, please see pricing for guests in **GREEN**.

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

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 - ham, cheddar, green pepper, onion | Guest Price \$4.50 |
| *Ham and Cheddar Omelet | \$4.25 |
| *Cheddar Cheese Omelet | \$3.95 |
| *Vegetable Omelet - cheddar, green pepper, onion, mushroom | \$4.25 |
| Breakfast Sandwich up to +2 | \$3.50 |
| <i>Choice of bread (english muffin, bagel, croissant)</i> | |
| <i>Scrambled egg and cheddar cheese</i> | |
| <i>Choice of meat (bacon, pork sausage turkey sausage)</i> | |

BREAKFAST SIDES

| | |
|---|----------------------|
| Scrambled Egg - regular, low-cholesterol | \$1.70 |
| Hard-Boiled Egg | \$.90 |
| Buttermilk Pancake (each) +0.5 | \$.75 |
| French Toast (per slice) +1 - regular, low-cholesterol | \$1.40 |
| Meats - bacon, pork sausage, turkey sausage | \$.60/\$.90/\$1.00 |
| Seasoned Diced Potatoes +1 | \$1.50 |

CEREAL

| | |
|---|-----------------------------------|
| | Guest Price \$1.25 each |
| Hot Cereal - Cream of Wheat +1 , grits +1 , oatmeal +1 | |
| Cold Cereal - Corn Flakes +1 , Multigrain Cheerios +1.5 | |

FRUIT AND YOGURT

| | |
|--|-----------------------------------|
| Fresh Fruit - apple-gala +1 , banana +2 , orange +1 | Guest Price \$1.00 each |
| pineapple +1 , seasonal fruit up to +1.5 | \$1.50 each |
| Fresh Fruit Cup +1 | \$1.50 |
| Canned Fruit - applesauce +1 , mandarin oranges +1 , | \$1.00 |
| peaches +1 , pears +1 | |
| Raisins +2 | \$.90 |
| Yogurt Parfait +1 - blueberry, strawberry | \$2.00 |
| (add granola +1) | add \$.50 |
| Yogurt - fat-free peach +1 , vanilla +2 | \$1.95 |
| Greek-Style Yogurt - plain +0.5 , strawberry +0.5 | \$2.15 |

BAKERY AND BREADS

| | |
|--|--------|
| Apple Cinnamon Coffee Cake +1.5 | \$1.00 |
| Bagel +2 | \$1.25 |
| Blueberry Muffin +1 | \$1.00 |
| Croissant +2 | \$1.25 |
| English Muffin +2 | \$1.00 |
| Nutri-grain Bar +1.5 - apple, raspberry | \$1.10 |
| Toast +1 | \$1.00 |

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

SOUPS

| | |
|--|--|
| <i>Note: Carb counts are based on a bowl of soup.</i> | |
| | Guest Price Bowl \$2.00/Cup \$1.00 |
| Chicken Noodle, bowl or cup +1 | |
| Three-Bean Chili, bowl or cup +2.5 | |
| *Tomato, bowl or cup +1 | |
| Vegetable, bowl or cup +1 | |
| Soup of the Day, bowl or cup | |
| <i>(available to patients on regular diet without allergies)</i> | |
| *Broth — chicken, beef, vegetable | |

SALADS

| | |
|--|------------------------------|
| House Salad +0.5 - includes romaine, iceberg, | Guest Price \$3.95 |
| red cabbage, shredded carrots, cucumber, tomato, red onion | |
| *Chef's Salad +0.5 - includes romaine, iceberg, shredded carrots, | \$4.50 |
| cucumber, tomato, red onion, red cabbage, ham, turkey, cheese, egg | |
| *Taco Salad +1.5 — includes romaine, iceberg, red cabbage, | \$4.50 |
| shredded carrot, red onion, tomato, chicken, black beans, | |
| cheddar cheese, with tortilla strips. | |
| Add salsa, sour cream, guacamole | add \$.50 each |
| Dressings — low-sodium balsamic vinaigrette +0.5 , french, | |
| fat-free italian, ranch, fat-free ranch, light raspberry vinaigrette +1 | |

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

***** = Lower sodium option available.

Prices in GREEN reflect cost if ordered by a guest, patient meals are complimentary.

