

# ROOM SERVICE MENU

**We are pleased to offer convenient room service dining.**

- Your made-to-order meal will be delivered to your bedside within 45 minutes or you may request to have your meal delivered at a specific time.
- If you have been prescribed a special diet, a room service clerk can help you make selections.
- Families and guests may order room service. Each meal is \$8 and includes one main course, two side orders, beverage and dessert/fruit. Cash and credit cards are accepted.



**Dial 5-0202 from your room telephone to place your order anytime from 6:30 am to 8 pm**

## WE ARE PROUD TO MAKE THE HEALTHY CHOICE THE EASY CHOICE



The healthiest food and drink choices, set by UW Health registered dietitians.



Food options free of beef, pork, poultry and fish. These items may contain dairy and egg products.



Gluten-free food options. Additional items that have no gluten added are available upon request.

**UW**Health

To prevent foodborne illness, eggs and meat are thoroughly cooked.

# BREAKFAST (AVAILABLE ALL DAY)

## Hearty Hot Cereal

Select from oatmeal, cream of wheat or cream of rice served with your choice of berry compote and/or walnuts  
*Served with skim milk*

## Scrambler

Fluffy scrambled eggs served with your choice of toast or potatoes and fruit

## Cereal and Milk

Select from a variety of cold cereals, including: Total Raisin Bran®, Cheerios®<sup>GF</sup>, Honey Nut Cheerios®<sup>GF</sup>, Rice Chex®<sup>GF</sup>, Cinnamon Toast Crunch®, Frosted Mini Wheats® or Kashi Go Lean®  
*Served with skim milk and your choice of fruit*

## Protein Platter

Greek yogurt, hard-boiled egg, cheese and fruit of your choice

## Farm Fresh Omelet

Choose from the following toppings: ham, bacon, chicken, green bell peppers, onions, tomatoes, mushrooms, spinach, broccoli and cheese  
*Add your choice of potatoes or toast and a fruit*

## Whole-Wheat French Toast, Mixed Berry Crepes, or Whole-Grain Waffle

Select your toppings and your choice of low-fat yogurt

## Breakfast Sandwich

A toasted whole-wheat English muffin topped with one egg and choice of ham, bacon, turkey sausage and/or cheese

## Harvest Nut and Grain Pancake

A fluffy buttermilk or blueberry pancake  
*Add walnuts and fruit of your choice upon request*

## Fruit and Yogurt Parfait

Layers of vanilla Greek yogurt and fruit topped with granola

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### Breakfast Sides

Turkey sausage patty

Bacon

Ham

Sausage links

O'Brien potatoes 🍏 🌿

Whole-wheat  
English muffin 🍏

Toast 🍏 🌿 (*whole-wheat,  
white, rye, sourdough,  
cinnamon raisin*)

Bagel 🌿 (*plain, whole-  
wheat, cinnamon raisin*)

Mini muffin 🌿 (*blueberry,  
apple-bran*)

Hash browns 🍏 🌿

Yogurt (*fat-free, low-fat,  
Greek*)

### Fruits 🍏 🌿

Apple (*whole or sliced*)

Applesauce

Banana

Strawberries

Fresh fruit cup

Grapes

Canned fruit (*mandarin  
oranges, peaches, pears,  
prunes, fruit cocktail*)

Orange

Raisins

Melon (*cantaloupe,  
honeydew, watermelon*)

Pineapple

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## Soups

Chicken noodle

Tomato 🌿

Vegetable 🌿

Soup of the day

Vegetarian Chili 🌿

Broth 🍅 (beef 🍷, chicken 🍷,

Cream of potato 🌿

vegetable 🌿)

## Salads

### Garden Side Salad 🌿🍅

Mixed greens, tomato, cucumber

### Cobb Salad

Lettuce, grilled chicken, chopped hard-boiled egg, avocado, tomato, cucumber, crisp bacon, scallions with chive vinaigrette

### Asian Chicken Salad

Grilled chicken, pea pods, red bell pepper, cabbage, lettuce, wontons, cilantro, with sesame ginger dressing

### Greek Salad 🌿

Romaine lettuce, feta cheese, tomato, red bell pepper, red onion, Kalamata olives

