

ROOM SERVICE DINING

BROOKINGS HEALTH SYSTEM

is pleased to offer **Room Service Dining**, an innovative concept designed with your satisfaction in mind. Room Service allows you the flexibility to order your meals when you feel like eating. Please review the menu to choose the foods you would like to order.

Place your order by dialing **(8345)** anytime between 6:45 a.m. and 6:45 p.m.

Meals are made-to-order and delivered to you within about 30 minutes.

If you are on a modified or restricted diet, some food items may not be appropriate for your diet. Our Room Service Operators can assist you with your order.

Room Service Dining For Guests of Patients

Guests are invited to dine in our cafeteria located on the main level and open from 6:45 a.m. to 6:45 p.m. Limited items available after 1:30 p.m.

BREAKFAST

ENTRÉES

Scrambled Eggs • Low Cholesterol Eggs (♥) • Hard Boiled Eggs • Pancakes (2c)
• Cinnamon French Toast (2c) • Breakfast Sandwich (2c)
• Low Cholesterol Omelet (♥) • Omelet

Omelette toppings: sausage, bacon, ham, onions, peppers, mushrooms, cheese

CEREALS (♥)

Cream of Wheat®(1c) • Oatmeal (1c) • Rice Krispies®(1.5c) • Cheerios®(1.5c)
• Raisin Bran®(3c) Fruit Loops®(1.5c) • Frosted Flakes®(2c)

SIDE ORDERS

Yogurt [Low Fat (2c)] • 2% Cottage Cheese • Ham • Sausage Pattie • Sausage Links
• Crisp Bacon • Hash Browns (1c)

FRUITS (1c)(♥)

Banana • Apple • Fresh Orange Wedges • Diced Peaches • Diced Pears • Grapes
• Seasonal Fresh Fruit Cup • Applesauce • Fruit Cocktail

BAKERY

Banana Bread (2c) • English Muffin (2c) • Wheat English Muffin (2c) • Bagel (4c)
• Bran Muffin (2c) • Blueberry Muffin (2c)

DIAL 8345 TO PLACE YOUR ORDER.

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* Available in sugar-free

♥ Lower in fat or sodium

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ROOM SERVICE DINING

LUNCH/DINNER

PASTA BAR

Spaghetti (2c) • Penne (2c) • Marinara (♥) • Meat Sauce • Alfredo
• Grilled Chicken • Parmesan Cheese

PERSONAL PAN PIZZA (5C)

Cheese • Pepperoni • Sausage • Beef • Mushroom • Onions • Peppers

ENTRÉES

Hot Roast Beef Sandwich (2c) • Hot Roast Turkey Sandwich (2c) • Baked Ham
• Grilled Chicken Breast (♥) • Meatloaf • Macaroni & Cheese (3c) • Roast Beef
• Roast Turkey Breast (♥) • Beer Battered Cod (1c)

ON THE SIDE

Mashed Potatoes (1c) • Baked Potato (2c) • French Fries (2c) • Macaroni & Cheese
(3c) • Rice (1.5c)(♥) • Carrots (♥) • Green Beans (♥) • Broccoli (♥) • Corn (1c)(♥)
• Dinner Roll (1c) • Baby Carrots with Dip • 2% Cottage Cheese • Garden Salad
• Potato Chips (Regular or Baked, 1.5c) • Flour Tortilla (1c)

BEVERAGES

MILK (1c)(♥)

Skim Milk • Soy Milk • 2% Milk • Whole Milk • Chocolate Milk

JUICE (1c)

Orange • Grape • Apple • Prune • Cranberry • Tomato Juice

SODA

Coke®(2.5c) • Diet Coke® • Caffeine-Free Diet Coke® • Sprite®(2.5c)
• Sprite Zero • ®Powerade®(2.5c)

COFFEE & TEA

Coffee (Regular or Decaf) • Hot Green Tea • Hot Black Tea
• Unsweetend Iced Tea • Hot Chocolate (1c)(*)

