

Welcome to Room Service

TO PLACE YOUR ORDER

dial **3663** (FOOD)


HOURS

6:30 am – 6:30 pm

HOW TO ORDER

- Please limit your order to one entrée per call.
If your diet allows, we will be happy to bring you another meal if you are still hungry.
- If your physician has prescribed a modified diet, some items may not be allowed. Our trained staff will assist you in choosing appropriate meal items according to your doctor's orders.
- Your meal will be delivered to your room in approximately 45 minutes.

(#) Indicates the number of carbohydrate servings in an item. There are 15 grams of carbohydrates in one CHO unit.

 Indicates a Heart Healthy item which is lower in sodium and fat.

SPECIAL DIETS

If you have dietary concerns and wish to speak with one of our registered dietitians, please call extension 2199.

DIABETES MANAGEMENT

Please tell your nurse when you have ordered your meal. This will allow for appropriate blood sugar testing and medication dosage.

ORDERING A GUEST TRAY

If a family member or friend would like to dine with you, guest trays can be purchased with cash, meal ticket, debit or credit card. Guest trays are \$6 per tray, and include one entrée, three sides and a beverage.

March 2019

BEVERAGES







Milk

2% (1) Lactose-free (1) 
Skim (1)  Chocolate (1)

Soy Milk

Chocolate (2) or Vanilla (1) 

Juice

Apple (1)  Prune (1) 
Cranberry (1)  Low-sodium
Grape (1)  Tomato 
Orange (1)  V8

Coffee

Regular
Decaffeinated

Hot Tea

Regular
Decaffeinated
Herbal

Iced Tea

Regular
Decaffeinated

Hot Chocolate (1)

Lite Lemonade

Coke (1)

Caffeine Free

Diet Coke 




Sprite (1)

Sprite Zero

CONDIMENTS

Butter
Margarine 
Honey 
Cream Cheese
Lite Cream Cheese
Lite Sour Cream 
Jelly (also diet) 
Peanut Butter
Barbecue Sauce (1)
Ranch Dressing

Honey Mustard
Ketchup
Mustard 
Mayonnaise
Lite Mayonnaise 
Tartar Sauce
Syrup (2) 
Low-calorie Syrup 
Salt
Pepper 

Mrs. Dash 
Sugar 
Brown Sugar (1) 
Equal 
Splenda 
Creamer
Non-dairy Creamer
Salsa 
Saltine Crackers (1)
Soy Sauce

CLEAR LIQUID

Broth

Beef, Chicken or Vegetable

Juice (1)

Apple, Cranberry or Grape

Gelatin (1) *also sugar-free

Cherry, Orange or Lemon

Italian Ice (1)

Lemon or Cherry

Popsicle (1) *also sugar-free

All Coffees and Teas

FULL LIQUID

All Clear Liquid Items Plus

Any Beverage

Soup (1)

Tomato, Cream of Chicken or
Cream of Potato

Pudding (1) *also sugar-free (1)

Chocolate or Vanilla

Cream of Wheat (1)

Vanilla Yogurt (2)

Ice Cream (1)

Chocolate or Vanilla

Raspberry Sherbet (2)

Ensure (3)

Chocolate, Vanilla or
Strawberry

Sarah Bush Lincoln Health Center
Food and Nutrition Services

ROOM SERVICE



3663 (FOOD) from hospital phone
238- or 348-3663 from outside hospital

 Sarah Bush
Lincoln
Trusted Compassionate Care

Breakfast

Available All Day

CEREAL

- Cheerios (1)
- Corn Flakes (1)
- Cream of Wheat (1)
- Frosted Corn Flakes (2)
- Oatmeal (1)
- Raisin Bran (2)
- Rice Krispies (1)
- Rice Chex (1)

HOT BREAKFAST ENTRÉES

- One or Two Eggs, any style
 - Two Low Cholesterol Scrambled Eggs
 - Egg White Patty
 - Pancakes (2)
 - Plain (2) or Chocolate Chip (3)
 - French Toast (2)
 - maple syrup (2)
 - strawberry topping (2)
 - low-calorie syrup
 - Biscuit & Sausage Gravy (1)
 - Breakfast Sandwich (2)
 - Eggs in a Basket (1)
 - Omelet (available with low-cholesterol eggs)
 - Cheese, Ham & Cheese, Veggie* or Western*
- * Veggie includes mushrooms, onions & peppers*

ON THE SIDE

- Two Bacon Strips
- Country Potatoes (1)
- Breakfast Ham
- One Sausage Patty
- One Turkey Sausage Patty

