

**Diet office is open  
to take your calls from**

6:30 a.m. - 7:30 p.m.

**Please place...**

- Breakfast orders the night before
- Lunch orders before 10 a.m.
- Dinner orders before 4 p.m.

**Meal Delivery Times:**

Breakfast 6:30 - 8:30 a.m.

Lunch 10:30 a.m. - 12:30 p.m.

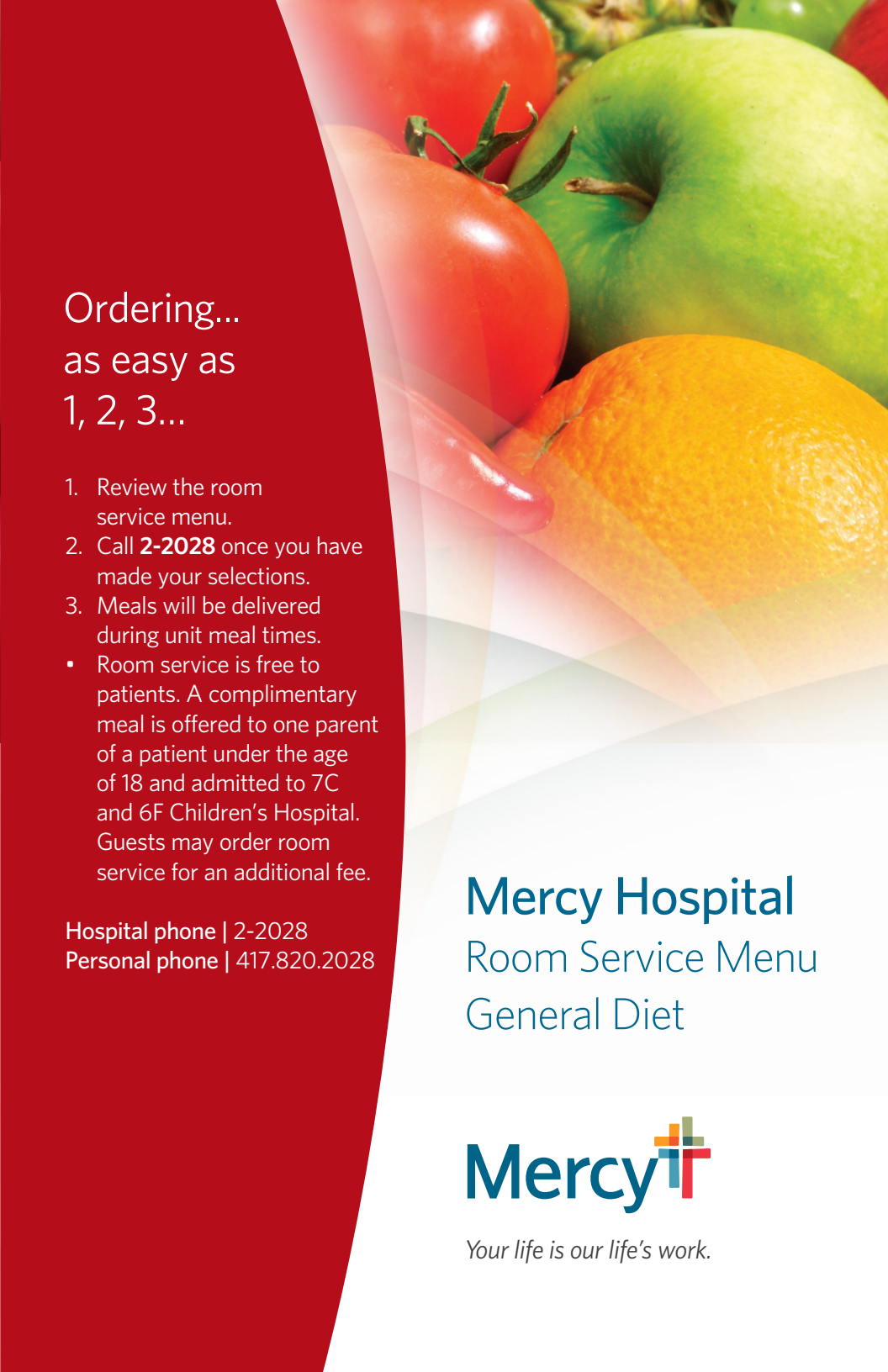
Dinner 4:30 - 6:30 p.m.

Hospital phone | 2-2028

Personal phone | 417.820.2028



*Your life is our life's work.*



**Ordering...  
as easy as  
1, 2, 3...**

1. Review the room service menu.
2. Call **2-2028** once you have made your selections.
3. Meals will be delivered during unit meal times.
  - Room service is free to patients. A complimentary meal is offered to one parent of a patient under the age of 18 and admitted to 7C and 6F Children's Hospital. Guests may order room service for an additional fee.

Hospital phone | 2-2028

Personal phone | 417.820.2028

**Mercy Hospital**  
Room Service Menu  
General Diet



*Your life is our life's work.*

## Breakfast

Available until 10 a.m.

