



**Diet office is open  
to take your calls from  
6:30 a.m. - 7:30 p.m.**

Hospital phone | 2-2028  
Personal phone | 417.820.2028

**Unit Meal Times:**  
Breakfast 6:30 - 8:30 a.m.  
Lunch 10:30 a.m. - 12:30 p.m.  
Dinner 4:30 - 6:30 p.m.



*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.

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**Mercy Hospital**  
Room Service Menu  
Cardiac Diet



*Your life is our life's work.*

## Breakfast

Available until 10 a.m.

### Entrée Choices

**Pancake** (24) 310mg with maple flavor syrup (29) 20mg or diet syrup (10) 75mg

**Eggs** - choice of Scrambled (0) 137mg or hard boiled (0) 141mg

### Side Dishes

**Turkey Bacon** (0) 160mg

### Cereals and Breads

#### Cold Cereal

**Cheerios** (21) 140mg

**Frosted Mini Wheats** (24) 0mg

**Frosted Flakes** (26) 150mg

#### Hot Cereal

**Oatmeal** (19) 253mg

**Cream of Wheat** (23) 102mg

**Toast:** (13-16) 152-170mg

**White or Wheat**

**Blueberry Muffin** (31) 272mg

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

**Fresh:** **Apple** (16) 1mg **Banana** (26) 1mg

**Orange** (13) 0mg **Fruit cup** (14) 12mg

**Chilled:** **Peach slices** (12) 10mg **Pear slices** (14) 5mg

**Applesauce** (13) 0mg

**Yogurt:** **Greek style strawberry** (11) 55mg or **vanilla** (11) 40mg

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

**Fruit Juice:** **Apple** (13) 5mg **Cranberry** (14) 2mg

**Orange** (13) 2mg **Prune** (21) 0mg

**Milk** - choice of skim (11) 95mg, or Chocolate milk (19) 130mg

**Soy Milk** - vanilla (18) 115mg or chocolate (25) 90mg

**Almond vanilla milk** (13) 170mg

**Coffee** (0) 5mg - regular or decaffeinated

**Tea** (0) 3mg - choice of iced, hot or herbal

**Fruit Drinks** - Vitamin Water (1) or lemonade (27)

**Soft Drinks:** **Coke** (39) 45mg **Sprite** (38) 68mg

**Dr. Pepper** (41) 58mg **Diet versions** (0)

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

**Ketchup** (2) 67mg **Mustard** (0) 55mg **Mayonnaise** (1) 76mg

**White sugar** (3) 0mg **Brown sugar** (12) 5mg **Splenda** (0) 0mg

**Cinnamon** (2) 0mg **Peanut butter** (4) 89mg **Honey** (6) 0mg

**Half and Half** (0) 4mg or **Non-dairy Coffee Creamer** (2) 0mg

**Margarine** (0) 31mg or **Butter** (0) 32mg

**Pepper, or Mrs. Dash Herbal Seasoning** (0) 0mg

**Jelly:** grape (5) 2mg strawberry (4) 0mg

diet grape (2) 0mg diet strawberry (3) 0mg

## Lunch and Dinner

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

### Daily Lunch Specials

**Sunday** - Pot Roast (25) 435mg

**Monday** - Pulled Pork (16) 635mg

**Tuesday** - Chicken Carbonara (47) 650mg

**Wednesday** - Cashew chicken (50) 480mg

**Thursday** - Pulled Pork (16) 635mg

**Friday** - Beef tips with noodles (40) 130mg

**Saturday** - Creamy Sundried Tomato Chicken (35) 356mg

### Soups

**Low sodium: Chicken noodle** (7) 195mg **tomato soup** (22) 30mg or **chicken broth** (2) 0mg

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

**Pot roast** (0) 294mg

**Meatloaf** (11) 371mg

**Honey glazed**

**Salmon** (18) 71mg

**Roast Turkey**

(0) 460mg

**Grilled Chicken**

**Breast on a Bun**

(31) 266mg

**Hamburger** (30) 308mg

**Swiss burger**

(30) 348mg

**Peanut Butter and**

**Jelly Sandwich**

(47) 400mg

**w/low sugar jelly**

(40) 400mg

**Tuna Salad scoop** (2) 365mg

**Chilled hard-boiled**

**eggs** (0) 141mg

**Low Sodium Chef**

**Salad** (8) 423mg

w/choice of

L.S. Italian (1) 20mg

L.S. French (4) 20mg

### Sides Dishes

**Mashed pPotato** (16) 12mg

**Choice of Gravy**

(5-6) 140mg

**Baked Potato**

(47) 22mg

**White Rice** (26) 4mg

**Sunchips** (28) 170mg

**Tostito's Rounds** (18)

100mg

**Guacamole** (8) 90mg

**Dinner roll** (23) 220mg

**Crackers** (5) 60mg

**Pickled Beets** (4) 60mg

**Sweet Potato Fries**

(16) 154mg

**Egg Potato Salad**

(14) 219mg

**Steamed vegetables-**

choice of

**carrots** (9) 88mg

**green beans**

(3) 65mg

**Roasted Cauliflower** (8) 45mg

**Vegetable Medley**

(6) 25mg

**Coleslaw** (6) 101mg

**Garden Salad** (2) 11mg

w/choice of

L.S. Italian (1) 20mg

L.S. French (4) 20mg

**Yogurt:** choice of

**Greek style**

**strawberry** (11) 55mg

**vanilla** (11) 40mg

### Desserts

**Sugar Cookie** (17) 106mg **Rice Krispie Treat** (30) 130mg

**Pudding:** choice of vanilla (26) 161mg chocolate (26) 172mg  
sugar free vanilla (11) 105mg sugar free chocolate (14) 115mg

**Orange Sherbet** (26) 15mg **Lemon Italian Ice** (22) 4mg

**Gelatin** - choice of citrus (16) 85mg or sugar free citrus (1) 25mg

### Diabetic/Low Sodium Meals

Diabetic meals are limited to 60 grams of carbohydrate per meal.  
The carbohydrate amount is the first number listed next to each food item.