

# Strong Memorial Hospital

## Room Service Menu

### Food & Nutrition Services

*for General Diets, Heart Healthy Diets  
and Diabetic Diets*

Strong Memorial Hospital is pleased to offer an expansive ROOM SERVICE menu, offering a wide variety of selections.

A Diet Technician will visit to assist you with making menu selections. Some items may not be allowed on your diet. Please allow us to help you select an appropriate alternative.

If you have any questions your Diet Technician can clarify them or contact a Registered Dietitian for you.

### DINING HOURS

Breakfast  
6:30 a.m. to 9:30 a.m.

Pre-packaged  
Continental Breakfast  
9:30 a.m. to 11:30 a.m.

Lunch  
11:30 a.m. to 2:30 p.m.

Box Lunch  
2:30 p.m. to 4:30 p.m.

Dinner  
4:30 p.m. to 8:00 p.m.

# BREAKFAST

## BUILD YOUR OWN SANDWICH

- ♥♥0 Scrambled Eggs
- ♥♥0 Low Cholesterol Eggs
- ♥♥2 English Muffin
- ♥4 Fresh Bagel
- ♥ 2 Croissant
- ♥♥0 Swiss Cheese
- 0 American Cheese
- 0 Provolone Cheese
- 0 Pork Sausage
- 0 Bacon

### Traditional Breakfast

- ♥♥2 Buttermilk Pancakes
- ♥2 French Toast
- ♥♥2 French Toast Lite
- ♥♥0 Two Scrambled Eggs
- ♥♥0 Low Cholesterol Eggs

## BUILD YOUR OWN OMELET

- ♥♥0 Low Cholesterol Eggs available upon request

### INGREDIENT CHOICES

- ♥♥0 Onion
- ♥♥0 Peppers
- ♥♥0 Tomato
- ♥♥0 Mushrooms
- ♥0 Ham
- 0 Bacon
- ♥♥0 Swiss Cheese
- 0 American Cheese
- 0 Cheddar Cheese

### Sides

- 2 Home Fries
- ♥0 Chicken Sausage Link
- 0 Pork Sausage Patty
- 0 Bacon

♥♥4 Fresh Seasonal Fruit Platter with Fresh Cut Fruit, Cottage Cheese and Two Mini Blueberry Muffins

### Cereals

- ♥♥1 Grits
- ♥♥1 Oatmeal
- ♥♥1 Cream of Wheat
- ♥♥1 Cheerios
- ♥♥1 Cornflakes
- ♥♥2 Raisin Bran
- ♥♥1 Rice Chex
- ♥♥1 Special K
- ♥♥2 Frosted Flakes
- ♥♥1 Rice Krispies
- ♥♥2 Granola
- ♥♥1 Total

### Fruit / Yogurt

(Available all day)

- ♥♥1 Apple
- ♥♥1 Banana
- ♥♥1 Orange
- ♥♥1 Sliced Peaches
- ♥♥1 Mandarin Orange
- ♥♥1 Sliced Pears
- ♥♥1 Grapes
- ♥♥1 Strawberries (Seasonal)

- ♥♥1 Honeydew Melon
- ♥♥1 Pineapple
- ♥♥1 Cantaloupe
- ♥♥1 Watermelon
- ♥♥1 Fruited Yogurt
- ♥♥0 Cottage Cheese

### Baked Goods

- ♥♥2 English Muffin
- ♥♥1 1 slice of Toast (white, wheat, seedless rye, 12 grain)
- ♥4 Fresh Bagel
- ♥ 2 Cinnamon Roll
- ♥ 4 Blueberry Muffin
- ♥ 4 Bran Muffin
- ♥ 2 Croissant

