

HOUSE FAVORITES

Entrees served with two sides of your choice.
Served between 10:30 a.m. - 7 p.m.

**Dial
78888**

Daily Chef's Choice (Varies)

Inquire when placing your Room Service order. (Available between 11:30 a.m. - 1:30 p.m. and 5 - 7 p.m.)

Rosemary Roasted Chicken Breast (0g)

Five-ounce chicken breast seasoned with a rosemary herb blend. (Plain chicken available)

Roast Turkey Breast with Gravy (3g)

Oven roasted slices of savory turkey breast with gravy

Baked Cod (0g)

Five-ounce wild caught Pacific Cod loin.

Ginger Sesame Salmon (9g)

Five-ounce Norwegian Atlantic Salmon filet seasoned with a light ginger sesame glaze. (Plain salmon available)

House-Made Wisconsin Macaroni and Cheese (36g)

A classic comfort food! We blend four types of cheese to create a creamy and delicious dish.

Wisconsin Fish Fry (24g)

A Wisconsin classic! Two pieces of breaded and fried cod loin.

Beef Stroganoff with Egg Noodles (29g)

Beef sirloin strips in a house-made sauce of mushrooms, onions, and garlic, served on a bed of egg noodles.

Personal Pizza (106g)

Four cheese blend on signature hand tossed crust. Add up to three toppings. Choose from sausage, pepperoni, black olives, or mushrooms.

SIDES

- Sautéed zucchini and mushrooms (4g)
- Mixed green lettuce (3g)
- Green beans (4g)
- Carrots (7g)
- Steamed corn (16g)
- Mashed potatoes (17g)
- Baked potato (37g)
- French Fries (16g)
- Brown rice (20g)
- Soup (Varies)
- Raw veggie trio w/hummus (10g)
- Fresh fruit (Varies)
- Vegetable of the day (Varies)
- Coleslaw (4g)
- Chips and salsa (33g)
- Baked potato chips (24g)
- Potato chips (15g)

DESSERTS

Apple Pie (56g)

Timeless treat featuring a variety of Golden, Jonathan, and Ida red apples with a hint of cinnamon and sugar

Chocolate Cake (41g)

Layers of rich chocolate with a marbled white and dark chocolate frosting

Brownie (38g)

Double chocolate treat! Rich chocolate brownie with chocolate icing

Chocolate Peanut Butter Krispie Bar (34g)

Calling all peanut butter lovers! Krispy rice cereal mixed with peanut butter and topped with chocolate frosting

Ice Cream (16g) or Pudding Cup (13-26g)

Refreshing 4-ounce cup of vanilla or chocolate ice cream or pudding (Sugar-free pudding available)

Sherbet Cup (24g) or Fruit Sorbet (10g)

Cool and refreshing! Choose a 4 oz cup of orange or raspberry sherbet or a sugar-free orange sorbet

Oatmeal Raisin Cookie (17g)

Hearty and all natural oatmeal blended with lots of plump raisins and delicious spices

Brenda's Chocolate Crinkle Cookie (22g)

House-made, rich chocolate cookie dusted with a soft layer of powdered sugar

Gelatin (Varies)

Your choice of orange or red gelatin, available with or without fruit (Sugar-free options available)

SNACKS

Raw veggies with hummus (9g)

Cottage cheese with fruit (6g)

String Cheese (0g)

Yogurt (13-25g)

Crackers (5-16g)

(Saltines, Ritz, or Graham crackers)

Chips (Potato chips) (15-26g)

Popcorn (10g)

Chips and Salsa (33g)

BEVERAGES

Pepsi products, sparkling water, unsweetened iced tea, lemonade, Gatorade, regular, soy or almond milk, variety of juices, V-8, hot tea, coffee, or hot cocoa



UnityPoint Health® - Meriter® is pleased to offer an expansive **Room Service Menu** offering a wide variety of healthy fresh meals. We hope you enjoy your dining experience.

The Doctor Has Ordered Your Diet. Now What?