IN-ROOM DINING

ENTRÉES

| | Guest Price |
|---|-------------|
| Chef's Special of the Day <i>(available to patients on regular diet without allergies)</i> | \$4.95 |
| Grilled Boneless Chicken Breast | \$4.50 |
| Beef Tips with Noodles +2 | \$4.95 |
| Meatloaf with Gravy +1 | \$4.50 |
| Baked Cod | \$4.50 |
| Turkey Breast with Gravy | \$4.50 |

PASTA

| | |
|--|--------|
| Pasta with Alfredo +2 <i>add chicken or meatless meatballs +0.5</i> | \$5.25 |
| Pasta with Marinara +2.5 <i>add chicken or meatless meatballs +0.5</i> | |

FLATBREAD PIZZA

| | |
|---|--------|
| Cheese Pizza +2.5 | \$5.50 |
| Pepperoni Pizza +2.5 | |
| Sausage Pizza +2.5 | |
| Deluxe Pizza +3 - <i>green pepper, mushroom, onion, sausage, pepperoni</i> | |
| Vegetable Pizza +2.5 - <i>green pepper, mushroom, onion</i> | |

QUESADILLA

| | |
|--|--------|
| Cheese Quesadilla +2 | \$5.00 |
| Chicken Quesadilla +2 - <i>chicken, green pepper, onion</i> | |
| Vegetable Quesadilla +2.5 - <i>black beans, green pepper, onion</i> | |

SANDWICHES FROM THE GRILL

| | |
|---|--------|
| Hamburger +2 | \$3.50 |
| Cheeseburger +2 | \$4.00 |
| Grilled Cheese +2.5 | \$3.50 |
| Grilled Ham & Cheese +2.5 | \$4.00 |
| Grilled Turkey & Swiss Cheese +2 | \$4.95 |
| Grilled Chicken Sandwich +2 | \$4.75 |
| Veggie Burger +3 | \$3.50 |

DELI SANDWICHES

| | |
|--|------------------|
| Choice of Bread | |
| <i>white (per slice) +1, whole wheat (per slice) +1</i> | \$.50 per slice |
| <i>croissant +2, wheat tortilla +2, lettuce wrap</i> | \$1.25 each |
| Meat/Salads (choose 1) | \$3.00 each |
| <i>deli roast turkey, deli ham, chicken salad, tuna salad, egg salad, peanut butter, jelly: regular +0.5, sugar-free</i> | |
| Cheese (choose 1) | \$.50 per slice |
| <i>American, cheddar, provolone, Swiss</i> | |
| Additional Toppings - <i>lettuce, onions, pickles, tomato</i> | |

SIDES

VEGETABLES AND STARCHES

| | Guest Price |
|---|-------------|
| Black Beans +1 | \$.95 |
| Broccoli | \$.80 |
| Carrots | \$.80 |
| Corn +1 | \$.80 |
| Green Beans | \$.80 |
| Steamed White Rice +1.5 | \$1.10 |
| Macaroni and Cheese +1 | \$2.00 |
| Baked Potato +2 | \$1.50 |
| Seasoned Diced Potatoes +1 | \$1.50 |
| Mashed Potatoes +1 <i>Gravy - beef, chicken</i> | \$1.50 |
| Egg Noodles +1.5 | \$1.10 |
| Dinner Roll +1 | \$1.60 |

SNACKS

| | |
|--|-------------|
| Cheese and Crackers +1 | \$2.50 |
| Cottage Cheese +0.5 | \$1.60 |
| String Cheese | \$.70 |
| Raw Vegetables +0.5 with dill dip or dressing | \$2.50 |
| Pretzels +1.5 | \$1.10 |
| Potato Chips - <i>regular +1, baked +2</i> | \$1.10 |
| Graham Crackers +1 | \$.50 |
| Saltines | \$.15 each |