## DON'T FORGET TO ORDER . . .

### CONDIMENTS

- ♥0 Salt
- ♥♥0 Mrs. Dash
- ♥♥0 Pepper
- ♥♥1 Sugar
- ♥♥0 Sugar Substitute
- ♥♥2 Syrup
- ♥♥0 Diet Syrup
- ♥ 0 Butter
- ♥♥0 Margarine
- ♥ 0 Sour Cream
- ♥♥1 Jelly
- ♥♥0 Diet Jelly
- ♥♥0 Hot Sauce
- ♥0 Steak Sauce
- ♥1 Honey Mustard
- ♥1 Barbeque Sauce
- ♥♥1 Sweet & Sour
- ♥♥0 Salsa
- ♥♥0 Parmesan Cheese
- ♥♥0 Ketchup
- ♥♥0 Mustard
- ♥♥0 Peanut Butter
- ♥ 0 Cream Cheese
- ♥♥0 FF Cream Cheese
- ♥0 Relish
- ♥♥0 Tartar Sauce
- ♥♥1 Brown Sugar
- ♥♥1 Honey
- ♥♥0 Lemon Packet
- ♥ 0 Mayonnaise
- ♥♥0 FF Mayonnaise
- ♥0 Soy Sauce

### KEY

♥ Symbol before a menu item means that it is compliant with the Limited Saturated Fat Diet.

♥ Symbol before a menu item means that it is compliant with the Low Sodium Diet.

1 Carbohydrate Serving/exchange is equal to 15 grams of carbohydrate. The diabetic diet allows items with servings indicated by a green number. Choose a total of 5 servings (75 grams) per meal.

🌿 Symbol before an entree means that it is Vegan.

# LUNCH AND DINNER

## SOUPS AND BROTHS

- Soup du Jour  
♥♥1 Chicken Noodle    🥕♥♥1 Vegetarian Vegetable    1 Cream of Tomato    ♥♥0 Beef Broth    ♥♥0 Chicken Broth    🥕♥♥0 Vegetable Broth

## SALADS (Choice of Small or Large)

- 🥕♥♥1 Tossed Salad - Mixed Greens with Tomatoes, Cucumber, Onion, Croutons and your choice of Dressing  
0 Julienne - Mixed Greens with Turkey, Ham, Swiss, American Cheese, and Tomatoes served with your choice of Dressing  
🥕♥♥1 Spinach Salad - Spinach with Mandarin Oranges, Onions, and Walnuts served with your choice of Dressing.  
♥1 Chicken Caesar - Romaine Lettuce, Parmesan Cheese and Croutons with Grilled Chicken Strips served with a choice of dressing.  
♥ 1 Greek Salad - Mixed Greens, Onions, Olives, Feta Cheese, Cucumbers, and Tomatoes served with Greek Dressing

## DRESSINGS

- ♥♥0 Oil and Vinegar    ♥♥0 Fat Free French    ♥♥0 Fat Free Ranch    ♥♥0 Fat Free Italian  
♥♥1 Fat Free Raspberry Vinaigrette    ♥ 0 Bleu Cheese    ♥ 0 Italian    ♥ 0 French  
♥ 0 Ranch    0 Caesar    0 Balsamic Vinaigrette

## DAILY SPECIALS

### LUNCH

- 4 **Sunday:** Breaded Chicken Filet Sandwich on a Multigrain Bun  
3 **Monday:** Grilled Portobello Mushroom with Peppers, Onion, and Provolone on a Multigrain Bun  
3 **Tuesday:** Smoked Turkey Havarti Melt with Havarti Cheese, Smoked Turkey, and a Dijon Tarragon Mayo on Grilled Sour Dough Bread  
2 **Wednesday:** Grilled Bacon, Tomato and Three Cheese Sandwich with American, Swiss, and Provolone Cheese on White Bread  
2 **Thursday:** Grilled Steak Sandwich with Shaved Beef Grilled and served on a Sub Roll with Choice of Cheese and Mushrooms  
2 **Friday:** Tuna Melt with American Cheese Grilled on Seedless Rye Bread  
3 **Saturday:** Chicken Pesto Florentine Panini Chicken, Pesto, and Spinach, Grilled on Panini Bread

### DINNER

- 3 **Sunday:** Veal Parmesan with Spaghetti and Marinara Sauce  
7 **Monday:** Cheese Tortellini with Mushroom Alfredo Sauce  
0 **Tuesday:** Roast Prime Rib of Beef with Au Jus  
♥♥2 **Wednesday:** Stir Fry with Choice of Chicken or 🥕2 Vegetable with White Rice  
♥ 1 **Thursday:** Chicken French Egg Battered Chicken Breast Sautéed in a Lemon, Sherry and Butter Sauce  
♥ 3 **Friday:** English-Style Fish and Chips with Tartar Sauce and a Lemon Wedge, Cole Slaw upon request  
♥♥0 **Saturday:** Oven Roasted Carved Pork Loin with Gravy

Some items are available in half portions.  
Ask your server for details.