- To place an order, please dial 78888 from your hospital room telephone to order your selections from this menu or, if you prefer, daily Chef's choice.
- When you call, you will be connected to a Room Service Specialist, who will help you place your order.
- Your meal will be specially prepared and delivered to your room within 45 minutes.
- Meals consist of one entrée, two sides, a beverage, and a dessert/fruit.
- Recommended daily calorie intake is 1600-2400 calories per day to maintain good health. Calorie recommendations vary based on age, gender, and physical activity level.
- Family and guests may also order room service. Each meal is \$8.00 per guest, per meal. Payment is accepted by credit card only.
- Room service is available 6:30 a.m. - 7 p.m.

Patients Who Have Diabetes:

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 bracketed number after each food item shows how many grams of carbohydrate are in that item. When placing your order, choose within the range allowed for each meal. Our Room Service Specialist will assist you in this process.

If you have any questions about your diet or would like to learn more about healthy eating with diabetes please ask to see a dietitian. This table suggests the number of carbohydrate grams to choose at each meal.

| Diet Order with Grams of Carbohydrate | Carbohydrate Grams per Meal |
|---------------------------------------|-----------------------------|
| 180g carb-controlled | 45-60 |
| 225g carb-controlled | 60-75 |
| 255g carb-controlled | 75-90 |

Questions?

We're happy to help.

Dial 78888.

PLEASE LEAVE THE MENU IN THE ROOM

BREAKFAST

Served until 10 a.m.

Two Eggs and Toast (28g)

Choose scrambled, over easy, over medium, over hard, or sunny side up, with whole wheat or white toast

Oatmeal, Cream of Wheat, or Grits (19-22g)

Topping choices include brown sugar, mixed berries, raisins, cinnamon, flaxseed, and/or walnuts

Denver Breakfast Scrambler (0g)

Eggs scrambled with ham, peppers, onions, and mozzarella cheese

Greek Breakfast Scrambler (0g)

Eggs scrambled with spinach, tomatoes, and feta cheese

Classic Breakfast Scrambler (0g)

Eggs scrambled with breakfast sausage, bacon, and cheddar jack cheese

Pancake Stack or French Toast (26-51g)

Choose from a stack of three pancakes or two french toast slices

Park Street Breakfast Sandwich (20g)

One egg, ham, bacon, or turkey sausage and cheddar jack cheese on a toasted English muffin

The Badger Breakfast (30g)

Two eggs, oven roasted breakfast potatoes, choice of bacon, sausage, or turkey sausage, whole wheat or white toast

Yogurt Parfait (37-47g)

Layers of low fat vanilla yogurt and mixed berries served with or without granola

Mixed Berry Smoothie (28g)

Delicious blend of yogurt and berries

BREAKFAST SIDES

1 Egg Cooked Your Way (0g)

Choose scrambled, over easy, over medium, over hard, or sunny side up

Bacon, Sausage or Turkey Sausage Patty (0g)

Oven Roasted Breakfast Potatoes (16g)

1 Pancake or 1 French Toast (17g)

Toast (13-34g)

White, whole wheat, English muffin, croissant

Cinnamon Raisin Bagel (46g)

Add cream cheese, jam, sugar-free jelly, and/or peanut butter

Petite Blueberry Muffin (17-21g)

Fruit Choices (15-30g)

Fruit options include banana, apple, grapes, pineapple, applesauce, canned pears or canned peaches

Fresh Fruit Cup (8g)

A blend of fresh pineapple, grapes, and melon

Greek Yogurt (11g)

Vanilla, Black Cherry, Strawberry

Yogurt (19g)

Blueberry or Cherry Vanilla

Assorted Cereals (Varies)

Includes Corn Flakes, Cheerios, Raisin Bran, Rice Krisps, or Rice Chex

Serving: Hot tea, Columbian coffee, hot cocoa, a variety of juices, and milk. (Decaf and sugar-free beverages available)

LUNCH AND DINNER

Served from 10:30 a.m. - 7:00 p.m.

SOUPS

Soup of the Day (Varies)

Inquire when placing your Room Service order

Chicken Noodle (13g)

An all-time favorite! Blend of noodles, white meat chicken, onions, carrots, and celery in a home style broth

Tomato (15g)

A traditional classic favorite

SALADS

Caesar Salad (Varies)

Chopped romaine lettuce, parmesan cheese, and croutons garnished with a lemon wedge. Served with Caesar dressing on the side. Add a grilled chicken breast or Norwegian Atlantic Salmon filet.