BREAKFAST BAKERY

- Bagel (2)
- Whole Grain Biscuit (1)
- Blueberry Muffin (2)
- English Muffin (2)
- Cream Cheese Danish (1)
- Mini Blueberry Muffin (1)
- Toast (1)
 - White, Multi-grain or Cinnamon Raisin

FRUIT & YOGURT

- Apple (2)
- Applesauce (1)
- Banana (1)
- Berry Yogurt Parfait (2)
- Chilled Peaches (1)
- Chilled Pears (1)
- Chilled Prunes (2)
- Fresh Fruit Cup (1)
- Fresh Orange Sections (1)
- Fresh Pineapple (1)
- Fresh Watermelon (1)
- Grapes (1)
- Lite Strawberry Yogurt (1)
- Raisins (2)
- Vanilla Yogurt (2)
- Fresh Fruit Plate (2)
 - with or without cottage cheese

Lunch and Dinner

SOUPS

- Broths
 - Beef, Chicken or Vegetable
- Chicken Noodle (1)
- Tomato (1)
- Vegetable (1)
- Cream of Chicken (1)

ENTRÉE SALADS

Available in half portions

- Chef Salad (1)
- Chicken Caesar Salad (1)
- Fresh Fruit Plate (2)
 - * with or without Chicken Salad or Cottage Cheese
- Salad Dressings
 - * French
 - * Italian
 - * Ranch
 - Vinegar & Oil

** available in fat-free*

DELI

CREATE YOUR OWN SANDWICH (2)

- FILLINGS: Deli Turkey , Chicken Salad , Deli Ham, Peanut Butter and Jelly
- CHEESE: Swiss, American, Cheddar
- VEGETABLES: Lettuce, Tomato, Pickle or Onions
- BREAD: White, Multigrain or Croissant
- CONDIMENTS: Mayonnaise, Lite Mayonnaise, Mustard

FROM THE GRILL

- Black Bean Burger (3)
- Chicken Breast (2)
- Chicken Tenders (1)
- Grilled Ham & Cheese (2)
- Grilled Cheese (2)
 - Cheese, Chicken or Veggie
- Grilled Turkey & Swiss (2)
- Fish Sandwich (3)
- Hamburger (2)
- Cheeseburger (2)
- Quesadilla (2)
 - * Veggie includes mushrooms, onions & peppers

Sandwich and Grill items are available with lettuce, tomato, pickle and onion. You may also choose Cheddar, Swiss or American cheese.

ENTRÉES

- Beef Pot Roast
- Parmesan Encrusted Tilapia (1)
- Macaroni & Cheese (2)
- Grilled Ham
- Meatloaf
- Chicken Caesar Wrap (2)
- Pulled Pork Sandwich (2)
- Chicken Pot Pie (2)
- Roasted Turkey (2)
 - with Pan Gravy and Cranberry Sauce
- Stir Fry over Rice (3)
 - Vegetable or Chicken

SIDE DISHES

Hot Sides

- Broccoli
- Carrots
- Corn (1)
- Green Beans
- Macaroni & Cheese (1)
- Steamed White Rice (2)
- Mashed Potatoes (1)
 - Gravy Available

Baby Baked Potatoes (1)

- French Fries (2)
- Dinner Roll (1)

Cold Sides

- Baked Potato Chips (2)
- Pretzels (1)
- Cottage Cheese
- Garden Salad
- Caesar Salad

PIZZA

7-inch Personal Pizza (4)

Available Toppings

Cheese / Sausage / Pepperoni / *Veggie

** Veggie includes mushrooms, onions & peppers*

DESSERT

COOKIES

- Sugar-free Lemon (1)
- Sugar Cookie (1)
- Chocolate Chip (1)

CAKES AND PIES

- Homemade Apple Crisp (2)
- Angelfood Cake (1)
 - Strawberry Topping (1)
 - Raspberry Puree Topping (1)
- Snackwell Devils Food Cookie (2)
- Blonde Brownie (2)
- Pumpkin Pie (3)
- Cherry Pie (3)

FROZEN DESSERTS

- Ice Cream - Chocolate or Vanilla (1)
- Raspberry Sherbet (2)
- Popsicle
 - * also sugar-free
- Italian Ice - Lemon or Cherry* (1)

GELATIN & PUDDING

- Pudding (1)
 - Chocolate
 - Vanilla
 - also sugar-free
- Gelatin (1)
 - Orange
 - Cherry
 - Lemon
 - also sugar-free