



How To Place Your Order

Review the menu and choose the foods you would like to order. Place your order by dialing **65900** anytime between 6:30 a.m. - 7:00 p.m.

If you are on a modified or restricted diet, your Room Service Operator will assist you with your selections. Please allow a minimum of 45 minutes for your order to be delivered.

Your family can assist with orders by calling from home. To place an order from outside the hospital please call (336) 716-5900.

Room Service Dining for Guests of Patients

\$5.99 includes one entrée, two side dishes, one dessert and beverage.

Debit Card and Credit Card payment only. (Visa®, MasterCard®, Discover® and American Express® accepted)

Allow a minimum of 45 minutes to receive your meal. Call 65900 for placing orders or questions.

Explanation about your "Doctor Ordered Diet"

House Select Diet

No diet restrictions. You may select foods as desired.

Consistent Carbohydrate Diet

A balanced diet to control blood sugar levels. A specific number of carbohydrate choices are allowed for each meal depending on your personal needs. In the event that carbohydrate limits are exceeded when ordering, the Customer Service Representative can help you with substitutions.

Prudent Diet

A diet low in cholesterol, fat and sodium. When you place your order, the amount of cholesterol, fat and sodium will be totaled. In the event that prescribed limits are exceeded, the Customer Service Representative can help you with substitutions.

Clear/Full Liquid Diet

A transitional diet of liquids and semi-liquids, such as yogurt, pudding etc.

Mechanical Soft Diet

A diet that includes soft foods that are easier to chew and swallow.

Predialysis or Dialysis (Renal) Diet

A diet that controls the amount of potassium, phosphorus, sodium and protein in the diet for your kidneys. In the event that prescribed limits are exceeded, the Customer Service Representative can help you with substitutions.



LIQUID DIETS

CLEAR LIQUID DIET

Broth (Vegetable, Beef, Chicken)
Hot Tea (Reg or Decaf)
Iced Tea (Unsweetened or Sweetened)
Juice (Grape, Cranberry or Apple)
Gelatin (Strawberry, Lemon or SF Citrus)
Italian Ice (Cherry, Lemon or Orange)
Popsicle (Reg or SF)

FULL LIQUID DIET

Includes all Clear Liquid Items plus the following:
Oatmeal
Soup (Tomato Basil or Cream of Potato)
Orange Juice
Hot Chocolate (Reg or SF)
Milk (Skim, 2% or Whole)
Pudding (Reg or SF) (Vanilla or Chocolate)
Assorted Yogurts
Sherbet (Lime or Orange)
Ice Cream (Vanilla, Chocolate or Strawberry)

GLUTEN FREE ITEMS

BREAKFAST

Scrambled Eggs (Reg or Substitute)
Plain Omelet
(Fresh Herbs, Tomatoes, Diced Onions, Baby Spinach, Alpine Lace® Cheese)
Breakfast Pork Loin
Turkey Bacon
Whole Fruit (Grapes, Apple, Banana or Orange)
Fresh Fruit Cup
(Cantaloupe, Honey Dew, Grapes)
Bread (White or Multi Grain)
English Muffin
Blueberry Muffin
Rice Chex®
Cream of Brown Rice Cereal with Brown Sugar

LUNCH & DINNER ENTRÉES

Burger on Gluten Free Bun
(Add Alpine Lace® Cheese)
Pork Loin • Grilled Salmon
Grilled Chicken
Stir Fried Vegetables on Jasmine Rice with Teriyaki Sauce (Chicken or Tofu)
Grilled Chicken Sandwich on Gluten Free Bun (with Lettuce, Tomato, Onion)
Penne Pasta with Marinara Sauce

ENTRÉE SALADS

Your Choice of Lettuce and Toppings

DRESSINGS

Ranch (Reg or LF) • FF Italian
LF French • Balsamic Vinaigrette

STARCHES

Jasmine Rice • Sweet Potato
Baked Potato • Dinner Rolls

VEGETABLES

Sautéed Spinach • Green Beans
Carrots • Broccoli • Squash Medley
Carrots & Celery Sticks

BEVERAGES

Milk
Juice (Grape, Cranberry, Orange or Apple)
Sodas • Gatorade®
Hot Tea (Reg or Decaf)
Iced Tea (Sweetened or Unsweetened)
Coffee (Reg or Decaf)

DESSERTS

Gluten Free Cookies (Sugar or Chocolate Chip)
Chocolate Cupcake • Carrot Cupcake



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Room Service



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BREAKFAST FOR YOU

FRUIT

Peaches • Pears
Mandarin Oranges
Fresh Strawberries
Applesauce
Stewed Prunes
Banana
Cantaloupe
Seasonal Fresh Fruit
Fresh Fruit Cup (Diced Cantaloupe, Honey Dew and Grapes)

YOGURT

Low Fat Yogurt
Vanilla or Strawberry

Create Your Parfait
Choice of Fruit and Yogurt, with or without Granola
(Choice of: Strawberries, Blueberries or Peaches)

CEREALS - COLD

Cheerios®
Raisin Bran®
Frosted Flakes®
Corn Flakes®
Froot Loops®
Rice Chex®
Rice Krispies®

CEREALS - HOT

Oatmeal
(Add Bananas or Cranberries)
Grits (Reg or Cheese)

BEVERAGES

HOT

Hot Tea (Reg or Decaf)
Green Tea
Coffee (Reg or Decaf)
Hot Chocolate (Reg or SF)

MILK

Skim • 2% • Whole
Low Fat Chocolate • Soy
Lactose Free

BREAKFAST ENTRÉE

Scrambled Eggs (Reg or LC)
Hard Boiled Egg
Texas French Toast
Whole Wheat Pancakes
Buttermilk Pancakes with Syrup
(Choice of Toppings: Blueberry or Banana)

