



**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
Renal 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)

Side Dishes

Turkey Bacon (0)

Cereals and Breads

Cold Cereal **Cheerios** (21) **Frosted Flakes** (26)
Frosted Mini Wheats (24)
Hot Cereal **Oatmeal** (19) **Cream of Wheat** (23)
White Toast (13) **Wheat Toast** (16)

Fruits *(Available for all meals)*

Fresh Apple (16)
Chilled: **Peach Slices** (12) **Pear Slices** (14)
Applesauce (13)

Beverages *(Available for all meals)*

Fruit Juice: **Apple** (13) **Cranberry** (14)
Milk - limit to ½ cup per day: choice of skim, 2%, or whole (6)
Coffee (0) - regular or decaffeinated
Tea (0) - choice of iced, hot or herbal
Fruit Drinks - Vitamin Water (0) or lemonade (27)
Soft Drinks: **Sprite** (37) **Sprite Zero** (0)

Condiments *(Available for all meals)*

Mustard (0) **Mayonnaise** (1) **Margarine or Butter** (0)
White Sugar (3) **Brown Sugar** (12) **Splenda** (0)
Cinnamon (2) **Peanut Butter** (4) **Honey** (6)
Half and Half (0) or **Non-Dairy Coffee Creamer** (2)
Pepper, or Mrs. Dash Herbal Seasoning (0)
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 w/Noodles (40)
Saturday - Creamy Sundried Tomato Chicken (35)

Soups

L.S. Chicken Noodle (9)
L.S. Chicken Broth (2)

Entrée Choices *Always Available Lunch and Dinner*

Pot Roast (0) **Meatloaf** (11) **Honey Glazed Salmon** (18)
Roast Turkey (0) **Grilled Chicken Breast on a Bun** (31)
Hamburger (30) **Peanut Butter and Jelly Sandwich** (47)
PB&J w/Low Sugar Jelly (40) **Tuna Salad Scoop** (2)
Chilled Hard-Boiled Eggs (0)
Chef Salad (2) w/choice of L.S. Italian (2) or L.S. French (4)

Sides Dishes

White Rice (26) **Choice of Gravy** (5-6) **Sunchips** (28)
Dinner Roll (19-23) **Crackers** (5) **Pickled Beets** (4)
Sweet Potato Fries (16) **Coleslaw** (6) **Egg Potato Salad** (14)
Steamed Vegetables - choice of carrots (9), green beans (3) or vegetable medley (6)
Garden Salad (2) w/choice of L.S. Italian (2) or L.S. French (4)

Desserts

Chocolate Chip Cookie (24) **Sugar Cookie** (17)
Rice Krispie Treat (30) **Lemon Pudding** (33)
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.