

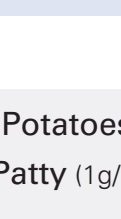
Javon Bea Hospital - Riverside Room Service Menu



Room service hours: 6:30 am-7 pm
To order, dial 971-3663

Room service is for patient use only.
Food service is also available in the cafeteria.
Guest trays are available for purchase, dial 971-3663.

As part of your care and/or recovery, your provider may have ordered a special diet. When you place your order, we can help you with appropriate food choices. If you have questions or would like more information, please ask your nurse to contact your dietician.



BREAKFAST

Available 6:30 am-7 pm

Entrées

Eggs ▼▲ (scrambled with or without cheese or hard boiled) (1g/0)
Fluffy Buttermilk Pancake (16g/1) ▼
Texas French Toast (19g/1) ▼▲
Omelet ▼▲
Choose from: ham ■ ▼, *green peppers* ▼, *onions* (1g/0) ▼, *mushrooms* ▼, *cheese* (American ■, cheddar, Swiss, mozzarella ▼▲)

Breakfast Sandwiches:
Low-sodium bacon, egg and cheese on an English muffin (33g/2) ■
Sausage, egg and cheese on an English muffin (34g/2) ■
Egg, cheese and turkey bacon on an English muffin (33g/2) ■ ▼

Sides

Breakfast Potatoes (19g/1) ▼▲
Sausage Patty (1g/0) ■ ▲

Low-Sodium Bacon ▲
Turkey Bacon ■ ▼▲

Fruit/Yogurt

Apple (34g/2) ▼▲
Banana (30g/2) ▼▲
Orange (19g/1) ▼▲
Fresh Fruit Cup (13g/1) ▼▲
Fruit Cocktail (21g/1.5) ▼▲
Applesauce (11g/1) ▼▲
Canned Peaches (12g/1) ▼▲
Canned Pears (13g/1) ▼▲
Prunes (30g/2) ▼▲
Raisins (8g/0.5) ▼▲

Grapes (10g/0.5) ▼▲
Pineapple chunks (10g/0.5) ▼▲
Light Fruited Yogurt ▼▲
Strawberry (13g/1)
Greek Yogurt ▼▲
Strawberry (16g/1)
Blueberry (17g/1)
Black Cherry (17g/1)
Vanilla Yogurt (16g/1) ▼▲
Granola topping (10g/0.5)

Cereals

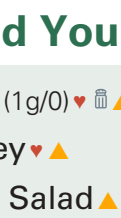
Oatmeal (17g/1)
Cream of Wheat (24g/1.5)
Cornflakes (18g/1)
Rice Krispies (16g/1)

Raisin Bran (28g/2)
Cheerios (14g/1) ▲
Rice Chex (24g/1.5) ▲
Frosted Flakes (25g/1.5)

Breads/Bakery

Blueberry Muffin (30g/2) ▲
Apple Muffin (27g/2)
Banana Nut Muffin (31g/2)
English Muffin (31g/2) ▼
Cinnamon Sugar Donut holes (24g/1.5)

Plain Bagel (33g/2) ▼
Cinnamon Raisin Bagel (37g/2.5)
Toast (13g/1) ▼▲
White, Wheat, Rye (18g/1), *Multi-grain* (19g/1)
Cinnamon Raisin (15g/1)



LUNCH/DINNER

Available 10:30 am-7 pm

Hot Entrées

Baked Cod ▼▲
Roast Turkey ▼▲
Chicken Stir Fry (31g/2)
Vegetable Stir Fry (43g/3)
Chicken/Vegetable Stir Fry (37g/2.5) over Rice (27g/2)
Simmered Beef Tips with gravy (10g/0.5) over Egg Noodles (30g/2)

Hot Beef (15g/1) or Turkey (18g/1) Sandwich with gravy
Grilled Chicken Parmesan (7g/0.5) ▼▲
Homemade Meatloaf (6g/0.5)
Roast Beef ▲
Chicken Fajita (36g/2.5) ■ ▼
Roast Pork ■ ▼▲
Atlantic Salmon with Dill ▼▲

Accompaniments

Mashed Potatoes (19g/1) ▼▲
Baked Potato (33g/2) ▼▲
Baked Sweet Potato (34g/2) ▼▲
French Fries (29g/2) ▲
Steamed Jasmine Rice (27g/2) ▼▲
Gravy (*Beef* (2g/0) or *Chicken* (4g/0))
Carrots (5g/0) ▼▲
Green Beans (4g/0) ▼▲
Broccoli (3g/0) ▼▲
Corn (16g/1) ▼▲
California Blend (3g/0) ▼▲
Zucchini (2g/0) ▼▲

