

# Room Service Menu



**Catholic  
Health**

Good Samaritan  
University Hospital

One of our call center representatives will assist you in ordering your meal(s) based on the current diet prescribed for you by the medical team.



**To order, please call DINE (3463).**  
**To access an online menu scan QR code**  
**or visit: [chsli.org/menu](https://chsli.org/menu)**

**Consistent Carbohydrate Meal Plan:** Recommended carbohydrate grams per meal = 45 grams, unless otherwise advised by your physician or dietitian.

**Heart Healthy:** ♥ This icon denotes entree menu items that are more heart healthy.

**Gluten Free:** GF This icon denotes menu items that are gluten free or can be made gluten free. Please be aware that these menu items are produced in a kitchen containing gluten products.

Due to ongoing kitchen enhancements, we are currently offering a limited but delicious selection of dishes. We appreciate your understanding and look forward to serving you our full menu soon!

## Breakfast Available all day.

**Eggs:** Scrambled ♥ GF or Hard Boiled ♥ GF

**Pancakes:** Plain 42g Carbs or Mixed Berry  
Compote 50g Carbs

**French Toast:** Plain 41g Carbs or Mixed Berry  
Compote 49g Carbs

**Sides: GF**

Potato Tots 17g Carbs, Sausage, Bacon

**Yogurt: GF**

Plain 10g Carbs

Vanilla 19g Carbs

Blueberry 19g Carbs

Peach 19g Carbs

Strawberry

Banana 19g Carbs

**Fruit: GF**

Apple 25g Carbs

Orange 15g Carbs

Banana 23g Carbs

Fruit Salad 11g Carbs

Applesauce 12g Carbs

Tropical Mixed Fruit

Cup 15g Carbs

Diced Peach Cup

14g Carbs

**Mini Bagels:**

Plain 26g Carbs

or 40g Carbs GF

Sesame 25g Carbs

**Mini Muffins:**

Corn 27g Carbs

Blueberry 23g Carbs

or 36g Carbs GF

**Hot Cereal: ♥**

Oatmeal 14g Carbs

Cream of Wheat 18g Carbs

**Choice of Toppings:** Homemade Granola 14g Carbs,  
Raisins 16g Carbs, Cinnamon, Brown Sugar 24g Carbs

**Cold Cereal: ♥**

Cheerios 14g Carbs GF

Corn Flakes 18g Carbs

Raisin Bran 28g Carbs

All Bran 39g Carbs

Rice Chex 24g Carb GF



More selections on reverse side

# Lunch & Dinner

## Soups

**Chicken Noodle Soup** 12g Carbs

**Cream of Vegetable Soup** 8g Carbs **GF**

## From the Garden

Available as either a Side or Entrée Salad

Entrée salads can be topped with Grilled Chicken ♥, Salmon ♥, Shrimp, Turkey ♥, Ham, Tuna Salad ♥, Chicken Salad ♥

**Caesar Salad:** Croutons & Parmesan Cheese

Side salad 7g Carbs; Entrée Salad 15g Carbs ♥ **GF**

**Garden Salad:** Cucumbers, Tomatoes & Shredded

Carrots Side salad 5g Carbs; Entrée Salad 10g Carbs ♥ **GF**

**Dressing options:** **GF**

Homemade Caesar

3g Carbs ♥

Golden Italian 1g Carb

or Lite 4g Carbs ♥

Ranch 1g Carb

or Lite 4g Carbs ♥

Oil & Vinegar

3g Carbs



## Sandwiches

Half portions are available for heart healthy indicated options. ♥

**Build Your Own Sandwich:**

**Choice of:**

Kaiser Roll 33g Carbs ♥

White 26g Carbs ♥

White 24g Carbs ♥ **GF**

Wheat 26g Carbs ♥

Multigrain 36g Carbs ♥

Rye 32g Carbs

White Wrap 45g Carbs

Wheat Wrap 43g Carbs

**Choice of:** **GF**

Turkey ♥

Ham

Grilled Chicken ♥

Tuna Salad ♥

Chicken Salad ♥

**Choice of Cheese:** American ♥, Mild Cheddar,

Swiss ♥, Fresh Mozzarella ♥

**Choice of Toppings:** Bacon, Lettuce ♥, Tomato ♥,

Onion ♥, Pickle

## Hot Entrées

**Penne Marinara** 47g Carbs ♥ **GF**

Also available with Grilled Chicken or Shrimp

**Penne Bolognese** 44g Carbs ♥ **GF**

**Herb Roasted Turkey** with Pan Gravy 2g Carbs ♥ **GF**

**Homemade Meatloaf** with Brown Gravy 18g Carbs ♥

**Marinated Roasted Chicken** ♥ **GF**

**Sole** with Tomato Basil Vinaigrette 11g Carbs ♥ **GF**

**Baked Sole** ♥ **GF**

**Baked Salmon** ♥ **GF**

## Sides

**Steamed Broccoli** 3g Carbs **GF**

**Steamed Baby Carrots** 10g Carbs **GF**

**Steamed Green Beans** 6g Carbs **GF**

**Herbed Olive Mashed Potatoes** 19g Carbs **GF**

**Traditional Mashed Potatoes** 20g Carbs **GF**

**Mashed Sweet Potatoes** 22g Carbs **GF**

**Steamed White Rice** 14g Carbs **GF**

**Potato Tots** 17g Carbs **GF**



## Desserts

**Crumb Cake** 95g Carbs

**Angel Food Cake** 29g Carbs

**Pound Cake** 26g Carbs

**Lorna Doone Cookies** 19g Carbs

**Oreo Cookies**, 2 pack 16g Carbs

**Ice Cream:** **GF**

Vanilla 18g Carbs

Chocolate 18g Carbs

**Orange Sherbet** 30g Carbs **GF**

**Fruit Ices:** **GF**

Lemon 27g/10g\* Carbs

Orange 27g Carbs

**Pudding:** **GF**

Vanilla 22g/13g\* Carbs

Chocolate 24g/13g\* Carbs

Rice 21g/14g\* Carbs

**Gelatin:** **GF**

Orange 21g/2g\* Carbs

Strawberry 23g/2g\* Carbs

## Beverages

**Coffee:** Regular, Decaf

**Tea:** Black, Green,

Chamomile, Decaf

**Hot Cocoa:** 15g/11g\* Carbs

**Juice:**

Orange 13g Carbs

Apple 14g Carbs

Cranberry 20g/1g\* Carbs

Vegetable 6g Carbs

Prune 22g Carbs

**Soda:**

**Ginger Ale** 19g Carbs/0g\*

Carbs

**Cola** 26g Carbs/0g\* Carbs

**Seltzer**

**Unsweetened Decaf**

**Iced Tea**

**Bottled Water**



\* Reduced sugar dessert options available

**Note:** Kosher meals available upon request.