## SIDES

- ♥♥0 Beef Gravy    ♥♥1 Brown Rice    ♥♥2 Mashed Sweet Potato    ♥♥0 Sliced Carrots  
♥♥0 Turkey Gravy    ♥♥2 Baked Potato    ♥♥1 Dinner Roll    ♥1 Corn  
♥♥1 Mashed Potatoes    ♥♥2 Baked Sweet Potato    1 French Fries    ♥♥0 Broccoli, Cauliflower and Carrots  
♥♥1 Rice    ♥ 1 Macaroni Salad    ♥♥0 Broccoli  
♥♥1 Rice Pilaf    ♥ 1 Potato Salad    ♥♥1 Sweet Peas    ♥♥0 Green Beans

# SELECTIONS

## BUILD YOUR OWN SANDWICHES AND WRAPS

### FILLINGS

- ♥0 Ham
- ♥♥0 Turkey
- ♥0 Roast Beef
- 🥕♥♥1 PBJ
- ♥♥0 Chicken Salad
- ♥♥0 Egg Salad
- ♥♥0 Tuna Salad
- 🥕♥1 Hummus
- ♥♥0 Swiss
- 0 American
- 0 Provolone
- 0 Bacon

### BREADS AND WRAP CHOICES

- 🥕♥♥2 Breads: White, Wheat, Seedless Rye, Kaiser Roll
- 3 6" Sub Roll, 12 Grain
- 🥕♥♥2 Wraps: Spinach, Tomato or Wheat

Choice of Italian, Ranch or Caesar Dressing available upon request. Mustard, Mayonnaise, Honey Mustard  
All Sandwiches served with Lettuce, Tomato and Pickle Spear

## SPECIALTY SANDWICHES AND WRAPS

- ♥♥3 Veggie Delight - Cucumber, Tomato, Onion, and choice of Cheese on 12 Grain Bread
- 3 Club Sandwich - Turkey or Ham with Bacon, Lettuce, Tomato, and Mayo on White Toast
- 3 Chicken Caesar Wrap - Crunchy or Grilled Chicken, Romaine Lettuce, Parmesan Cheese, and Caesar Dressing on your choice of Wrap
- 2 BLT - Bacon, Lettuce, and Tomato with Mayonnaise on Toasted White
- 🥕5 South Western Wrap - Black Beans, Rice, and Mixed Veggies on your choice of Wrap

## GRILLED SANDWICHES AND BURGERS

- 🥕♥♥3 Vegetarian Burger - Meatless Burger Served on a Multi Grain Roll
- ♥♥2 Grilled Chicken - Grilled Marinated Chicken Breast, served on a Bun
- ♥ 2 1/4 lb. Grilled Hamburger - 4 oz. Grilled Beef, served on a bun, add your choice of Cheese
- 2 Grilled Cheese - American Cheese on Grilled White or Wheat Bread - Ham available upon request
- 🥕♥3 Black Bean Burger - Meatless Black Bean Burger, served on a Multi Grain Roll
- 2 Reuben - Sliced Corned Beef, Sauerkraut, Swiss Cheese, and Russian Dressing on Seedless Rye
- 1 Hot Dog - Grilled and served on a Bun
- 2 Quesadilla - Grilled Flour Tortilla filled with Cheese, Onion, Pepper, with or without Chicken, Side of Salsa and Sour Cream are available upon request

