

Welcome

The Food and Nutrition Department of Mercy Hospital is pleased to offer “Expressly for You” Room Service Dining for our patients.

Our goal is to present excellence in service, which includes good quality food at correct temperatures, presented in a courteous manner. Our menu, designed for your nutritional needs, offers variety and flexibility to enhance your dining experience.

When you are ready to place your order, simply call 8729 (TRAY) on your room phone. A Dietetic Technician will be available to take your meal request any time from 6:30 a.m. to 9 p.m. Meals are freshly prepared to order and will be delivered to your room within 45 minutes.

While in the hospital, certain tests require that you not eat for a period of time. Your doctor may prescribe a special diet which will include foods to benefit you and your individual medical condition. In order to meet your diet prescription, some items on this menu may not be permitted. If you have questions or concerns, please call 8729.

Guest Meals are available for family and friends who wish to dine with you. Any guest may order from the menu by placing and paying for a meal in one step. Please have the credit or debit card ready for the Call Center staff prior to dialing 8729. Breakfast guest meals are \$6.00 or Lunch and Dinner guest meals are \$10.00. Meals consist of your choice of 1 entrée, 2 sides, 1 dessert and a beverage.

Regular Diet

The Regular Diet is designed to provide a palatable well-balanced meal plan. When foods are selected from each food group over the course of a day, you are sure to get the nutrients needed for optimum health. Registered dietitians are available to help you better understand your diet.

Meal Prayer

God in Heaven, I give thanks for life, the freedom to enjoy it and all other blessings. As I partake of this food, I pray for health and strength to carry on and live as you would have me live. Amen.



Desserts

Special Feature

Chocolate Fudge Cake [3]

Bake Shop

- ♥ Angel Food Cake [2]
- Apple Pie [3]
- Cherry Cobbler [2]
- Carrot Cake [3]

Cookie Jar

Chocolate Chip [3]
Oatmeal Raisin [2]
Sugar [2]

Frozen Treats

- ♥ Orange Sherbet [2]
- ♥ Popsicle [1]
- Ice Cream [1]
- Vanilla • Chocolate • Strawberry

Fresh Fruit [1]

Apple
Banana [2]
Grapes
Orange
Fruit Cup



Gelatin

Orange [1]
Sugar Free Orange [0]
Strawberry [1]
Sugar Free Strawberry [0]

Pudding

Chocolate [2]
Sugar Free Chocolate [1]
Vanilla [2]
Sugar Free Vanilla [1]

Condiments

Please include with your order.

- | | |
|--------------------------------|---------------------------|
| Margarine [0] | ♥ Lettuce Leaf [0] |
| Butter [0] | ♥ Tomato Slice [0] |
| Sour Cream [0] | ♥ Onion Slice [0] |
| Cranberry Sauce [1] | ♥ Dill Pickle Chips [0] |
| ♥ Jelly [1] | ♥ Sweet Pickle Relish [0] |
| ♥ Diet Jelly [0] | ♥ A-1 Steak Sauce™ [0] |
| ♥ Honey [1] | ♥ Barbecue Sauce [1] |
| ♥ Pancake Syrup [3] | ♥ Ketchup [0] |
| ♥ Sugar Free Pancake Syrup [0] | Mayonnaise [0] |
| ♥ Strawberry Topping [2] | Miracle Whip Free™ [0] |
| ♥ 2-Sugars [1] | ♥ Mustard [0] |
| ♥ Brown Sugar [1] | ♥ Honey Dijon Mustard [1] |
| ♥ Sugar Substitute [0] | Parmesan Cheese [0] |
| ♥ Lemon Juice [0] | Tartar Sauce [0] |
| ♥ Non-Dairy Creamer [0] | ♥ Salsa [0] |
| Half and Half™ [0] | ♥ Salt [0] |
| Peanut Butter [0] | ♥ Pepper [0] |

Liquid Diet

A liquid diet may occur due to certain tests, procedures or medical conditions.

Clear Liquid Diet

Juice [1]: Apple • Cranberry • Grape [2]
Broth [0]: Beef • Chicken • Vegetable
Gelatin [1]: Orange • Strawberry
Coffee [0]: Caffeinated • Decaffeinated
Tea [0]: Caffeinated • Decaffeinated

Full Liquid Diet

Juice [1]: Apple • Cranberry • Grape [2] • Orange
Cereal [2]: Cream Of Wheat™ • Grits
Cream Soup [1]: Mushroom • Chicken • Tomato
Milk [1]: Whole • 2% • Skim • Soy • Lactaid™
Pudding [2]: Chocolate • Vanilla

Diabetes Management

To best manage your diabetes, please notify nursing staff prior to ordering meals. Proper timing of blood glucose checks and medication is critical to keeping blood glucose within acceptable limits.