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GRILL/DELI

FROM THE GRILL

- Hamburger (2c) • Cheeseburger (2c) • Veggie Burger (3c)(♥)
• Grilled Chicken Sandwich (2c) • Chicken Tenders (0.5c) • Grilled Cheese (2c)
• Quesadilla (Cheese or Chicken, 3c)

CREATE YOUR OWN SANDWICH

- Roast Turkey • Ham • Egg Salad • Tuna Salad • Peanut Butter & Jelly • Bacon
• American • Cheddar • Swiss

Bread (1c. per sandwich): white, wheat, hoagie, wrap

SOUPS

- Chicken Noodle (0.5c) • Low Sodium Chicken Noodle (0.5c) • Tomato (1.5c)
• Low Sodium Tomato (1c) • Cream of Chicken (0.5c) • Vegetable Beef (1c)
Broth (♥): Vegetable, Chicken, Beef

SALADS

- Chicken Caesar Salad • Fruit Plate (Cottage Cheese or Yogurt)
• Garden Salad • Caesar Salad

Dressing: Italian (low fat), French (regular), Ranch (regular or low fat),
Raspberry Vinaigrette

DESSERTS

- Peach Pie (2c) • Apple Pie (2c) • Carrot Cake (2c)
• Angel Food Cake (1c, w/ or w/o strawberries) • Devils Food Cake (2.5c)
• Fruit Ice (strawberry and lemon) • Popsicles (Various Flavors)
• Pudding (2c, vanilla or chocolate)(*) • Ice Cream (1c, vanilla or chocolate)(*)
• Sherbet (1.5c, orange or raspberry) • Seasonal Fresh Fruit Cup (1c)
• Gelatin (1c, strawberry, lime, or orange)(*) • Health Smart Ice Cream (1c)

Cookies: Oatmeal Raisin (2c), Chocolate Chip (2c), Sugar (2c)

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ABOUT YOUR MODIFIED DIET

Nutrition is important for health and healing. If your doctor has ordered a diet for you, it may include some restrictions. The following information describes some of the modified diets which may be ordered for you. Call (8345) and a Room Service Operator will assist you with your selections.

REGULAR: This diet does not have any restrictions and includes a wide variety of foods to meet your daily nutritional requirements.

NPO "NOTHING BY MOUTH": This diet is ordered when you are not allowed to eat solid foods or liquids. You will not receive a tray.

LOW FIBER: This diet provides foods that are soft in texture, easy to chew and restricts intake of whole grains, some fresh fruit and vegetables.

MODIFIED TEXTURE & CONSISTENCY: These diets may include Dysphasia 3, Dysphasia 2, and Dysphasia 1. Liquids may need to be thickened for patients with swallowing difficulties.

CONSISTENT CARBOHYDRATE (CCD): This diet is used to help control blood sugar by limiting the total amount of carbohydrate intake.

RENAL/DIALYSIS: This diet modifies intake of protein, sodium, potassium and phosphorus. Fluids may also be restricted.

LOW SATURATED FAT, LOW SODIUM, LOW CHOLESTEROL:

This diet is also known as Heart Healthy and restricts sodium, fat and cholesterol. A caffeine restriction may also be added.

CLEAR LIQUID DIET

BROTH

Vegetable • Chicken • Beef

JUICES

Apple • Cranberry • Grape

POPSICLES

Various Flavors

BEVERAGES

Coffee (regular or decaf) • Hot Green Tea
• Hot Black Tea • Hot Chocolate
• Unsweetened Iced Tea • Powerade

GELATIN

Strawberry • Lime • Orange

FULL LIQUID DIET

Any food item from the Clear Liquid Diet plus the following:

CEREAL & SOUPS

Oatmeal • Cream of Wheat®
Cream of Tomato • Cream of Chicken

JUICES

Orange Juice • Tomato Juice

BEVERAGES

Skim Milk • 2% Milk • Whole Milk
• Chocolate Milk • Soy Milk

DESSERTS

Pudding (vanilla or chocolate)
Ice Cream (vanilla or chocolate)
Sherbet (orange or raspberry)
Yogurt (low fat)
Applesauce

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