

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 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 or other medications or need assistance with your meals, please notify your nurse each time you order a meal.*

BREAKFAST

FRUIT

Fresh Fruit — *apple-gala +1, orange +1, banana +2, pineapple +1, seasonal fruit up to +1*
Fresh Seasonal Fruit Cup **+1**
Canned Fruit — *applesauce +1, mandarin oranges +1, peaches +0.5, pears +1*
Raisins **+2**

CEREAL

Hot Cereal — *Cream of Wheat +1, grits +1, oatmeal +1*
Cold Cereal — *Bran Flakes +2, Corn Flakes +1.5, Crisp Rice +1.5, Sugar Frosted Flakes +1.5, Toasted Oats +1.5*

BAKERY AND BREADS

Plain Bagel **+2** English Muffin **+2**
Mini Cheese Danish **+1** Toast **+1**
Blueberry Muffin **+1.5**

BREAKFAST ENTRÉES

Scrambled Egg — *regular, low cholesterol*
Hard Boiled Egg
Buttermilk Pancake **+1**
*French Toast **+1** — *regular, low cholesterol*
Build Your Own Omelet (choose up to 5) — *regular, low cholesterol*
Choice of cheese (american, cheddar, feta, provolone, swiss — regular, low sodium), diced ham, green peppers, mushrooms, onions, tomatoes, spinach
Breakfast Sandwich on English Muffin **+2**
Includes egg and american cheese.
Add one choice of breakfast meat.

BREAKFAST SIDES

Meats — *bacon, breakfast ham, grilled breakfast turkey, pork sausage patty*
Seasoned Diced Potatoes **+1**
Breakfast Bar **+2** — *Nutrigrain Raspberry, Fiber One Oats & Chocolate*
Fruit and Granola Vanilla Yogurt Parfait **+2**
strawberry, blueberry
Yogurt — *fat free blueberry +1, fat free peach +1, mixed berry +2, vanilla custard style +2*
Greek Style Yogurt — *plain +0.5, strawberry +1, black cherry +1*

SOUPS

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

Homemade Chicken Noodle, bowl or cup **+0.5**
Chili, bowl or cup — *beef +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 general diet without allergies)
*Broth — *chicken, beef, vegetable*
Saltines

SALADS

House Salad **+0.5** — *includes romaine, tomato, red onion, parmesan*
Spinach Strawberry Salad with Feta Cheese **+0.5**
Make your salad an entree (choose one) — *grilled chicken, vegan strips, hard boiled egg*
*Chef's Salad **+0.5** — *includes ham, turkey, cheese, egg*
Tossed Side Salad — *includes iceberg, cabbage, shredded carrots, cucumber, grape tomato*
Dressings — *Low Sodium Balsamic Vinaigrette +0.5, Caesar, French, Fat Free French, Creamy Italian, Fat Free Italian, Ranch, Fat Free Ranch, Fat Free Raspberry Vinaigrette +0.5, Fat Free 1000 Island*
Croutons

BUILD A SANDWICH OR WRAP

Bread (each slice) — **white +1, *whole wheat +1, sourdough +1, rye +1, *hamburger bun +2, flour 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 — regular, low sodium*
Additional Toppings (choose up to 5) — *black olives, cucumbers, green peppers, lettuce, mushrooms, onions, pickles, spinach, tomato*

+ = Number or carbohydrate servings
Example: +2 indicates the item has 2 carb servings.
***** = Lower sodium option available.

IN-ROOM DINING – EXTENSION 52222

Please Note: Items below served after 10:30 a.m.

SANDWICHES FROM THE GRILL

- *Hamburger **+2**
- *Cheeseburger **+2**
- *Grilled Cheese **+2.5**
- Grilled Ham & Cheese **+2.5**
- *Grilled Turkey & Low Sodium Swiss Cheese **+2**
- Mushrooms — *sautéed*
- Onions — *raw, sautéed*
- *Grilled Chicken Breast Sandwich **+2**
- Veggie Burger **+3**
- Sautéed Mushrooms & Provolone on Ciabatta **+3**
- Pickle Slice