### Caesar Salad 🍅

Romaine lettuce, Parmesan cheese, croutons, tomato, served with or without a grilled chicken breast

## Dressings

Balsamic vinaigrette 🍷

Italian

Bleu cheese

Sesame ginger

Caesar 🍷

Ranch 🍷

French 🍷

Thousand Island

## Flat-Bread Pizza

Build your own pizza with flat bread, pizza sauce and add your favorite toppings:

Sausage

Pepperoni

Mushrooms

Ham

Canadian bacon

Onion

Chicken

Black olives

Tomato

Cheese

Green bell peppers

Spinach

Pineapple

## Perfect Pasta

Begin with your choice of pasta: *Buttered egg noodles, linguini, macaroni, whole-wheat spaghetti*

Add your sauce: *Garlic olive oil, marinara, Boca® marinara, meat sauce, basil pesto, cheese sauce or red wine sauce*

Finish with your choice of toppings: *Beef tips, chicken, meatballs, shrimp, sausage, artichokes, black olives, cheese, sun-dried tomatoes, green bell pepper, mushrooms, onion, spinach, tomato*

## Hot Sandwiches



### Roasted Portabella

Portabella mushroom, roasted red bell pepper, arugula, provolone cheese, red onion on a toasted baguette


### Roast Beef

Savory beef served on a toasted baguette with your choice of cheese, peppers and/or onions

### Quesadilla

Melted cheese in a folded tortilla served with your choice of lettuce, diced tomato, guacamole and salsa  (Available as bean and cheese , chicken and cheese, or beef and cheese upon request)

### Build Your Own Burger

Select a beef, bison, turkey, Boca®  or salmon burger with your choice of lettuce, tomato, onion and cheese on a bun

### Grilled Chicken Breast

Grilled chicken breast with your choice of lettuce, tomato, onion and cheese served on a bun

### Grilled Cheese

Your choice of cheese grilled on your choice of bread  
*Bread and cheese options are listed below*

## Cold Sandwiches

### Mediterranean

Whole-grain wrap with hummus spread, feta cheese, cucumber slices and roasted red bell pepper  
*Add chicken upon request*





### Turkey Bacon Avocado

Turkey, bacon, avocado, lettuce, tomato and your choice of toasted bread

### Veggie

Provolone cheese, avocado, mixed greens, cucumber and tomato on your choice of bread

### Build Your Own Sandwich

Select from the following: *Beef, ham, turkey, bacon, cheese, chicken salad , egg salad , tuna salad , peanut butter and jelly *

Add your toppings: *Lettuce, tomato, raw onions, grilled onions, pickles, pickle relish, hummus*

Choose your bread: *Whole-wheat, white, rye, sourdough, whole-grain wrap, baguette, whole-wheat pita*

Cheese: *American, cheddar, provolone, Swiss, pepper jack, Colby*

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# MAIN COURSES

Create a healthy meal by adding a vegetable and fruit side of your choice.

## Chicken

Skinless chicken breast grilled to perfection

## Pan-Seared Walleye

Fresh walleye lightly seasoned and seared


## Baked Cod

Baked cod with tomato jam

## Grilled or Poached Salmon

Fresh salmon prepared your way

## Taco

One taco filled with your choice of ground beef, shredded chicken, refried beans  or white fish topped with choice of lettuce, cabbage, green bell pepper, mushroom, diced tomato, salsa and cheese

## Chicken Parmesan

Chicken breast served with marinara sauce and melted cheese

## Lasagna

Layered lasagna noodles, meat, marinara tomato sauce and mozzarella cheese


## Carved Roast Turkey

Oven-roasted turkey breast

## Chicken Pot Pie

Flaky pie crust filled with peas, carrots and diced chicken in a cream sauce

## Sweet Thai Stir-Fry

Stir-fried vegetables served with your choice of chicken, beef or tofu  on a bed of rice with a sweet and tangy sauce

