



THE GEORGE WASHINGTON
UNIVERSITY HOSPITAL

Room Service Menu

Place orders between 6:30 a.m. and 7:30 p.m.
Dial 3663 (FOOD)



How to place your order

We are pleased to offer Room Service Dining for our patients. This dining program allows you to select meals from a wide variety of foods designed to enhance your experience as though you were eating at your favorite restaurant.

Please review the menu before calling to decide what you want to order.

When you are ready do make your selections, call us at extension **3663 (FOOD)**. If you are on a modified or restricted diet, your Room Service Operator will assist you with your selections.

We strive to deliver your meal to your room within 45 minutes.

Family members may order meals for loved ones from outside the building by calling 202-715-4000 and asking the operator for extension 3663.

Liquid Diets

Clear Liquids

Broth:

Chicken
Vegetable
Beef

Juice:

Apple
Cranberry

Gelatin:

Berry
Citrus

Fruit Ice:

Lemon

Coffee:

(Reg. or Decaf)

Hot Tea

Iced Tea:

(Reg. or Decaf)

Full Liquids

Includes all clear liquid diet items plus the following:

Cream of Wheat®
Applesauce
Tomato Soup
Yogurt
Ice Cream
Pudding

Milk:

Skim
2% Chocolate
Whole
Lactaid®
Almond

Orange Juice

Hot Chocolate

Build a Healthy Meal

1

Make half your plate vegetables and fruits

They are full of nutrients that support good health.
The more color and greater variety, the better!

2

Choose more **WHOLE** grains

Whole grains provide fiber, which helps reduce heart disease. Choose whole wheat bread and rolls, brown rice, bran muffin, oatmeal and bran cereals.

3

Vary your protein

Choose lean protein, fish, beans and legumes more often.

4

Choose water instead of sugary drinks

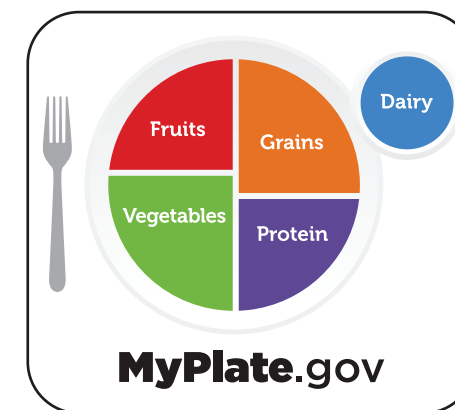
Water helps with hydration, without the calories!

5

Everything you eat and drink matters

The right mix of foods can help you be healthier and assist in your recovery.

Visit choosemyplate.gov for more tips!



Dial **FOOD (3663)** to place your order.

Breakfast

Entrées (Available at Breakfast Only)

Eggs (Scrambled or Hard Boiled)

Scrambled available as whole egg (with yolks) or egg whites

Hearty Grain Pancakes

Slightly sweet with 10 grains and a hint of cinnamon

French Toast

Available with white or wheat bread

Buttermilk Pancakes

Light and fluffy golden pancakes

Omelet Station

Made to order with your choice of whole egg (with yolks) or egg whites
Choose your fillings:

Cheddar cheese, green peppers, mushrooms, tomatoes and onions

Breakfast Sandwich - Made to Order

Choose from scrambled egg, egg white and cheese on a whole wheat English muffin, toast or a bagel

Sides

Breakfast Potatoes
Veggie Sausage

Cereals

Oatmeal
Cream of Wheat®
Grits
Rice Krispies®
Corn Flakes®
Cheerios®
Raisin Bran®

Breads

English Muffin
Bran Muffin
Blueberry Muffin
Plain Bagel
Whole Wheat Toast
White Toast
Multigrain Toast

Yogurts

Light:
Strawberry, Blueberry, Raspberry
Greek:
Vanilla, Plain, Strawberry

Fresh Fruit

Fresh Fruit Cup
Banana
Whole Orange
Whole Apple

Canned Fruit

Peaches
Applesauce
Pears
Pineapple
Mandarin Oranges

Beverages

Hot

Coffee
Decaf Coffee
Tea
Herbal Tea
Hot Chocolate

Milk

Skim
2%
Whole
Chocolate
Lactaid®
Almond

Juice

Orange
Apple
Cranberry
Prune

Cold

Iced Tea
Decaf Iced Tea
Lemonade

Dial **FOOD (3663)** to place your order.

