



### BREAKFAST (select one)

#### Entrees

- French toast
- Pancakes
- Biscuit and gravy

#### Cereals

- ♥ Cheerios
- Frosted Flakes
- ♥ Rice Krispies
- ♥ Oatmeal
- Honey Nut Cheerios
- Fruit Loops
- Raisin Bran
- ♥ Cream of Wheat

#### Eggs

- Scrambled
- Cheese omelet
- Ham and cheese omelet
- Hard boiled

#### Sides

- Bacon
- Turkey bacon
- Cream cheese
- Sausage link
- Sausage patty
- Hash browns

#### Breads (served with light margarine and jelly)

- Toasted bagel
- Cinnamon roll
- Biscuit
- Fruit muffin
- English muffin

#### Fruits and Yogurt

- ♥ Orange
- ♥ Banana
- ♥ Fruit cup
- ♥ Apple
- ♥ Berry yogurt

### LUNCH AND DINNER (select one)

#### The Main Course

- **Fried chicken tenders** – two lightly breaded and fried all white meat tenders served with side of country gravy
- **Roast pork loin** – tender slices of slow roasted pork served with pork gravy
- ♥ **Lemon pepper chicken breast** – tender, grilled and seasoned lightly with lemon pepper
- **Beef pot roast** – tender and lean served with beef gravy
- **Chicken fried steak** – fried to a delicate golden brown and served with country gravy
- **Hot turkey sandwich** – turkey piled high above a piece of toasted Texas toast with turkey gravy
- ♥ **Baked cod** – seasoned and grilled to perfection

#### Personal pizza

- Cheese
- Pepperoni
- Sausage

#### Deli sandwich

Choose from ham, turkey, cheese, chicken salad or tuna salad

White, wheat or croissant

#### Salads

- **Chef Salad Deluxe** – Sliced turkey and ham, cheddar and jack cheese, hard boiled egg, tomatoes and croutons over fresh greens
- **Grilled Chicken or Fried Chicken Salad** – Sliced chicken over a bed of greens with hard boiled egg, tomatoes, cucumbers and croutons
- ♥ **Garden Side Salad** – Lettuce, tomato, cucumber and croutons

Dressings include Ranch, Fat Free Ranch, Balsamic Vinaigrette, Italian, Catalina and Honey Mustard

#### Soup

- Chicken Noodle
- Cream of Chicken
- Tomato
- Vegetable

#### Grill

- Hamburger
- Cheeseburger
- ♥ Turkey burger
- Grilled cheese
- Fried chicken wrap
- ♥ Grilled chicken sandwich

#### Sides (select two)

- Mashed potatoes and gravy
- French fries
- ♥ Corn
- ♥ Baby carrots
- Baked potato chips
- ♥ Rice
- ♥ Pasta
- ♥ Cottage cheese and peach
- Macaroni and cheese
- ♥ Green beans
- Potato chips
- ♥ Baked wheat roll
- ♥ Baked potato
- ♥ Baked sweet potato

- Salt
- Pepper
- Mrs. Dash

### BEVERAGES

#### Juice

- ♥ Orange
- ♥ Cranberry
- ♥ Apple
- ♥ Cran-grape

#### Milk

- ♥ Skim
- Chocolate
- 2%
- Whole

#### Miscellaneous

- ♥ Coffee – regular or decaf
- ♥ Hot tea
- French vanilla cappuccino
- Hot cocoa
- ♥ Bottled water
- ♥ Iced tea
- Creamer
- ♥ Sugar
- ♥ Sugar substitute

### DESSERTS (select one)

- Chocolate cake
- Pudding – vanilla or chocolate
- Cherry pie
- Chocolate cream pie
- Chocolate chip cookies (2)
- Ice Cream - vanilla or chocolate
- ♥ Sugar free ice cream - vanilla or chocolate
- ♥ Lime sherbet
- ♥ Orange sherbet
- ♥ Sugar free dessert

♥ denotes "heart healthy" menu choices



### TO ORDER ROOM SERVICE

Once you have made your selections, please call **77800**. Meals will be delivered to your room within 45 minutes.

Meal requests will be taken between 7 a.m. and 6 p.m. If the phone line is busy, please leave your order and room number or ask us to call you back.

Your physician prescribes your diet. Some food items may not be available depending on which diet you have been prescribed.

INTEGRIS Canadian Valley Hospital is very pleased to offer our patients Room Service Dining. Our menu is designed to offer you a variety of nutritious foods. All meals are freshly prepared by our nutrition services department.

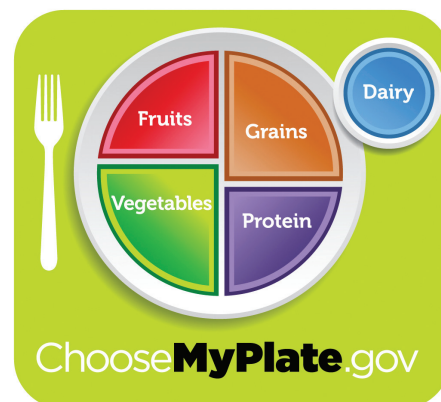
#### Serving Hours

**Breakfast: 7 to 11 a.m.**

**Lunch: 11 a.m. to 4 p.m.**

**Dinner: 4 to 6 p.m.**

**Breakfast served all three meal periods.**



### Clear Liquid Diet

- ♥ Apple or Cranberry Juice
- Chicken or Beef Broth
- ♥ Hot Tea or Iced Tea
- ♥ Gelatin
- ♥ Popsicle
- ♥ Coffee

### Full Liquid Diet

- ♥ Cream of Wheat or Oatmeal
- Tomato Soup/Cream of Chicken Soup
- Vanilla or Chocolate Ice Cream
- Vanilla or Chocolate Pudding
- ♥ Coffee or Hot Tea/Iced Tea

**See reverse side for menu**

### Patients with Diabetes or Hyperglycemia

If you have diabetes or hyperglycemia (high blood sugar) your blood sugars may be monitored frequently throughout the day. Due to timing of medications, your meals will be served at approximately the following times each day:

**Breakfast: 7:30 a.m.**

**Lunch: 12 p.m.**

**Dinner: 5 p.m.**

If you are ordering your meals *please call by the following times:*

**Lunch: 11 a.m.**

**Dinner: 4 p.m.**

**Breakfast for the next day: 4 p.m.**

Snacks may be ordered, but when eating please notify the nurse by pressing your call button.