

Breakfast Available All Day

Cereals

Cream of Wheat ♥ (1.5)
 Oatmeal ♥ (1.5)
 Cheerios ♥ (1)
 Rice Krispies ♥ (1)
 Corn Flakes ♥ (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)



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 administering 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)
- Chicken Noodle Soup ♥ (1)
- Healthy Request Tomato Soup ♥ (1)
- Potato Bacon Soup (1)

Entree Salad Plates

- Chef Salad (1.5)
- Chicken Caesar Salad (1)
- Chicken Salad Plate ♥ (2)
- Tuna Salad Plate ♥ (.5)
- Cottage Cheese & Fruit Plate ♥ (3)
- Taco Salad (2)

Salad Dressings

- Ranch ♥
- Italian ♥
- French ♥
- Thousand Island ♥
- Dorothy Lynch

Deli Favorites

- Chicken Caesar Wrap (2)
- Roast Beef Sandwich ♥ (2)
- Tuna Salad Sandwich ♥ (2)
- Chicken Salad Sandwich ♥ (2)
- Turkey Sandwich ♥ (2)
- Ham Sandwich (2)

Creamy Peanut Butter and Jelly Sandwich ♥ (3)

- Choice of Breads**
- White ♥
- Marble Rye ♥
- Croissant
- Whole Grain ♥

From Our Grill

- Hamburger ♥ (2)
- Cheeseburger (2)
- Veggie Burger ♥ (3)
- Grilled Chicken Sandwich ♥ (2)
- Grilled Ham & Cheese (2)
- Grilled Cheese (2)

Our deli and grill items are accompanied with lettuce and tomato. Pickle and onion are available on request along with your choice of: American, Swiss, provolone or pepper jack cheeses.

Pizza

7" Personal Pizza with Your Choice of Toppings (3)

- Pepperoni
- Hamburger
- Fresh Mushrooms
- Green Pepper
- Italian Sausage
- Onion
- Black Olives

Entrees

- Beef Pot Roast ♥
- Cheese Enchiladas (3)
- Golden Crusted Chicken Breast ♥ (.5)
- Oven Roasted Turkey with Dressing ♥ (1)
- Lemon Baked Cod ♥

Side Dishes

- Broccoli ♥
- Green Beans ♥
- Carrots ♥
- Small Side Garden Salad ♥
- Steamed Rice ♥ (1.5)
- Mashed Potatoes & Gravy ♥ (1)
- Refried Beans ♥ (1.5)

Desserts

- Fresh Fruit Cup ♥ (1)
- Custard (1.5)
- Angel Food Cake ♥ (2)
- Cookie (1)
- Chocolate 4 Layer Dessert (3)
- Pumpkin Pie (2)
- Apple or Cherry Pie (3)
- Oreos (.5)
- Vanilla Pudding (2)
- Chocolate Pudding (2)
- Vanilla Ice Cream (1)
- Chocolate Ice Cream (1)
- Strawberry Ice Cream (1)

Meat Loaf ♥ (1)
Vegetable Stir Fry
Served over Rice ♥ (3)
available with chicken if desired

Penne Pasta with Marinara ♥ or Alfredo (3)
add Meatballs or Chicken if desired
Pork Tamale (1)

Whole Kernel Corn ♥ (1)
Baby Baker Potatoes ♥ (1)
Baked Potato Chips ♥ (2)
Cottage Cheese & Peach Cup ♥ (1)
Relish Plate ♥
Dinner Roll ♥ (1)
Macaroni and Cheese ♥ (1)

Popsicle ♥ (.5)
Orange Sherbet ♥ (1.5)
Raspberry Sherbet ♥ (1.5)
Milk Shake (4)

No Sugar Added Dessert Offerings

Vanilla Pudding ♥ (1)
Chocolate Pudding ♥ (1)
Vanilla Ice Cream ♥ (1)
Lemon Italian Ice ♥ (.5)
Gelatin Parfait ♥