For _____ calories, the carbohydrate servings per meal are:

Breakfast _____

Lunch _____

Dinner _____

Expressly for You

ROOM SERVICE DINING MENU



To order your meal

Please take a moment to make your selections.

Call 8729 or 405-486-8729

We suggest the following ordering times:

Breakfast: 6:30 a.m. to 9 p.m.

Lunch and Dinner: 11 a.m. to 9 p.m.



Breakfast

Lunch and Dinner

Please choose one Entrée and two sides for your meal.

Available all day



Entrées Please choose 1

♥ Low cholesterol eggs [0] available upon request.

Omelet [0]
Two eggs plain or with choice of ingredients: Shredded cheddar cheese, chopped bacon, chopped sausage, diced ham, ♥diced turkey, ♥diced onions, ♥diced bell pepper, ♥diced tomatoes.

🌱 **Egg [0]**
One egg prepared scrambled, poached, over easy or hard-boiled.

🌱 **Breakfast Burrito [2]**
Scrambled eggs with diced bell peppers, diced onions and shredded cheese wrapped in a warm flour tortilla.

🌱 **French Toast [2]**
One slice of Texas toast, egg dipped and grilled.

🌱 **Buttermilk Pancake [2]**
A light and fluffy pancake made from scratch.

🌱 **Waffle [1]**

Fruit



- ♥ **Fresh Fruit [1]**
Apple • Banana [2]
• Pineapple • Grapes • Orange
• Fruit Cup
- ♥ **Soft Fruit [1]**
Applesauce • Sliced Peaches
• Sliced Pears • Prunes

• Mandarin Orange Sections

Breakfast Sides

Turkey bacon or sausage pattie available upon request.

Crisp Bacon [0]
A slice of smoked bacon.

Sausage Link or Pattie [0]
A pork sausage link or a sausage pattie.

🌱 **Hash Browns [1]**
Shredded, lightly seasoned grilled potatoes.

Biscuit [2] and Gravy [1]
A warm, flakey buttermilk biscuit smothered in cream gravy.

♥ 🌱 **Breads**
English Muffin [2]
White Toast [1]
Whole Wheat Toast [1]
Biscuit [2]

🌱 **Pastry**
Blueberry Muffin [2]
Bran Muffin [3]
Danish Pastry [2]



♥ 🌱 **Cereal**
Bran Flakes [2]
Cheerios™ [1]
Frosted Flakes™ [2]
Kix™ [1]
Raisin Bran™ [2]
Rice Krispies™ [1]
Shredded Mini Wheat™ [2]
Oatmeal [2]
Cream of Wheat™ [2]

♥ 🌱 **Yogurt**
Yoplait Original™ [2]
Yoplait Light™ [1]
Greek Yogurt [2]

Available 11 a.m. to 9:00 p.m.

Entrées Please choose 1

♥ 🌱 **Stir Fry [2]**
Your choice of Vegetarian, Chicken or Shrimp stir fry with pea pods, carrots, water chestnuts, broccoli, sweet red peppers and mushrooms sautéed in an Asian sauce; served over a bed of steamed rice.

Chicken Fajitas [2]
Served with grilled onions, green peppers, flour tortillas, salsa, guacamole and sour cream

Chicken Monterey [0]
Grilled chicken breast covered with sautéed sliced bell peppers and sliced onions; topped with melted monterey jack cheese.

Chicken Parmesan [1]
Fried breaded chicken topped with marinara sauce and parmesan cheese.

♥ **Roasted Turkey Breast [0]**
White turkey meat with turkey gravy [1].

Chicken Fried Steak [1]
Fried breaded beef steak topped with cream gravy [1].

Meatloaf [1]
Homemade recipe, ground beef and special seasonings slowly roasted and topped with beef gravy [1].

♥ **Roast Beef [0]**
Slow-cooked roast beef served with rich beef gravy [1].

♥ **Roasted Pork Loin [0]**
Boneless cut pork loin mildly seasoned, served with pork gravy [1].

♥ **Tilapia [0]**
Pan seared or steamed fish filet flavored with lemon vinaigrette.

🌱 **Fettuccine Your Way [2]**
♥ Pasta served with marinara sauce [0] or Alfredo sauce [2] with choice of meatballs [0], shrimp [0] or ♥chicken [0].

Entrées Deli and Grill

Your choice of bread and cheese:

♥ 🌱 **Bread**
Wheat [1] • White [1] • Marble Rye [1]
Wheat Berry [1] • Wheat Wrap [2]

🌱 **Cheese [0]**
American • Swiss • Provolone • Jalapeño

Deli Sandwich [2]
Ham [0] • ♥Turkey Breast [0] • Roast Beef [0]

Home Style Sandwich Spreads [2]
Chicken Salad [0] • Tuna Salad [0] • 🌱 Egg Salad [0]
🌱 Peanut Butter [0] and ♥Jelly [1]

Classic Hamburger [2]
Lean ground beef pattie [0] grilled medium-well, served on a hamburger bun.