**All Burgers and Chicken Sandwiches come with Lettuce, and Tomato.  
Remember to request any Condiments.**

## ENTREES

- ♥♥1 Oven Baked Meatloaf w/Gravy
- ♥♥0 Oven Roasted Turkey w/Gravy  
2 Dressing or  
♥♥2 Low Sodium Dressing
- ♥♥0 Chicken Provencal - Grilled Chicken Breast with Artichokes, Black Olives, Mushrooms, and Tomatoes
- ♥♥0 Pot Roast of Beef with Vegetable Gravy
- ♥♥0 Sliced Roast of Beef with Gravy
- ♥♥0 Grilled Chicken Breast
- ♥ 4 Macaroni and Cheese
- ♥♥1 Lemon Glazed Baked Haddock
- ♥♥0 Baked Tilapia with Tomatoes and Mushrooms

### Build Your Own Pasta Meal

- 🥕♥♥3 Spaghetti
- 🥕♥♥2 Penne
- 🥕♥♥2 Tofu Ravioli
- ♥♥0 Low Sodium Meat Balls
- 🥕♥♥0 Marinara
- ♥ 0 Alfredo
- 0 Meat Balls

- 4 Pizza - Veggie, Cheese, Sausage, or Pepperoni
- 2 Chicken Fingers
- 3 Chicken Parmesan with Pasta
- 🥕♥ 3 Eggplant Parmesan with Pasta
- 🥕♥♥2 Pasta Primavera - Sautéed Vegetables served with Pasta
- ♥♥3 Beans and Rice
- ♥ 2 Fried Chicken Breast (Bone In)

### 0 Rotisserie Chicken Quarter

- 🥕♥♥3 Vegetarian Chili over Brown Rice - Beans, Peppers, and Vegetables in a Spicy Chili Sauce
- ♥♥4 Fresh Fruit Platter - Fresh Cut Fruit, Cottage Cheese, and Two Mini Blueberry Muffins
- 🥕♥♥3 Hummus Platter - Roasted Red Pepper Hummus, Cucumber / Tomato Salad, and Mushroom / Red Pepper Salad, served with Toasted Baguettes
- 🥕♥♥3 Grilled Veggie and Tofu Salad - Chilled Marinated and Grilled Portobello Mushroom, Veggie and Tofu Skewers over mixed greens served with Toasted Baguettes

# BEVERAGES, DESSERTS AND SNACKS

## BEVERAGES

### Cold Beverages

- ♥ 1/2 2% Milk
- ♥♥ 1/2 Skim Milk
- ♥ 1/2 Whole Milk
- ♥♥ Chocolate Milk
- ♥♥ Soy Milk
- ♥♥ Lactose Free Milk
- ♥♥ Apple Juice

- ♥♥ 1 Orange Juice
- ♥♥ 1 Cranberry Juice
- ♥♥ 1 Prune Juice
- ♥♥ 1 Grape Juice
- ♥♥ 0 Unsweetened Iced Tea
- ♥♥ 1 Raspberry Iced Tea
- ♥♥ 1 Fruit Punch Gatorade

- ♥♥ 2 Pepsi
- ♥♥ 0 Diet Pepsi
- ♥♥ 2 Sierra Mist
- ♥♥ 2 Ginger Ale
- ♥♥ 0 Diet Ginger Ale
- ♥♥ 2 Lemonade
- ♥♥ 2 Orange Soda
- ♥♥ 0 Crystal Light

### Hot Beverages

- ♥♥ 0 Coffee
- ♥♥ 0 Decaf Coffee
- ♥♥ 0 Tea
- ♥♥ 0 Decaf Tea
- ♥♥ 1 Hot Cocoa
- ♥♥ 1 Diet Hot Cocoa
- ♥♥ 0 Green Tea

## DESSERTS

- ♥♥ 1 Banana
- ♥♥ 1 Apple
- ♥♥ 1 Orange
- ♥♥ 1 Grapes
- ♥♥ 1 Sliced Peaches
- ♥♥ 1 Sliced Pears
- ♥♥ 1 Tropical Fruit Salad
- ♥♥ 1 Applesauce
- ♥♥ 1 Apple Crisp
- ♥♥ 2 Angel Food Cake
- ♥ 3 Lemon Meringue Pie
- ♥ 3 Apple Pie

