

## HOW TO PLACE YOUR ORDER

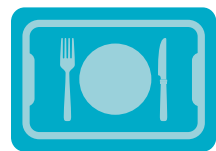
We are pleased to offer At Your Request - Room Service Dining® for our patients. This innovative dining program allows you to select meals from a wide variety of foods designed to enhance your experience as though you were eating at your favorite restaurant.



When you are ready to make your selections, call us at extension **6-5900** or 336-716-5900. If you are on a modified or restricted diet please allow our Room Service Operators to assist with your selections.

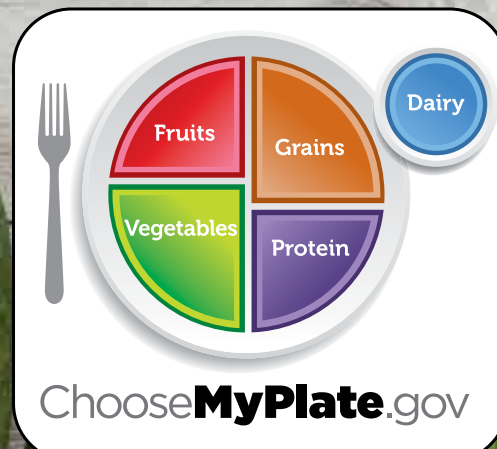


Your meal will be delivered to your room within an hour.



Guest Meals are available for purchase through Room Service Dining by calling extension 6-5900 or (336) 716-5900. Guest meals include one entrée, two side dishes, one dessert and beverage at a cost of \$5.99 per tray. We are unable to take cash payments for this service, Debit and Credit card only.

**WARNING:** All food and meals are stored and cooked in the same kitchen. Care is taken to ensure cooking surfaces and equipment are cleaned between meals to avoid contamination. If you feel your meal may contain a food item that will cause an allergic reaction please inform our staff.



## EXPLANATIONS OF YOUR PRESCRIBED DIET

### Regular Diet

A diet allowing you to choose from any foods on the menu.

### Consistent Carbohydrate Diet

(For blood Sugar control or diabetes) - A balanced diet based on a specific number of carbohydrate choices. Our Room Service Operator will assist you in planning your meals.

### Prudent Diet

A diet which restricts fried foods, whole milk and other foods that are high in fat, cholesterol and sodium.

### Mechanical Soft Diet

A diet that includes soft or chopped foods that are easy to chew and swallow.

### Predialysis or Dialysis (Renal) Diet

A diet that controls the amount of potassium, phosphorus and sodium. This diet restricts food such as tomatoes, potatoes, bananas, oranges, dairy products, soy and legumes.

## GLUTEN FREE ITEMS

### BREAKFAST

Scrambled Eggs  
Omelet  
Grilled Fresh Pork  
Tater Tots

### CEREALS

Cheerios®  
Rice Chex®  
Brown Rice Cereal

### YOGURT

Fruit & Yogurt Parfait  
Greek Vanilla  
Strawberry (Reg. or Light)

### GF BREADS

Blueberry Muffin  
English Muffin  
White Bread  
Bun  
Dinner Roll

### GF DESSERTS

Cookies  
Carrot Cupcake  
Strawberry Gelatin  
Fresh Fruit

### ENTRÉE SALADS

Chef Salad  
Chicken/Caesar Salad  
Dressings: Request Available Options

### GRILL/DELI

Hamburger  
Cheeseburger  
Grilled Chicken  
Grilled Cheese  
Turkey  
Roast Beef  
Tuna Salad  
Chicken Salad

### SIDE DISHES

Carrots, Green Beans,  
Broccoli, Squash Medley,  
Brussels Sprouts,  
Baked Potato, Sweet Potato, Rice

### ENTRÉES

Baked Chicken  
Asian Stir Fry over Rice  
Napa Valley Glazed Salmon  
Pasta with Marinara Sauce



# MENU



**Room Service Hours 6:30 AM and 7:00 PM**

To place an order from your room, dial **6-5900**.  
If calling from outside of the hospital please dial (336) 716-5900.