ENTREES

- Chef's Special of the Day
(available to patients on general diet without allergies)
- Grilled Boneless Chicken Breast
- Rotisserie Seasoned Chicken Quarter
dark meat, white meat
- Beef Tips with Noodles **+1.5**
- Meatloaf with Gravy **+1**
- Boneless Grilled Pork Chop
- Baked Cod
- Roast Beef with Gravy
- Turkey Breast with Gravy
- Macaroni and Cheese — *healthy entree (4 oz.)* **+1**,
general diet (8 oz.) **+2**
- Oriental Stir Fry with Rice **+2**
diced chicken, vegetable, vegan strips
- *Build Your Own Cheese Quesadilla **+2**
Toppings (choose up to 4) — *cheese, green peppers, onions, diced chicken, beef, black beans* **+1**, *vegan strips*
- Build Your Own Penne Pasta Entree with Cheese **+2**
Sauce — *alfredo, marinara* **+0.5**
Protein (choose 1) — *Italian sausage, pepperoni, diced chicken, vegan strips*
Additional Toppings (choose up to 3) —
black olives, green peppers, mushrooms, onions, spinach, tomatoes
Parmesan Cheese

KOSHER SELECTIONS

Ask about current options.

BUILD YOUR OWN PIZZA OR STUFFED BAKED POTATO

- Personal Cheese Pizza **+3**
- Baked Potato **+2**
- Additional Toppings (choose up to 5) —
bacon, cheddar cheese, diced chicken, diced ham, pepperoni, sausage, vegan strips, black olives, green peppers, mushrooms, onions, spinach, tomatoes

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**
- Baked Potato **+2**
- Seasoned Diced Potatoes **+1**
- Mashed Potato **+1**
- Gravy — *beef, chicken*
- Egg Noodles **+1.5**
- Dinner Roll **+1.5** —
white, wheat
- Cornbread Muffin **+1.5**

SIDES AND SNACKS

- Cheese Plate,
Build Your Own
(choose up to 4 slices)
- Cottage Cheese **+0.5**
- String Cheese
- Coleslaw
- Raw Vegetables **+0.5**
with choice of dressing
- Hummus **+0.5**
- Pretzels **+1.5**
- Pita Chips **+2**
- Potato Chips —
regular **+1**, *baked* **+2**
- Graham Crackers **+1**
- Saltines
- Wheat Crackers

DESSERTS

- Angel Food Cake **+1.5**
- Apple Pie **+3**
- Frosted brownie (no nuts) **+3.5**
- Cheesecake **+1.5**
- Cookie — *chocolate chip* **+1**, *shortbread* **+1.5**, *sugar* **+1**
- Pudding — *chocolate* **+1.5**, *tapioca* **+1.5**, *vanilla* **+2**,
no sugar added chocolate **+1**, *no sugar added vanilla* **+0.5**,
no sugar added cheesecake **+1**
- Fruit and Granola Yogurt Parfait **+2** — *strawberry, blueberry*
- Jello regular **+1** — *strawberry, lime, orange*
- Jello sugar free — *strawberry, orange*
- Ice Cream **+1** — *chocolate, vanilla*
- Italian Ice **+1** — *cherry, lemon*
- Sherbet **+2** — *lime, raspberry*

BEVERAGES

Coffee — *regular, decaf*
 Tea — *regular, decaf, green, herbal*
 Hot Chocolate **+1**
 Fruit Juice — *apple +1, cranberry +1, orange +1*
prune +1.5
 Vegetable Juice **+0.5** — *V8, low-sodium V8*
 Unsweetened Iced Tea

Milk — *skim +1, 2% +1, whole +1,*
chocolate +2, lactose free +1, vanilla soy +1
 Crystal Light — *lemon, raspberry*
 Gatorade — *punch +1.5*
 Gatorade G2 — *lemon lime*
 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 **+1** — *cherry, lemon*
 Popsicle — *regular +1, sugar-free*
 Coffee — *regular, decaf*
 Tea — *regular, decaf, green, herbal*
 Crystal Light — *lemon, raspberry*
 Gatorade — *punch +1.5*
 Gatorade G2 — *lemon lime*
 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 +2, lactose free +1, vanilla soy +1
 Hot Chocolate **+1**
 Juice — *orange +1, prune +1.5*
 Vegetable Juice **+0.5** — *V8, low-sodium V8*
 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 +2,*
no sugar added chocolate +1, no sugar added vanilla +0.5,
no sugar added cheesecake +1
 Ice Cream **+1** — *vanilla, chocolate*
 Sherbet **+2** — *lime, raspberry*
 Yogurt, vanilla custard style **+2**
 Greek Style Yogurt — *plain +0.5*

CONDIMENTS — AVAILABLE IN LIMITED QUANTITIES

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

