

## HOUSE FAVORITES

Entrees served with two sides of your choice. Served between 10:30 a.m. - 7:00 p.m.

Dial  
78888

### Daily Chef's Choice (Varies)

Inquire when placing your Room Service order.

(Available between 11:30 am - 1:30 pm and 5:00 pm - 7:00 pm.)

### Rosemary Roasted Chicken Breast (0g)

Five-ounce chicken breast seasoned with a rosemary herb blend.  
(Plain chicken available)

### ▲ Roast Turkey Breast with Gravy (3g)

Oven roasted slices of savory turkey breast with gravy

### Baked Cod (0g)

Five-ounce wild caught Pacific Cod loin

### Ginger Sesame Salmon (9g)

Five-ounce Norwegian Atlantic Salmon filet seasoned with a light ginger sesame glaze  
(Plain salmon available) (0g)



### ▲ Beef Stroganoff with Egg Noodles (29g)

Beef sirloin strips in a house-made sauce of mushrooms, onions, and garlic, served on a bed of egg noodles

## SIDES

- Sautéed zucchini and mushrooms (2g)
- Mixed green lettuce (3g)
- Green beans (4g)
- Carrots (17g)
- Steamed corn (16g)
- Mashed potatoes (17g)
- Baked potato (37g)
- Brown rice (20g)
- Soup (Varies)
- Raw veggie trio w/hummus (10g)
- Fresh fruit (Varies)
- Vegetable of the day (Varies)
- Coleslaw (4g)
- Chips and salsa (33g)
- Baked potato chips (24g)

## DESSERTS

### Oatmeal Raisin Cookie (17g)

Hearty and all natural oatmeal blended with lots of plump raisins and delicious spices



### Fruit Sorbet (10g)

Delicious orange flavor! Cool, sweet and sugar-free

### Sherbet Cup (24g)

Cool and refreshing 4 oz cup of orange or raspberry sherbet

### Fresh Fruit Cup (8g)

A blend of fresh pineapple, grapes, and melon

### Brenda's Chocolate Crinkle Cookie (22g)

House-made, rich chocolate cookie dusted with a soft layer of powdered sugar

### Pudding Cup (13-26g)

Refreshing 4 ounce cup of vanilla or chocolate pudding  
(Sugar-free available)

### Gelatin (Varies)

Your choice of orange or red gelatin, available with or without fruit  
(Sugar-free options available)



## SNACKS

### Raw veggies with hummus (9g)

### ▲ Cottage cheese (6g)

Add fruit (varies) as a separate snack option.

### String cheese (0g)

### Yogurt (13-25g)

### Crackers (Saltines, Ritz, or Graham crackers) (5-16g)

### Chips (Baked potato chips) (24g)

### Popcorn (10g)

### Chips and Salsa (33g)

## BEVERAGES (Varies)

**Choose From:** Sparkling water, variety of juices, regular, soy, or almond milk, V-8, lemonade, decaf sodas, Gatorade, hot decaf tea, decaf coffee, or hot cocoa.

(Total Grams of Carbohydrate) Actual carbohydrate amount will vary based on menu selection. Please refer to your room service ticket for accurate number of carbohydrate grams.

■ VEGETARIAN ▲ SODIUM ALERT

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# HEART HEALTHY MENU

## Breakfast, Lunch & Dinner

Room service available 6:30 a.m. to 7:00 p.m.

UnityPoint Health – Meriter is pleased to offer an expansive Room Service Menu offering a wide variety of heart healthy fresh meals. We hope you enjoy your dining experience.

### The Doctor Has Ordered Your Diet. Now What?

- To place an order, please dial **78888** from your hospital room telephone to order your selections from this menu or, if you prefer, daily Chef's choice.
- When you call, you will be connected to a Room Service Specialist, who will help you place your order.
- Your meal will be specially prepared and delivered to your room within 45 minutes.
- Meals consist of one entrée, two sides, a beverage, and a dessert/fruit.
- Recommended daily calorie intake is 1,600 – 2,400 calories per day to maintain good health. Calorie recommendations vary based on age, gender, and physical activity level.
- Family and guests may also order room service. Each meal is \$8.00 per guest, per meal. Payment accepted by credit card only.
- Room service is available 6:30 a.m. - 7:00 p.m.

### Patients Who Have Diabetes:

If you have diabetes or need your blood sugar checked:

- Your blood sugar needs to be checked before you start eating.
- Tell your nurse when you order a meal or when it arrives.
- If needed, your nurse will give you insulin or other medicine.

The bracketed number after each food item shows how many grams of carbohydrate are in that item. When placing your order, choose within the range allowed for each meal. Our Room Service Specialist will assist you in this process.

If you have any questions about your diet or would like to learn more about healthy eating with diabetes please ask to see a dietitian. This table suggests the number of carbohydrate grams to choose at each meal.

Diet Order with Grams of Carbohydrate	Carbohydrate Grams per Meal
180g carb-controlled	45-60
225g carb-controlled	60-75
255g carb-controlled	75-90

### Questions?

We're happy to help.

Dial **78888**.