OMELET (Reg or LC)

Your Choice of:
Onion • Diced Tomato
Spinach
Green Pepper
Fresh Herbs
Vegetable Crumbles
Turkey Bacon ☺
Ham ☺
Feta
Cheddar
American Cheese

SIDES

Hash Brown Potatoes
Grilled Fresh Pork
Turkey Bacon ☺
Sausage Patty ☺
Cottage Cheese

BAKE SHOP

LF Blueberry Muffin
Orange Cranberry Muffin
Bagel (Reg or Whole Wheat)
English Muffin (Reg or Whole Wheat)

COLD

Pepsi® (Reg or Diet)
Sierra Mist® (Reg or Diet)
Gingerale (Reg or Diet)
Gatorade® (Fruit Punch or Orange)
Iced Tea (Sweetened or Unsweetened)
Crystal Light® Lemonade

JUICES

Grape • Cranberry
Apple • Orange • Prune



FRESHLY PREPARED SOUPS

Broths (Vegetable, Beef or Chicken)
Tomato Basil • Southern Vegetable Beef • Chicken Noodle • Cream of Potato

DELI CREATIONS

(Cold or Panini)
Choice of: Lettuce, Tomato, Dill Pickle, Mustard, Honey Mustard or Mayonnaise

BREADS

White • Wheat
White ☺ or Wheat ☺ Wrap

CHEESES

American
Provolone • Cheddar

MEATS AND SPREADS

Tuna Salad • Chicken Salad • Ham ☺ • Smoked Turkey Breast • LS Turkey • Roast Beef
Pimento Cheese • Hummus ☺ • Peanut Butter and Jelly (Grape or Strawberry)

SOUTH OF THE BORDER

QUESADILLA ☺

Grilled with Your Choice of:
Onion • Tomato • Cheese
Chicken • Tofu

SIDES

Pinto Beans
Mexican Rice

ITALIAN CUISINE

PENNE PASTA
(Reg or Whole Wheat)

CHOICE OF SAUCE
Marinara • Meat

ENTRÉE
Chicken Parmesan (Breaded or Grilled)

SIDE
Garlic Bread

PERSONAL PAN CHEESE PIZZA

Additional Toppings:
Onion • Tomato • Green Pepper • Spinach • Pepperoni • Chicken • Tofu

ASIAN DELIGHTS

(Vegetable medley of red peppers, pea pods, water chestnuts, carrots and bok choy) with or without the following sauces:
General Tso • Teriyaki Sauce ☺

STARCH

Jasmine Rice

CHOICE OF PROTEIN

Chicken • Beef • Tofu

CONDIMENTS

Sugar • Splenda® • Brown Sugar • Creamer • Salt • Pepper • Salt-Free Seasoning
Fresh Lemon Slice • Ketchup • Mustard • Honey Mustard • Mayonnaise
Tartar Sauce • BBQ Sauce • Hot Sauce • Salsa • Ranch Dressing • Peanut Butter
Malt Vinegar • Sour Cream • Cream Cheese (Reg or Light) • Margarine • Butter
Jelly (Reg or SF) (Grape or Strawberry)



FROM THE GARDEN & TRIMMINGS

Create your own Entree Salad:

Choice of Romaine, Spinach or Mixed Greens

Choose your Toppings:

Tomatoes, Carrots, Cucumbers, Green Peppers, Onion, Hard Boiled Egg, Beef, Chicken, Diced Ham, Tofu, Shredded Cheddar or Parmesan

SIDE SALAD

Mixed Greens with or without Tomato and Cucumber

CHOICE OF SALAD DRESSING

Ranch (Reg or LF) • Balsamic Vinaigrette
Caesar Dressing • Oil & Vinegar
Blue Cheese • LF French

GRILL FAVORITES

Grilled Cheese • Baked Tilapia Fish • Hamburger • Cheeseburger
Turkey Burger • Black Bean Burger • Chicken Tenders • Grilled Chicken Breast

BREADS

White • Wheat • White Bun • Wheat Bun

AMERICAN COMFORTS

Baked Macaroni and Cheese • Grilled Meatloaf with Homemade Brown Gravy
Beef Pot Roast • Crispy Herb Baked Chicken • Grilled Salmon
Grilled Chicken

VEGETABLES, STARCHES & SIDES

Green Beans
Corn
Carrots
Broccoli
Fresh Sautéed Spinach
Whipped Potatoes
(Brown or Chicken Gravy)
Baked Potato
Baked Sweet Potato
Crinkle Cut Fries
Fried Okra

Seasonal Fresh Vegetables
Creamy Cole Slaw
Pinto Beans
Squash Medley
Baby Carrots, Celery, Cucumbers with Hummus ☺ and Pita Chips
Pretzels
Goldfish®
Baked Lay's® Potato Chips
Homemade Potato Chips
Yeast Roll

DESSERTS

Angel Food Cake
Sugar Cookie
Chocolate Chip Cookie
Vanilla Wafers
Warm Apple Crisp
Bundt Cake (Chocolate or Carrot)
Sweet Potato Pie

Gelatin (Strawberry, Lemon or SF Citrus)
Pudding (Reg or SF) (Vanilla or Chocolate)
Italian Ice (Cherry, Lemon or Orange)
Popsicle (Reg or SF)
Sherbet (Lime or Orange)
Ice Cream (Vanilla, Chocolate or Strawberry)

☺ = Higher in Salt LF = Low Fat SF = Sugar Free
LS = Low Sodium LC = Low Cholesterol

Some items may not be appropriate for your diet. Please allow us to help you select. Some items may be available in 1/2 portions, please ask when ordering.

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