DESSERTS

| | |
|---|----------------------|
| Seasonal Dessert up to +3 | \$2.85 |
| Apple Pie +3 | \$1.95 |
| Frosted brownie +2 | \$1.95 |
| Cheesecake +1 | \$2.80 |
| Cookie - <i>chocolate chip +1, shortbread +1.5</i> | \$1.10 each |
| Pudding - <i>chocolate +2, vanilla +1.5, no-sugar-added chocolate +1, no-sugar-added vanilla +1</i> | \$1.10 |
| Yogurt Parfait +1 - <i>blueberry, strawberry</i> <i>(add granola +1)</i> | \$2.00 add \$.50 |
| Jello, regular +1 - <i>strawberry, orange</i> | \$.90 |
| Jello, sugar-free - <i>strawberry, orange</i> | \$.90 |
| Ice Cream +1 - <i>chocolate, vanilla</i> | \$1.00 |
| Italian Ice - <i>cherry +1.5, lemon +1</i> | \$1.00 |
| Popsicle - <i>regular +1, sugar-free</i> | \$1.00 |
| Sherbet - <i>raspberry +1.5</i> | \$1.00 |

+ = Number of carbohydrate servings

Example: **+2** indicates the item has 2 carb servings.

***** = Lower sodium option available.

Prices in GREEN reflect cost if ordered by a guest, patient meals are complimentary.

IN-ROOM DINING

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.

BEVERAGES

| | | | |
|--|--------|---|--------|
| Coffee - <i>regular, decaf</i> | \$.90 | Crystal Light - <i>lemon</i> | \$1.10 |
| Tea - <i>regular, green, herbal</i> | \$.90 | Gatorade - <i>punch</i> +1.5 | \$1.25 |
| Hot Chocolate +1.5 | \$.90 | Gatorade G2 - <i>glacier freeze</i> +0.5 | \$1.25 |
| Fruit Juice - <i>apple</i> +1 , <i>cranberry</i> +1 , <i>orange</i> +1 , <i>prune</i> +1.5 | \$.60 | Soda, 8 oz. | \$.73 |
| Unsweetened Iced Tea | \$1.10 | <i>cola</i> +2 , <i>diet cola, white</i> +2 , <i>diet white, ginger ale</i> +1.5 | |
| Milk - <i>skim</i> +1 , <i>2%</i> +1 , <i>whole</i> +1 , <i>chocolate</i> +1 | \$.60 | | |
| <i>lactose-free</i> +1 | \$1.20 | | |
| <i>vanilla soy</i> +1 | \$1.70 | | |

CLEAR LIQUID DIET - PATIENT ONLY

- Broth - *chicken, beef, vegetable*
- Juice - *apple* **+1**, *cranberry* **+1**
- Jello, regular **+1** - *strawberry, 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, 8 oz:
 - cola* - *regular* **+2**, *diet*
 - white* - *regular* **+2**, *diet*
 - ginger ale* **+1.5**

FULL LIQUID DIET - PATIENT ONLY

- 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* **+2**, *vanilla* **+1.5**,
 no-sugar-added chocolate **+1**, *no-sugar-added vanilla* **+1**
 - Ice Cream **+1** - *vanilla, chocolate*
 - Sherbet - *raspberry* **+1.5**
 - Yogurt, *vanilla* **+2**
 - Greek-Style Yogurt - *plain* **+0.5**

CONDIMENTS — AVAILABLE IN LIMITED QUANTITIES

| | | | |
|-------------------------------------|--|--|--|
| BBQ Sauce +0.5 | Guacamole \$.50 | Miracle Whip - <i>light</i> | Salsa \$.50 |
| Brown Sugar +1 | Honey +0.5 | Mrs. Dash | Salt |
| Butter | Hot Sauce | Mushrooms - <i>sautéed</i> \$.50 | Saltines |
| Cinnamon Topping | Jelly - <i>regular</i> +0.5 , <i>sugar-free</i> | Mustard | Sour Cream \$.50 |
| Cheddar Cheese, shredded | Ketchup | Onions - <i>raw, sautéed</i> \$.50 | <i>regular, fat-free</i> |
| Cream Cheese | Lemon Juice | Parmesan Cheese | Sugar |
| Creamer - <i>regular, non-dairy</i> | Lettuce | Peanut Butter | Sugar Substitute - <i>blue, yellow</i> |
| Croutons | Margarine | Pepper | Syrup - <i>regular</i> +2 , <i>sugar-free</i> |
| Gravy - <i>beef, chicken</i> | Mayonnaise - <i>regular</i> | Pickle Slice | Tartar Sauce |
| | | | Tomato Slice |



froedtert.com/menu