

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.



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.



Catholic
Health

Good Samaritan
University Hospital

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, 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

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

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

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* Carbs

Cola 26g Carbs/0g* Carbs

Seltzer

Unsweetened Decaf

Iced Tea

Bottled Water

** Reduced sugar dessert options available*