### Entrée Choices

**Pancake** (24) with maple flavor syrup (29) or diet syrup (10)  
**Eggs** - choice of Scrambled (0) or hard boiled (0)  
**Biscuit with Sausage Gravy** (34)  
**Breakfast Bowl** - biscuit, potato wedges, & eggs with gravy (57)

### Side Dishes

**Potato Wedges** (18)      **Bacon** - choice of pork or turkey (0)  
**Pork Sausage Links** (1)      **Sausage Gravy** (13)

### Cereals and Breads

#### Cold Cereal

**Cheerios** (21)      **Frosted Mini Wheats** (24)      **Frosted Flakes** (26)

#### Hot Cereal

**Oatmeal** (19)      **Cream of Wheat** (23)  
**Toast - White or Wheat** (13)  
**Biscuit** (25)  
**Blueberry Muffin** (31)

### Fruits and Yogurts *(Available for all meals)*

**Fresh: Apple** (16)      **Banana** (26)      **Orange** (13)      **Fruit cup** (14)  
**Chilled: Peach slices** (12)      **Pear slices** (14)      **Applesauce** (13)  
**Yogurt - Greek style strawberry** (11) or **vanilla** (11)

### Beverages *(Available for all meals)*

**Fruit Juice - Apple** (13)      **Cranberry** (14)      **Orange** (13)      **Prune** (21)  
**Milk** - choice of skim, 2%, or whole (11)      **Chocolate milk** (19)  
**Soy Milk** - vanilla (18) or chocolate (25)      **Almond vanilla milk** (13)  
**Coffee** (0) - choice of regular or decaffeinated  
**Tea** (0) - choice of iced, hot or herbal  
**Fruit Drinks** - **Vitamin Water** (0) or **lemonade** (27)  
**Soft Drinks** - **Coke** (39)      **Sprite** (38)      **Dr. Pepper** (41)  
    **Diet versions** (0)

### Condiments *(Available for all meals)*

**Ketchup** (2)      **Mustard** (0)      **Mayonnaise** (1)  
**Margarine or Butter** (0)  
**White sugar** (3)      **Brown sugar** (12)      **Splenda** (0)      **Cinnamon** (2)  
**Half and Half** (0) or **Non-dairy Coffee Creamer** (2)  
**Salt, Pepper, or Mrs. Dash Herbal Seasoning** (0)  
**Peanut butter** (4)      **Honey** (6)  
**Jelly** - grape (5)      strawberry (4)      diet grape (2)      diet strawberry (3)

## Lunch and Dinner

Available 10:30 a.m. - 7:30 p.m.

### Daily Lunch Specials

**Sunday** - Pot Roast (25)      **Monday** - Pulled Pork (16)  
**Tuesday** - Chicken Carbonara (47)      **Wednesday** - Cashew Chicken (50)  
**Thursday** - Pulled Pork (16)      **Friday** - Beef tips with Noodles (40)  
**Saturday** - Creamy Sundried Tomato Chicken (35)

### Soups

**Potato** (38)      **Tomato** (36)      **Chicken noodle** (13)  
**Creamy Bean and Vegetable** (31)  
**Broth** - choice of beef (1)      chicken (1)      vegetable (0)

### Entrée Choices *Always Available Lunch and Dinner*

**Pot roast** (0)      **Meatloaf** (11)      **Honey glazed Salmon** (18)  
**Roast Turkey** (0)      **Chicken tenders** (24)  
**Grilled Chicken Breast on a Bun** (31)  
**Hamburger** (30)      **Cheeseburger** (30)      **Veggie Burger** (52)  
**Impossible Burger** (38)      **Meatless Brat** (30)      **Meatless Tenders** (36)  
**Peanut Butter and Jelly Sandwich** (47)      **PB&J with low sugar jelly** (40)  
**Tuna Salad scoop** (2)      **Chilled hard-boiled eggs** (0)  
**Chef Salad** (10) w/ choice of dressing - Ranch (1) Italian (2) French (4)

### Sides Dishes

**Mashed potato** (16)      **Choice of Gravy** (5)      **Baked Potato** (47)  
**French Fries** (26)      **Sun Chips** (28)      **Dinner Roll** (23)      **Crackers** (5)  
**Macaroni and Cheese** (13)      **White Rice** (26)      **Cottage Cheese** (5)  
**Steamed Vegetables** - choice of carrots (9) or green beans (3)  
**Vegetable Medley** (6)      **Deviled Egg Potato Salad** (14)

**Garden Salad** (2) w/choice of Ranch (2), Italian (1), French (4)  
**Yogurt** - Greek style strawberry (11) or vanilla (11)  
**Roasted Cauliflower** (8)      **Guacamole Cup** (2)      **Sweet Potato Fries** (16)  
**Pickled Beets** (4)      **Coleslaw** (6)      **Egg Salad** (14)      **Potato Salad** (19)

### Desserts

**Cookie** - choice of Chocolate chip (24) or Sugar (17)  
**Carrot cake** (50)      **Apple pie** (63)      **Rice Krispie Treat** (30)  
**Pudding** - choice of vanilla (25) chocolate (26)  
    sugar free vanilla (11)      sugar free chocolate (14)  
**Ice Cream** - vanilla (15) or chocolate (13)  
**Orange Sherbet** (26)      **Lemon Italian Ice** (22)  
**Gelatin** - choice of citrus (16) or sugar free citrus (1)

### Diabetic Meals

*Diabetic meals are limited to 60 grams of carbohydrate per meal. The carbohydrate amounts are listed for you next to each food item as a guide.*