

Breakfast *Available All Day*

Cereals

- Cream of Wheat ♥ (1.5)
- Oatmeal ♥ (1.5)
- Cheerios ♥ (1)
- Rice Krispies ♥ (1)
- Corn Flakes ♥ (1)
- Raisin Bran ♥ (2)
- Rice Chex ♥ (2)
- Granola ♥ (3)
- Brown Sugar (1)
- Raisins ♥ (1)

Hot Breakfast Entrees

- Two Eggs, any style
One egg available on request
- Scrambled Egg Substitute ♥
- Buttermilk Pancake (1)
- French Toast (2)
- Breakfast Sandwich (2)
- Biscuit & Sausage Gravy (4)

On the Side

- Two Bacon Strips
- Ham Slice
- Sausage Patty
- Hash Brown Potatoes ♥ (2)

Breakfast Bakery

- White or Whole-Grain Toast ♥ (1)
- Blueberry Muffin ♥ (2)
- Fresh Baked Banana Bread ♥ (2.5)
- English Muffin ♥ (2)
- Bagel ♥ (2)
- Tortilla ♥ (1)

The Omelet Station

Choose from the following:

- Cheese
- Ham
- Low Fat Cheese ♥
- Fresh Mushrooms ♥
- Onions ♥
- Spinach ♥
- Green Peppers ♥
- Diced Tomatoes ♥

Fruits & Yogurt

- Banana ♥ (2)
- Prunes ♥ (1)
- Applesauce ♥ (1)
- Fresh Fruit in Season ♥ (1)
- Vanilla Yogurt ♥ (2)
- Peach Yogurt ♥ (2)
- Lite Strawberry Yogurt ♥ (1)
- Lite Blueberry Yogurt ♥ (1)

Beverages

- Whole Milk (1)
- 2% Milk (1)
- Skim Milk ♥ (1)
- Soy Milk ♥ (.5)
- Chocolate Milk (2)
- Orange Juice ♥ (1)
- Apple Juice ♥ (1)
- Grape Juice ♥ (1)
- Cranberry Juice ♥ (1)
- Prune Juice ♥ (1.5)
- Low Sodium V-8 ♥
- Tomato Juice
- Coffee
- Decaf Coffee
- Hot Tea
- Decaf Hot Tea
- Iced Tea
- Decaf Iced Tea
- Hot Chocolate (1)
- Lite Hot Chocolate (.5)
- Coke (2)
- Diet Coke
- Sprite (2)
- Ginger Ale (2)
- Lemon Lime (2)
- Diet Lemon Lime

Clear Liquid

- Chicken Broth
- Vegetable Broth
- Beef Broth
- Apple Juice ♥ (1)
- Cranberry Juice ♥ (1)
- Popsicle ♥ (.5)
- Sugar Free Gelatin ♥
- Gelatin ♥ (1)
- All Coffee, Hot Teas & Iced Teas ♥

Full Liquid

All Clear Liquid Items plus the following:

- Tomato Soup ♥ (1)
- Strained Cream Soup (1)
- Milk Shake (4)
- Cream of Wheat ♥ (1.5)
- Pudding ♥ (2)
- Sugar Free Pudding ♥ (1)
- Custard (1.5)
- Ice Cream (1)
- Sherbet ♥ (1.5)
- Vanilla Yogurt ♥ (2)

Condiments

- Smart Balance Margarine
- Butter
- Miracle Whip
- Mustard
- Mayonnaise
- Relish
- Ketchup
- Lemon Juice
- Lemon Wedge
- Sugar (.5)
- Splenda
- Cream Cheese
- Non Dairy Creamer
- Jelly (1)
- Sugar Free Jelly
- Honey (.5)
- Peanut Butter
- Salsa
- Saltines
- Unsalted Crackers
- Pancake Syrup (2)
- Diet Pancake Syrup (1)
- Lite Cream Cheese



ROOM SERVICE DINING

**Available every day from
6:45 a.m. to 7:15 p.m.**

To Place Orders:
Inside the Hospital
Dial Ext. 2255

Outside the Hospital
Call 308-630-2255



Welcome to Room Service

To place your order, simply dial 2255 from your room phone anytime between 6:45 a.m. and 7:15 p.m. Your meal will be delivered within 45 minutes of the placement of your order. Patients’ guests may purchase a meal for a nominal fee.

Special Diet Considerations

If your physician or provider has placed you on a special diet, or if you have been scheduled for certain tests, you may not be permitted to order from this menu, or your selection may be restricted. The Call Center will be able to assist you in making the appropriate choices. If you have dietary concerns and wish to speak with one of our registered dietitians, please dial 2255.

To assist you in meeting your nutrition goals we have listed the number of carbohydrate servings for each menu item in parenthesis, and placed a ♥ alongside certain menu items to denote a heart healthy item (lower fat & sodium).