Fresh Vegetables with choice of dressing (7g/0.5) ▼▲
Creamy Coleslaw (22g/1.5) ▲
Cottage Cheese (6g/0.5) ■ ▼▲
Green Garden Salad (5g/0) ▼▲
Fruited Gelatin (28g/2) low cal (12g/1)
Dinner Roll ▼
White (13g/1) or *Wheat* (12g/1)
Warm Breadstick (14g/1) ▼
Potato Chips (15g/1) ▲
Baked Potato Chips (24g/1.5) ▼▲
Pretzels (23g/1.5) ■ ▼

Build Your Own Sandwich

Ham (1g/0) ▼■▲
Turkey ▼▲
Tuna Salad ▲
Chicken Salad (2g/0) ▲
Egg Salad ▲
Cheese (American ■, cheddar, Swiss, mozzarella ▼▲)
Low-Sodium Bacon ▲
Turkey Bacon ■ ▼▲
Lettuce, tomato, onion (1g/0), pickle ■ ▼▲
Peanut Butter (10g/0.5) ▲
Jelly (18g/1) Low-Sugar Jelly (6g/0.5) ▼▲

Breads (1 slice) ▼

Wheat (13g/1) Multi-Grain (19g/1) Wrap (36g/2.5)
White (13g/1) ▲ Rye (18g/1) Hoagie Bun (37g/2.5) ■

Soups (Low sodium soup available upon request)

Tomato (15g/1) ■ ▼
Chicken Noodle (9g/0.5) ■ ▼
Garden Vegetable (10g/0.5) ■ ▼
Potato (16g/1) ■
Chicken Broth (1g/0) ■ ▼▲
Beef Broth (2g/0) ■ ▼▲
Saltine Crackers (5g/0) ■ ▼

Entrée Salads

Grilled Chicken Salad: (9g/0.5) ■ ▼▲
Blend of fresh romaine lettuce, sliced chicken breast, seasoned croutons, shredded parmesan cheese, sliced cherry tomatoes, with choice of dressing
Mandarin Orange Chicken Salad: (40g/2.5) ■
Blend of fresh romaine lettuce, red cabbage, grilled chicken, mandarin oranges, chow mein noodles, almonds, with a sesame ginger dressing
Triple-Play Salad: (6g/0.5) ■
Choice of egg, tuna and/or chicken salad with 2 packages of crackers
Fresh (42g/3) or Canned Fruit Plate (37g/2.5) with Cottage Cheese ■ ▼▲
Chef Salad: (8g/0.5) ■ ▲
Cheese, sliced egg, green pepper, cucumber, tomato, ham and turkey

Dressings

Catalina French (11g/1) ■
Creamy Ranch (3g/0) ■
Italian (3g/0) ■
Fat-Free Ranch (14g/1) ▼
Fat-Free Golden Italian (4g/0) ■ ▼
Fat-Free French (14g/1) ■ ▼
Caesar (3g/0) ■
Thousand Island (7g/0.5) ■
Fat-Free Raspberry Vinaigrette (9g/0.5) ▼

From the Grill

Hamburger (26g/2) ▲
Cheeseburger (27g/2) ▲
Fish Sandwich (48g/3) ■
Grilled Cheese (26g/2) ▼▲
Grilled Chicken Sandwich (26g/2) ▼▲
Grilled Vegetarian Burger (48g/3) ■
Crispy Chicken Sandwich (43g/3)

Individual Pizzas

Homemade Pizza (49g/3) ■
Pepperoni ■, sausage ■, chicken ▼, black olives ▼, green peppers ▼, mushrooms ▼, onions (1g/0) ▼, with shredded mozzarella ▼

Pasta Bar

Spaghetti, Fettuccini or Penne (35g/2) ▼▲
with Marinara (11g/1) ▼▲ or Alfredo Sauce (2g/0) ■ ▲
Choose from: grilled chicken ▼▲, meatballs (5g/0.5) ■, broccoli (3g/0) ▼▲, green peppers ▼▲, onions (1g/0) ▼▲, zucchini (2g/0) ▼▲



