



NAME: \_\_\_\_\_

ROOM: \_\_\_\_\_

# ROOM SERVICE MENU

## DAIRY FREE DIET

**Ready to Eat? Call to Order your meals by dialing ext. 3663 (FOOD).**

Call anytime between 7:00 AM to 6:00 PM, and your meal will be delivered to your room in approximately 45 minutes. Patients or their caregivers can order anything from the menu for the patient (if their diet allows).

### HOW TO ORDER:

1. Browse the room service menu
2. Decide selections before calling
3. Call ext. 3663, give patient last name and room number
4. Give the order, don't forget condiments

Your meal will be prepared and delivered to you in approximately 45 minutes.

Enjoy!

If you get our voicemail, please leave your name and room number and we will call you back to take your order – we check often.

### OTHER CONSIDERATIONS:

If you have diabetes, be sure to tell your nurse to coordinate and decide the timing of your meals and medications or treatments.

Due to dietary restrictions and food allergies, all foods on the menu may not be permitted. You will be notified at the time of ordering, if selections are not appropriate to your diet.

This menu is intended for patients only. We encourage patients to order once per meal period with one entrée per meal.

Family members may purchase from the Guest Room Service Menu.

### BREAKFAST Available all Day

#### STARTER/CEREALS

Rice Chex  
Multigrain Cheerios  
Cheerios  
Fibre 1

Cream of Wheat  
Oatmeal

#### BREAKFAST ENTREE

Home Fried Potatoes

#### ADD ONS

Choice of Whole Wheat or  
White Bread or Bagel  
(toasted or plain)

Fruit Rite Spread  
Hummus

#### CONDIMENTS

Peanut Butter  
Strawberry Jam  
Grape Jelly  
Orange Marmalade  
Margarine Milk Free  
Ketchup, Mustard, Relish  
Miracle Whip Lite  
Mrs. Dash  
Salt and Pepper

White Sugar  
Brown Sugar

#### Sugar Free Condiments

Orange Marmalade  
Strawberry Jam  
Sugar Substitute

#### Dressings

Light Italian  
Light French  
Vinegar

### BEVERAGES

#### JUICES

Apple                      Orange  
Cranberry                Prune

#### SUGAR FREE DRINKS

Peach                      Lemonade  
Fruit Punch

#### SOY MILK

Original Unsweetened Soy  
Chocolate Soy

#### HOT BEVERAGES

Tea  
Decaf Tea  
Green Tea  
Herbal Tea (assorted)  
Coffee  
Decaf Coffee



# LUNCH & DINNER Available 11:00 AM - 6:00 PM

## ENTREES

- Grilled Fillet of Salmon & Lemon Slice
- Grilled Chicken Strips
- Baked Herbed Chicken Thigh
- Boneless Beef Riblette with BBQ Sauce
- Pork Loin Chop
- Turkey Chili

## Sandwiches

Choose on:

Whole Wheat Bread

- Chicken Salad
- Egg Salad
- Tuna Salad

## Grill

Beef Hamburger, or  
Chicken Breast  
On your Choice of White or  
Whole Wheat Bread

- Tomato Slice
- Lettuce Leaf

## STARTER

### Soup

- Harvest Vegetable
- Beef Broth
- Chicken Broth
- Vegetable Broth

Crackers - unsalted

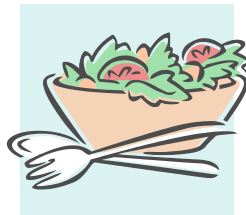
### ADDITIONS

- Home Fried Potato
- Rice
- Diced Carrots
- Corn Niblets
- PEI Mixed Vegetables  
(baby carrots, green & wax beans)
- Spring Peas
- Gravy

### Side Salad & Vegetables

Tossed Salad (*lettuce, red cabbage, grated carrot*)

- Fresh Tomato Slices
- Fresh Cucumber Slices
- Fresh Carrot Sticks



## FRUITS & DESSERTS

### Fruit

Applesauce  
Banana  
Fruit Cocktail  
Diced Peaches  
Diced Pears  
Fresh Apple

### Gels

Strawberry

### Frozen Treats

Orange Popsicle  
Orange Sorbet

### Cookies

Arrowroot

## MEAL SIZED SALAD PLATE—AS AN ENTREE

### Starts With:

Lettuce Blend  
(contains: lettuce,  
red cabbage,  
grated carrot)

### Add:

Grilled Chicken Strips  
Hummus Portion  
Tomato Slices  
Cucumber Slices  
Carrot Sticks

### Dressings:

Light Italian  
Light French  
Vinegar  
Miracle Whip Lite