Mandarin Salad (Varies)

Spring mix greens topped with edamame, mandarin oranges, walnuts, and grape tomatoes. Add a grilled chicken breast, or Norwegian Atlantic Salmon filet, or Asian marinated tofu

Taco Salad (Varies)

Choose seasoned ground beef, grilled chicken strips, or veggie burger crumbles, topped with your choice of black beans, shredded cheese, lettuce, brown rice, red onions, tomatoes, black olives, sour cream, and/or mild salsa.

Available Dressings

French, Lite French, Caesar, Bleu Cheese, Balsamic Vinaigrette, 1000 Island, Ranch, Light Ranch, Golden Italian, Vinegar and Oil

SANDWICH SHOP

Served from 10:30 a.m. - 7:00 p.m.

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78888

Roast Beef (28g)

All natural, lower sodium roast beef with cheddar cheese, leaf lettuce, and tomato. Served on your choice of bread

▲ Ham and Cheese (28g)

Thinly sliced ham with your choice of cheese and bread

Tuna Salad (28g)

Premium tuna mixed with red onions, celery, mayonnaise and fresh dill, leaf lettuce and tomato. Served on your choice of bread

■ Egg Salad (28g)

Hard boiled eggs, celery, red onion. Served on your choice of bread

Turkey (28g)

All natural, lower sodium turkey meat with leaf lettuce and tomato. Served on your choice of bread

Additional Sandwich Toppings: Lettuce, tomatoes, red onion, black olives, or pickles

Cheeses Available: Cheddar, swiss or mozzarella, or american

Breads Available: White, whole wheat, sub roll, croissant, pretzel bun

Sandwiches served with your choice of:

- Sautéed zucchini and mushrooms (4g)
- Mixed green lettuce (3g)
- Green beans (4g)
- Carrots (7g)
- Steamed corn (16g)
- Mashed potatoes (17g)
- Baked potato (37g)
- French Fries (16g)
- Brown rice (20g)
- Soup (Varies)
- Raw veggie trio with hummus (10g)
- Fresh fruit (Varies)
- Vegetable of the day (Varies)
- Coleslaw (4g)
- Chips and salsa (33g)
- Baked potato chips (24g)
- Potato chips (15g)

FROM THE GRILL

Served from 10:30 a.m. - 7:00 p.m.

Classic Beef Burger (26g)

Four-ounces of choice beef served with tomato, lettuce, and red onion on a toasted white or wheat bun. (Available with your choice of cheese)

■ Wisconsin Grilled Cheese (28g)

Your choice of Wisconsin cheese on white or whole wheat bread grilled to perfection

Grilled Chicken Breast Sandwich (45g)

Grilled chicken topped with lettuce and tomato served on a fresh pretzel bun (■ Vegan Chik'n Patty available)

Bucky's BLT (28g)

Bacon, lettuce, and tomato (need we say more!) on white or whole wheat bread

Mushroom Swiss Burger (26g)

Four-ounces of choice beef topped with sautéed mushrooms and Wisconsin swiss cheese

Dan's Burger (26g)

Four-ounces of choice beef grilled to perfection, topped with bacon and Wisconsin cheddar cheese served with lettuce and tomato on a toasted bun

▲ Chicken Tenders (24g)

Three classic chicken tenders served with your choice of BBQ, Honey Mustard, or Sweet and Sour dipping sauces

■ Garden Veggie Burger (41g)

Grilled all veggie patty topped with lettuce and tomato on a white or wheat bun

▲ Fish Sandwich (50g)

Lightly breaded and fried cod served with or without cheese on a toasted white or wheat bun

▲ Grilled Ham and Cheese (28g)

Thin slices of all natural smoked ham with your choice of cheese on white or wheat bread

Please ask for your favorite condiments

(Total Grams of Carbohydrate) Actual carbohydrate amount will vary based on menu selection.

Please refer to your room service ticket for accurate number of carbohydrate grams.

■ VEGETARIAN ▲ SODIUM ALERT