DESSERT

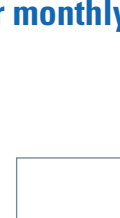
Brownie (38g/2.5)
Low-Calorie Cheesecake (20g/1) ▼
Apple Pie (41g/3) ■
Cheesecake (21g/1.5)
Angel Food Cake (42g/3) ■ ▼
Lemon Meringue Pie (53g/3.5)

Pudding/Ice Cream/Gelatin

Pudding ▼
Chocolate (23g/1.5) low cal (14g/1)
Vanilla (25g/1.5) low cal (11g/1)
Tapioca (25g/1.5)
Gelatin Cubes (17g/1) ▼▲
Sugar-Free Gelatin Cubes (1g/0) ▼▲
Sherbet (26g/2) ▼▲
Italian Ice (20g/1) ▼▲
No Added Sugar Italian Ice (10g/0.5) ▼▲
Ice Cream Topping
Chocolate Sauce (24g/1.5)
Strawberry (24g/1.5)
Ice Cream ▲
Vanilla (15g/1)
Strawberry (16g/1)
Chocolate (16g/1)
Vanilla Frozen Yogurt (22g/1.5) ▼▲

Cookies (1 per serving)

Oatmeal Raisin (19g/1)
Chocolate Chip (17g/1)
Sugar (17g/1)
Vanilla Wafers (6=16g/1) ▼



BEVERAGES

Coffee ▼▲
Decaf Coffee ▼▲
Hot Chocolate (16g/1) ▼▲
No Added Sugar Hot Chocolate (11g/1) ▼▲
Tea ▼▲
Black
Green
Decaf
Herbal Tea ▼▲
Iced Tea ▼▲
Decaf Iced Tea ▼▲
Milk (11g/1) ▲
Whole
2%
Skim ▼
Chocolate Milk (19g/1) ▼▲
Soy Milk ▼▲
Chocolate (25g/1.5)
Vanilla (18g/1)
Cola (27g/2) ▲
Diet Cola ▲
Lemon Lime Soda (25g/1.5) ▲
Diet Lemon Lime Soda ▲
Mountain Dew (31g/2) ▲
Fruit Punch (14g/1) ▼▲
Juices ▼▲
Orange (13g/1)
Apple (14g/1)
Strawberry (15g/1)
Prune (23g/1.5)
Grape (18g/1)
V8 (6g/0.5) ■
Low-Sodium V8 (6g/0.5)
Tomato (7g/0.5) ■
Crystal Light ▼▲

CONDIMENTS

Sugar Packet (3g/0) ▼▲
Sugar Substitute ▼▲
Cream Cheese:
Strawberry (3g/0)
Garden Veggie (1g/0) ▲
Plain (2g/0) ▲
Grape Jelly (9g/0.5) ▼▲
Strawberry Jam (9g/0.5) ▼▲
Low Sugar Jelly (3g/0) ▼▲
Peanut Butter (5g/0) ▲
Syrup (31g/2) ▼▲
Sugar Free Syrup (10g/0.5) ▼▲
Brown Sugar (12g/1) ▼▲
Honey (7g/0.5) ▼▲
Raisins (8g/0.5) ▼▲
Saltine Crackers (5g/0) ■ ▼
Sour Cream ▼▲
Ketchup (3g/0) ▼▲
Mustard ▼▲
Mayonnaise ▼▲
Tartar Sauce (1g/0)
BBQ Sauce (5g/0) ▼
Lemon Wedge ▼▲
Butter ▲
Margarine ▼▲
Non-Dairy Creamer ▼▲
Half & Half ▲
Salt ■ ▲
Pepper ▼▲
Mrs. Dash ▼
Hot Sauce ▼▲
Salsa (3g/0) ▼▲
Lemon Juice ▼▲
Soy Sauce ■ ▼
Parmesan Cheese ▼▲

TO PLACE ORDER
DIAL 971-3663
Ask about our monthly special!

Condiments and smaller portion sizes available upon request.

■ = contains 300 mg sodium or more per serving
▼ = appropriate on a low-fat diet
▲ = available in gluten free

CONVERSION GUIDE	
Total carbohydrate grams	Carbohydrate choices
0-5	0
6-10	0.5
11-20	1
21-25	1.5
26-35	2
36-40	2.5
41-50	3
51-55	3.5
56-65	4
66-70	4.5
71-80	5

Total carbohydrate includes all starches, sugars, dietary fiber and sugar alcohol. Carbohydrate amounts for each menu item are listed in grams and carb choices. If an item does not have this listed, then there are no or minimal carbs in that item.