♥ **Chicken Sandwich [2]**
Grilled or breaded chicken breast [0] served on a hamburger bun.

BLT Sandwich [2]
Bacon, lettuce and tomato on choice of bread.

Bar B Que Beef Sandwich [2]

Fried Cod Sandwich [3]
Fried breaded fish filet [1] served on a hamburger bun.

♥ 🌱 **Gardenburger™ [3]**
The original veggie burger [1] served on a hamburger bun.

Grilled Ham and Cheese Sandwich [2]
Grilled ham [0] and cheese [0]

Chicken Quesadillas [2]
Seasoned strips of chicken with shredded cheese and pico de gallo grilled in a soft flour tortilla, served with a side of salsa, guacamole and sour cream.

Fried Chicken Tenders [1]
Fried breaded chicken tenders served with your choice of ♥barbecue sauce [1] or ♥honey Dijon mustard [1] dipping sauces.

Pizza [3]
Oven baked individual size 🌱 cheese or pepperoni pizza.



Entrée Salads

Chef Salad [0]
Chopped lettuce with julienne ham and julienne turkey, hard boiled egg quarters, cherry tomatoes and shredded cheese.

Caesar Salad [0]
Romaine and iceberg lettuce, parmesan cheese and seasoned croutons. Sliced grilled chicken [0] upon request.

♥ **Grilled Chicken Plate [1]**
Bed of romaine lettuce topped with sliced grilled chicken and black bean, corn and tomato relish.

Fiesta Taco Salad [2]
Taco seasoned ground beef with shredded lettuce, cheddar cheese, pico de gallo, guacamole and sour cream served in a fried flour tortilla bowl.

♥ **Classic Cobb Salad [0]**
Chopped green salad topped with chopped hard cooked egg, tomatoes, bacon, chicken, onion, avocado and grated cheddar cheese.

🌱 **Fresh Fruit and Cheese Plate [3]**
Seasonal fruit choices: Apple, orange, cantaloupe, grapes and cheese cubes on lettuce leaf, served with whole wheat crackers.

Salad Dressings:

- Ranch [1]
- Italian [1]
- Caesar [2]
- ♥ Free Ranch [0]
- ♥ Free Italian [0]
- ♥ Free Thousand Island [0]
- ♥ Balsamic Vinaigrette [0]

Sensational Soups

Mercy's homemade chicken noodle soup is featured each day. [1]

- Sunday**
- Monday**
- Tuesday**
- Wednesday**
- Thursday**
- Friday**
- Saturday**

- 🌱 **Tomato Basil [1]**
- Corn Chowder [2]**
- Minestrone [1]**
- 🌱 **Broccoli Cheese [2]**
- Beef Barley [1]**
- Cream of Potato [2]**
- Chicken and Wild Rice [1]**



Hearty Beans

- 🌱 Vegetarian Pinot Beans [1] is featured each day.
- Sunday**
- Monday**
- Tuesday**
- Wednesday**
- Thursday**
- Friday**
- Saturday**

- Pinto Beans and Ham [1]**
- Black Eyed Peas [1]**
- Vegetarian Pinto Beans [1]**
- Ranch Beans [1]**
- Red Beans with Rice [3]**
- Pinto Beans and Ham [1]**
- Black Beans [1]**

Side Dishes

- ♥ Rice [2]
- Macaroni and Cheese [2]
- French Fried Potatoes [2]
- ♥ Baked Potato Chips [2]
- ♥ Mashed Potatoes [2]
- ♥ Baked Potato [2]
- Baked Sweet Potato [2]
- ♥ Broccoli [0]
- ♥ Carrots [0]
- ♥ Corn [1]
- Cornbread Dressing [2]
- ♥ Green Beans [0]
- ♥ Peas [1]
- ♥ Potato Salad [2]
- ♥ Coleslaw Vinaigrette [0]
- Salads, Tossed, Caesar, Mini Chef [0]
- Cornbread [2]
- ♥ White or Wheat Dinner Roll [1]
- ♥ 2% Low Fat Cottage Cheese [0]



Beverages

- ♥ **Hot or Iced Tea [0]**
Regular • Decaffeinated
- ♥ **Coffee [0]**
Regular • Decaffeinated
- ♥ **Juice [1]**
Apple • Cranberry • Grape [2] • Orange • Prune • V8™
- Hot Chocolate**
Regular [2] • Sugar Free [1]
- Milk**
Whole [1] • 2% [1] • ♥Skim [1]
- ♥ Low Fat Buttermilk [1]
- ♥ Chocolate [2]



PATIENT ALERT:
If you have diabetes, please notify your nurse after placing your meal order.

♥ = low fat food item 🌱 = lacto - ovo vegetarian
[] = carbohydrate servings; [1] = 15gm • [2] = 30gm • [3] = 45gm