Lunch/Dinner

Soup

Broth: Chicken, Beef or Vegetable
Chicken Noodle, Tomato, Garden Vegetable, Hearty Lentil

Side Salads

Garden

Mixed greens, cucumber and tomato

Caesar

Lettuce with parmesan and croutons

Greek

Romaine lettuce with cucumber, tomato, onion, olives, feta cheese

Cranberry Quinoa Salad

Quinoa with dried cranberries, honey, lime, mint and cilantro

Tomato, Mozzarella and Basil Salad

Sliced tomato, fresh mozzarella and basil

Dressing: Italian, Ranch, Caesar, Olive Oil and Vinegar, French

Fruit Plate

with yogurt or cottage cheese

Entrées

Chicken Caesar Salad

Grilled chicken with romaine lettuce, parmesan and croutons

Roasted Vegetable Wrap

Roasted vegetable medley eggplant, zucchini, red pepper and onions tossed in balsamic vinaigrette

Roast Turkey with Gravy

Sliced slow roasted turkey topped with warm turkey gravy

Chicken Quarter

Oven Roasted bone-in seasoned chicken

Rotini Pasta

Served with meat sauce or marinara sauce

Chef Salad

Mixed greens, cucumbers, tomatoes and cheddar cheese topped with sliced turkey breast and boiled egg

Stir Fry

Snow peas, peppers, onions, carrots, celery and broccoli with your choice of chicken, beef or tofu

Herb Salmon

Baked salmon fillet crusted in Italian seasoning

Side Items

California Blend
Roasted Vegetables
Steamed Carrots
Steamed Green Beans
Steamed Broccoli
White Rice

Brown Rice
Mashed Potatoes
Baked Sweet Potato
Macaroni and Cheese
Fresh Baked Potato Wedge

Accompaniments

Baked Potato Chips Potato Chips Mixed Nuts
Saltines Graham Crackers Whole Wheat Dinner Roll

*If you require gluten-free, please ask about our separate gluten-free menu
If you require a kosher meal, please ask about our offerings*

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Lunch Special of the Day

Sunday

Beef Pot Roast

Monday

Lemon Pepper Cod

Tuesday

Lemon Thyme Chicken

Wednesday

Grilled Chicken Sandwich

Thursday

Hot Turkey Sandwich

Friday

Swiss Burger

Saturday

Teriyaki Chicken

Dinner Special of the Day

Sunday

Pasta Marinara
with Chicken Meatballs

Monday

Homemade Meatloaf

Tuesday

Roast Turkey

Wednesday

Chicken Broccoli Alfredo

Thursday

BBQ Chicken

Friday

Chicken Fajitas

Saturday

Marinated Grilled Steak

Deli Sandwiches - Build your own

Meats and Fillings

Tuna Salad
Chicken Salad
Hummus
Egg Salad
Peanut Butter
and Grape Jelly

Toppings

American Cheese
Swiss Cheese
Cheddar Cheese
Lettuce
Tomato
Onion
Pickles

Breads

Multigrain
Whole Wheat
White
Pita

From the Grill

Choice of multigrain or wheat

Choice of American, Cheddar or Swiss Cheese

Hamburger
Cheeseburger
Veggie Burger

Grilled Chicken Breast Sandwich
Chicken Tenders
Grilled Cheese

Desserts

Bakery

Homemade Peach Crisp
Angel Food Cake
Apple Pie
Lorna Doone®
Chocolate Chip Cookie
Oatmeal Cookie

Frozen Treats

Vanilla Ice Cream
Chocolate Ice Cream
Cherry Fruit Ice
Lemon Fruit Ice
Orange Sherbet

Gelatin

Assorted flavors
Pudding
Vanilla
Chocolate

Fresh Fruit

Fresh Fruit Cup
Banana
Whole Apple
Whole Orange

Canned Fruit

Peaches
Applesauce
Pears
Mandarin Oranges

Menu items subject to change

If your Physician has prescribed a modified diet, some items may not be available.