## Meatloaf

Ground beef seasoned with herbs

## Pot Roast

Roasted to perfection and served with your choice of sides

## Pork Tenderloin

Grilled pork served with applesauce on the side

## Grass-Fed New York Strip

Grilled New York strip steak served with or without sautéed mushrooms

## Sides

Steamed broccoli

Wild rice

Steamed cauliflower

Baked potato

Steamed carrots

Mashed potato

Steamed peas

Corn

Steamed green beans

Refried beans

Sautéed vegetable blend

Garlic bread

White rice

Macaroni and cheese

# BEVERAGES

## Hot Beverages


Hot chocolate (*regular, sugar-free*)


Tea (*black, green, Earl Grey, orange spice*)

Decaffeinated tea (*black, cinnamon apple*)

Coffee (*regular, decaffeinated*)

## Cold Beverages

Bottled water 

Unsweetened iced tea  (*regular, decaf*)

Lemonade (*sugar-free*)

Gatorade® G2 (*Blue, Orange, Lemon-Lime, Fruit Punch*)

## Nutrition Supplements

Carnation Instant Breakfast® (*vanilla, chocolate, no sugar added*)

Ensure Clear®  (*apple, mixed berry*)

High-protein milkshake


Ensure®  (*chocolate, vanilla*)

Magic Cup® (*chocolate, vanilla, mixed berry, orange*)

## Milk

Dairy milk (*skim  , 2% , whole , chocolate*)

Lactose-free milk   (*skim*)

Non-dairy milk  (*rice, soy, almond*)

## Juices

Orange

Apple

Cranberry

Grape

Prune

Tomato

V8® vegetable (*low-salt*)

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## DIABETES MEAL PLAN

If you have diabetes or need your blood sugar checked:

- Your blood sugar needs to be checked before you start eating
- Tell your nurse when you order a meal or when it arrives
- If needed, your nurse will give you insulin or other medicine

The diabetes meal plan helps you eat consistent amounts of carbohydrate at meals and snacks.

- **Women:** 45 – 60 grams of carbohydrate at each meal
- **Men:** 60 – 75 grams of carbohydrate at each meal


If you need insulin:

- Rapid-acting insulin is best taken just before or after meals
- Short-acting insulin is best taken 30 minutes before meals

**Please ask your nurse if you have questions**

## SNACKS

Chips (*Sunchips*®, baked potato chips) 

Rice cakes with peanut butter 

Raw vegetables with hummus  or ranch dip

Cottage cheese 


String cheese 

Kashi® Granola Bar 

Fruit leather 

Trail mix

Yogurt (*fat-free, low-fat, Greek*)


Crackers (*saltines, graham crackers, rice cakes*) 

## DESSERTS

Fruit smoothies (*mixed berry, strawberry-banana*)

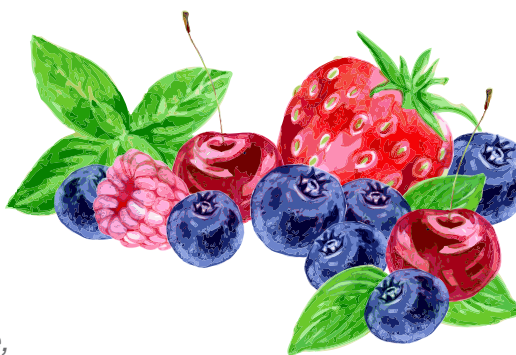
Sugar-free cookie (*lemon crème cookie, chocolate chip cookie, lemon bar*)

Gelatin (*strawberry, orange, lime, sugar-free*) 

Pudding (*vanilla, chocolate, butterscotch, sugar-free*) 

Banana bread

Angel food cake




Cookie (*chocolate chip, oatmeal raisin, sugar*)


Cheesecake (*plain or with chocolate sauce*)

Pie (*apple, pumpkin, cherry, lemon meringue*)


### Frozen Desserts

Frozen yogurt (*vanilla*) , *chocolate, strawberry*)

Sherbet  (*raspberry, orange*)

Sugar-free sorbet  (*orange, strawberry*)

Milkshake (*vanilla, chocolate, strawberry*)

Frozen fruit bar  (*very berry*)

Popsicle (*regular*) , *sugar-free*) 

Fruit ice  (*orange, cherry*)

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