For our Patients with Diabetes

Our menu includes the number of carbohydrate servings to help you manage your blood sugars. One serving of carbohydrate equals 15 grams. The average diabetic diet includes three to five carbohydrate choices per meal. If you have questions about your diet, please ask when you place your order. **Monitoring blood sugars and administrating medications must be timed with food intake to be most effective. For this reason it is important that you notify the nursing team after ordering each meal.**



Lunch & Dinner

Available after 11 a.m.

Soups

- | | |
|---------------------------|-----------------------------------|
| Vegetable Beef Soup ♥ (1) | Healthy Request Tomato Soup ♥ (1) |
| Chicken Noodle Soup ♥ (1) | Potato Bacon Soup (1) |

Entree Salad Plates

- | | |
|------------------------------------|-------------------------------|
| Chef Salad (1.5) | <i>Salad Dressings</i> |
| Chicken Caesar Salad (1) | <i>Ranch</i> ♥ |
| Chicken Salad Plate ♥ (2) | <i>Italian</i> ♥ |
| Tuna Salad Plate ♥ (.5) | <i>French</i> ♥ |
| Cottage Cheese & Fruit Plate ♥ (3) | <i>Thousand Island</i> ♥ |
| Taco Salad (2) | <i>Dorothy Lynch</i> |

Deli Favorites

- | | |
|------------------------------|--------------------------------|
| Chicken Caesar Wrap (2) | Creamy Peanut Butter |
| Roast Beef Sandwich ♥ (2) | and Jelly Sandwich ♥ (3) |
| Tuna Salad Sandwich ♥ (2) | <i>Choice of Breads</i> |
| Chicken Salad Sandwich ♥ (2) | White ♥ |
| Turkey Sandwich ♥ (2) | Marble Rye ♥ |
| Ham Sandwich (2) | Croissant |
| | Whole Grain ♥ |

From Our Grill

- | | |
|--------------------------------|--|
| Hamburger ♥ (2) | <i>Our deli and grill items are</i> |
| Cheeseburger (2) | <i>accompanied with lettuce and</i> |
| Veggie Burger ♥ (3) | <i>tomato. Pickle and onion are</i> |
| Grilled Chicken Sandwich ♥ (2) | <i>available on request along with</i> |
| Grilled Ham & Cheese (2) | <i>your choice of: American, Swiss,</i> |
| Grilled Cheese (2) | <i>provolone or pepper jack cheeses.</i> |

Pizza

- | | |
|--|-----------------|
| <i>7” Personal Pizza with Your Choice of Toppings (3)</i> | |
| Pepperoni | Italian Sausage |
| Hamburger | Onion |
| Fresh Mushrooms | Black Olives |
| Green Pepper | |

Entrees

- | | |
|--------------------------------------|--|
| Beef Pot Roast ♥ | Meat Loaf ♥ (1) |
| Cheese Enchiladas (3) | Vegetable Stir Fry |
| Golden Crusted Chicken Breast ♥ (.5) | Served over Rice ♥ (3) |
| Oven Roasted Turkey with | <i>available with chicken if desired</i> |
| Dressing ♥ (1) | |
| Lemon Baked Cod ♥ | Penne Pasta with Marinara ♥ |
| | or Alfredo (3) |
| | <i>add Meatballs or Chicken if desired</i> |
| | Pork Tamale (1) |

Side Dishes

- | | |
|-------------------------------|----------------------------------|
| Broccoli ♥ | Whole Kernel Corn ♥ (1) |
| Green Beans ♥ | Baby Baker Potatoes ♥ (1) |
| Carrots ♥ | Baked Potato Chips ♥ (2) |
| Small Side Garden Salad ♥ | Cottage Cheese & Peach Cup ♥ (1) |
| Steamed Rice ♥ (1.5) | Relish Plate ♥ |
| Mashed Potatoes & Gravy ♥ (1) | Dinner Roll ♥ (1) |
| Refried Beans ♥ (1.5) | Macaroni and Cheese ♥ (1) |

Desserts

- | | |
|-------------------------------|---------------------------------|
| Fresh Fruit Cup ♥ (1) | Popsicle ♥ (.5) |
| Custard (1.5) | Orange Sherbet ♥ (1.5) |
| Angel Food Cake ♥ (2) | Raspberry Sherbet ♥ (1.5) |
| Cookie (1) | Milk Shake (4) |
| Chocolate 4 Layer Dessert (3) | |
| Pumpkin Pie (2) | <i>No Sugar Added</i> |
| Apple or Cherry Pie (3) | <i>Dessert Offerings</i> |
| Oreos (.5) | Vanilla Pudding ♥ (1) |
| Vanilla Pudding (2) | Chocolate Pudding ♥ (1) |
| Chocolate Pudding (2) | Vanilla Ice Cream ♥ (1) |
| Vanilla Ice Cream (1) | Lemon Italian Ice ♥ (.5) |
| Chocolate Ice Cream (1) | Gelatin Parfait ♥ |
| Strawberry Ice Cream (1) | |

