Room Service Menu

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.



注点意 To order, please call DINE (3463). To access an online menu scan QR code ■ or visit: 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!

Mini Muffins:

Corn 27g Carbs

or 36g Carbs GF

Blueberry 23g Carbs

University Hospital

Breakfast Available all day.

Eggs: Scrambled ♥ GF or Hard Boiled ♥ GF

Pancakes: Plain 42g Carbs, Banana 46g Carbs, Mixed Berry Compote 50g Carbs, Chocolate Chips 45g Carbs

French Toast Sticks: Plain 41g Carbs or Mixed Berry

Compote 49g Carbs

Sides: GF

Potato Tots 17g Carbs, Sausage, Bacon

Yogurt: GF

Plain 10g Carbs Peach 19g Carbs Vanilla 19g Carbs Strawberry Banana 19g Carbs Blueberry 19g Carbs

Fruit: GF

Apple 25g Carbs Tropical Mixed Fruit

Cup 15g Carbs Orange 15g Carbs Diced Peach Cup Banana 23g Carbs

14g Carbs Fruit Salad 11g Carbs

Applesauce 12g Carbs

Mini Bagels:

Plain 26g Carbs or 40g Carbs GF Sesame 25g Carbs

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 V

Ranch 1g Carb or Lite 4g Carbs Oil & Vinegar 3g Carbs

Sandwiches

Half portions are available for heart healthy indicated options. \\

Turkey *

Grilled Chicken 🛡

Chicken Salad >

Tuna Salad >

Ham

Build Your Own Sandwich: Choice of: GF

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 Cheese: American ♥, Mild Cheddar,

Swiss , Fresh Mozzarella

Choice of Toppings: Bacon, Lettuce ♥, Tomato ♥, Onion . Pickle

Peanut Butter & Jelly Sandwich 48g Carbs ♥ GF

Carbohydrate and sodium content may vary depending on choice of bread.

Classic Grilled Cheese: Your choice of bread, cheese,

& topping, see above GF

Chicken & Cheese Panini 43g Carbs

Hot Entrées

Sliced Turkey 2g Carbs ♥ GF

Meatloaf 18g Carbs ♥

Chicken Fingers 22g Carbs

Marinated Roasted Chicken ♥ GF

Fish Sticks 17g Carbs ♥ Baked Salmon ♥ GF

Broiled Sole ♥ GF

Classic Margherita Pizza 64g Carbs

Penne with Butter & Parmesan 54g Carbs GF Also available with Grilled Chicken or Shrimp

Penne Marinara 47g Carbs ♥ GF

Also available with Grilled Chicken or Shrimp

Penne Bolognese 44g Carbs ♥ GF

Sides

Steamed Broccoli 3g Carbs GF

Steamed Baby Carrots 10g Carbs GF

Steamed Green Beans 6g Carbs GF

Mashed Potatoes 20g Carbs GF

Sweet Potatoes 22g Carbs GF

White Rice 14g Carbs GF

Rice & Beans 25g 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

Graham Crackers 11g Carbs

Potato Chips 8g Carbs GF

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 GF

Hot Cocoa: 15g/11g* Carbs

Juice:

Orange 13g Carbs

Apple 14g Carbs

Cranberry 20g/1g* Carbs

Vegetable 6g Carbs

Soda:

Ginger Ale 19g Carbs/0g*

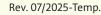
Cola 26g Carbs/0g* Carbs

Seltzer

Unsweetened Decaf

Iced Tea

Bottled Water



^{*} Reduced sugar dessert options available