- 4 Chocolate Cake
- ♥ 4 Frosted Brownie
- ♥ 2 Cheesecake Fruit Tart
- 3 Carrot Cake
- ♥ 1 Lorna Doone Cookies
- ♥ 1 Oreo Cookies
- ♥ 3 Chocolate Chip Cookies
- ♥ 3 Sugar Cookies
- 3 Peanut Butter Cookies
- ♥ 3 Oatmeal Raisin Cookies
- ♥ 3 Fig Newton
- ♥♥ 1 Gelatin

- ♥♥ 0 Diet Gelatin
- ♥♥ 2 Chocolate Pudding
- ♥♥ 2 Vanilla Pudding
- ♥♥ 1 Diet Vanilla Pudding
- ♥♥ 1 Diet Chocolate Pudding
- ♥ 1 Strawberry Ice Cream Cup
- ♥ 1 Chocolate Ice Cream Cup
- ♥ 1 Vanilla Ice Cream Cup
- ♥♥ 2 Raspberry Sherbet Cup
- ♥♥ 2 Lime Sherbet Cup
- ♥♥ 1 Lemon Ice
- ♥♥ 1 Orange Ice

## SNACKS

- 1 Cheese and Crackers
- ♥♥ 1 Baked Lays
- ♥ 1 Pretzels
- ♥♥ 0 Fresh Baby Carrots
- 0 String Cheese
- ♥♥ 0 Cottage Cheese
- ♥♥ 0 Veggies with a Choice of Dip

## GUEST TRAY PROGRAM

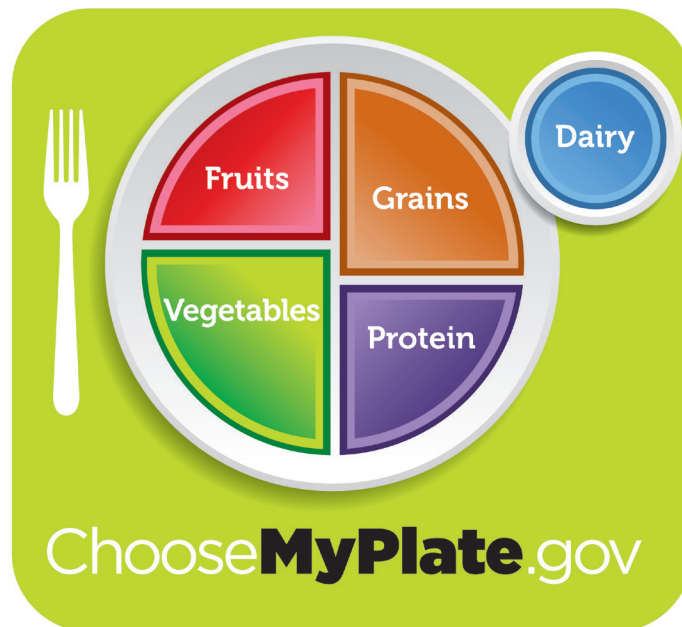
### Have Guests? Get Their Meal Delivered, Too!

Your visitors can dine with you – right in your room – with our convenient guest tray program. For \$7.50 (plus tax), guests can receive an entrée, side dish, vegetable, dessert and beverage delivered right to your door.

**How it Works:** Guests should purchase meal vouchers in advance at the Café 601 at Strong Cafeteria, located on the first floor of the hospital (if they plan to dine with you often, they can buy as many as they like – vouchers never expire and are 100 percent refundable.) A cafeteria attendant will staple a receipt to each voucher as proof of purchase.

**Ready to Eat?** Call x7-3663 to place the guest's order or place your order with the Diet Tech using this room service menu. Be sure to have the voucher number ready when you call. Our staff will deliver your meal to your bedside. Hand them the meal voucher/stapled receipt, then enjoy!

**Café 601**  
at Strong



**OUR PLEDGE:**  
*Caring is always on our menu*

Food and Nutrition Services is committed to making your stay with us as comfortable as possible, by providing you a great tasting meal and courteous service. We strive for Excellence! Your 100% satisfaction is our number one goal. If, for any reason, our service is not meeting your expectations, please call us at extension 7-3663.



MEDICINE of THE HIGHEST ORDER