**PLEASE LEAVE THE MENU IN THE ROOM**

(4/22)



## BREAKFAST Served from 6:30 a.m. to 10 a.m.

### Two Eggs and Toast (28g)

Choose scrambled, over easy, over medium, over hard, or sunny side up, with whole wheat or white toast

### Oatmeal, Cream of Wheat, or Grits (19-22g)

Topping choices include mixed berries, raisins, cinnamon, brown sugar, flaxseed, and/or walnuts

### Greek Breakfast Scrambler (0g)

Eggs scrambled with spinach, tomatoes, and feta cheese.

### Pancake Stack, or French Toast (36-51g)

Choose from a stack of three pancakes, or two French toast slices.

### Park Street Breakfast Sandwich (20g)

One egg, turkey sausage and mozzarella cheese on a toasted English muffin

### Badger Breakfast (30g)

Two eggs, oven roasted breakfast potatoes, turkey sausage, and whole wheat or white toast

### Yogurt Parfait (37-47g)

Layers of low fat vanilla yogurt and mixed berries served with or without granola

### Mixed Berry Smoothie (18g)

Delicious blend of yogurt and berries



## BREAKFAST SIDES

### 1 Egg Cooked Your Way (0g)

Choose scrambled, over easy, over medium, over hard, or sunny side up

### Turkey Sausage Patty (0g)

### Oven Roasted Breakfast Potatoes (16g)

### 1 Pancake or 1 French Toast (17g)

### Toast (13-34g)

White, whole wheat, English muffin

### Cinnamon Raisin (46g)

Add cream cheese, jam, sugar-free jelly, and/or peanut butter

### Petite Blueberry Muffin (17g)

### Fruit Choices (15-30g)

Fruit options include banana, apple, grapes, pineapple, applesauce, canned pears or canned peaches

### Fresh Fruit Cup (8g)

A blend of fresh pineapple, grapes, and melon

### Greek Yogurt (11g)

Vanilla, black cherry, strawberry

### Yoplait Yogurt (13-31g)

Blueberry, cherry vanilla

### Assorted Cereals (Varies)

Includes Corn Flakes, Cheerios, Raisin Bran, Rice Krisps, Rice Chex

**Serving:** Hot decaf tea, decaf coffee, hot cocoa, a variety of juices, and milk. *(Sugar-free beverages available)*

## LUNCH AND DINNER Served from 10:30 am - 7:00 pm

### LOWER SODIUM SOUPS

#### Chicken Noodle (13g)

An all-time favorite! Blend of noodles, white meat chicken, onions, carrots, and celery in a home style broth

#### Tomato (15g)

A traditional classic favorite



### SALADS

#### Classic Caesar Salad (Varies)

Chopped romaine lettuce, parmesan cheese, and croutons garnished with a lemon wedge. Served with Caesar dressing on the side. Add a grilled chicken breast or Norwegian Atlantic Salmon filet

#### Mandarin Salad (Varies)

Spring mix greens topped with edamame, mandarin oranges, walnuts, and grape tomatoes. Add a grilled chicken breast, or Norwegian Atlantic Salmon filet, or Asian marinated tofu

#### Taco Salad (Varies)

Choose seasoned ground beef, grilled chicken strips, or ■ veggie burger crumbles, topped with your choice of black beans, shredded cheese, lettuce, brown rice, red onions, tomatoes, black olives, sour cream, and/or mild salsa.

#### Available Dressings

Lite French (19g), Lite Ranch (3g), Golden Italian (2g), Vinegar and Oil (0g).

## SANDWICH SHOP Served from 10:30 am - 7:00 pm

### Roast Beef (28g)

All natural, lower sodium roast beef with leaf lettuce and tomato. Served on your choice of bread

### Tuna Salad (28g)

Premium tuna mixed with red onions, celery, mayonnaise and fresh dill, leaf lettuce and tomato. Served on your choice of bread

### Egg Salad (28g)

Hard boiled eggs, celery, red onion. Served on your choice of bread

### Turkey (28g)

All natural, lower sodium turkey meat with leaf lettuce and tomato. Served on your choice of bread

**Additional Sandwich Toppings:** Lettuce, tomatoes, red onion, black olives

**Cheeses Available:** Swiss or mozzarella

**Breads Available:** White, whole wheat, pretzel bun or sub roll

## SIDES

- Sautéed zucchini and mushrooms (2g)
- Mixed green lettuce (3g)
- Green beans (4g)
- Carrots (17g)
- Steamed corn (16g)
- Mashed potatoes (17g)
- Baked potato (37g)
- Brown rice (20g)
- Soup (Varies)
- Raw veggie trio w/hummus (10g)
- Fresh fruit (Varies)
- Vegetable of the day (Varies)
- Coleslaw (4g)
- Chips and salsa (33g)
- Baked potato chips (24g)



## FROM THE GRILL Served from 10:30 am - 7:00

### ■ Wisconsin Grilled Cheese (28g)

Your choice of Wisconsin Swiss or Mozzarella cheese on white or whole wheat bread grilled to perfection

### ■ Garden Veggie Burger (41g)

Grilled all veggie patty topped with lettuce and tomato on a white, wheat or pretzel bun

### Classic Beef Burger (26g)

Four-ounces of choice beef served on a toasted white, wheat or pretzel bun

### Grilled Chicken Breast Sandwich (45g)

Grilled chicken topped with lettuce and tomato served on a fresh white, wheat or pretzel bun ( ■ Vegan Chik'n Patty available)

*Please ask for your favorite condiments*



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