Not all foods are available for every diet. Your Room Service Operator can assist you with meal selections.



## JUICES & FRUITS

<b>JUICE:</b>	Grape, Orange, Apple, Cranberry, Prune
<b>FRESH FRUIT:</b>	Apple, Banana, Strawberries, Fresh Fruit Cup
<b>CANNED FRUIT:</b>	Applesauce, Peaches, Pears, Mandarin Oranges

## HOT CEREALS

Grits *(Plain or Cheese)*  
Oatmeal

## COLD CEREALS

Corn Flakes®, Frosted Flakes®  
Rice Krispies®, Froot Loops®  
Cheerios®, Rice Chex®  
Raisin Bran®

## YOGURT

Greek Vanilla  
Strawberry (Reg. or Light)  
Vanilla Yogurt Parfait  
Toppings: Strawberries, Bananas, Peaches, Blueberries, Granola

## BREADS & BAKERY

Bagel *(Plain or Whole Wheat)*  
Whole Grain Biscuit  
English Muffin  
Blueberry Muffin

## LIQUID DIETS

### CLEAR LIQUID DIET

<b>LS BROTH:</b>	Vegetable, Beef, Chicken
<b>JUICE:</b>	Grape, Apple, Cranberry
<b>GELATIN:</b>	Berry, Lemon, SF Citrus

### ITALIAN ICE

**COFFEE** *(Reg. or Decaf)*  
**HOT TEA** *(Reg. or Decaf)*  
**SOBE® LIFE WATER**  
**ICED TEA** *(Sweet or Un-Sweet)*  
**SIERRA MIST®** *(Reg. or Diet)*

## MORNING FARE

Scrambled Eggs  
Scrambled Egg Whites  
Texas French Toast  
Pancake *(Buttermilk or Whole Wheat)*  
Cold Hard Boiled Egg  
Biscuit and Gravy

### BREAKFAST SIDES:

Tater Tots  
Breakfast Sausage  
Grilled Fresh Pork  
Cottage Cheese  
Pepper Gravy

## OMELET SHOPPE

*(Made-to-Order)*  
Regular Eggs  
Egg Whites

### OMELET EXTRAS:

Cheddar Cheese, American Cheese, Mozzarella Cheese  
Diced Onion  
Chopped Green Pepper  
Mushrooms  
Diced Tomato  
Diced Ham

### FULL LIQUID DIET

*Includes All Clear Liquid Diet Items Plus the Following:*  
Tomato Soup  
Cream of Potato Soup,  
Grits, Oatmeal  
Vanilla Yogurt

**PUDDING:** *(Reg. or SF)*  
Vanilla, Chocolate

**ICE CREAM:**  
Vanilla, Chocolate, Strawberry  
Orange Sherbet

**MILK:**  
Skim, 2%, Whole,  
LF Chocolate, Lactose Free, Soy

**JUICE:**  
Orange, Prune

**HOT CHOCOLATE** *(Reg. or SF)*

## BROTHS & SOUPS

<b>LS BROTH:</b>	Vegetable, Beef, Chicken
<b>LS SOUP:</b>	Chicken Noodle, Cream of Potato, Vegetable Beef, Tomato Soup

## DELI BAR (COLD OR PANINI)

<b>BREADS:</b>	Wheat, White, Wrap, Sub Roll
<b>GARDEN:</b>	Onion, Lettuce, Tomato, Dill Pickle
<b>CHEESES:</b>	American, Swiss, Cheddar
<b>MEATS &amp; FILLINGS:</b>	Deli Style Turkey, Roast Beef, Sliced Ham, Chicken Salad, Tuna Salad, Peanut Butter & Jelly, Hummus

## AMERICAN COMFORTS

### FARMER'S MEATLOAF

Traditional home-style meatloaf served with brown gravy

### POT ROAST

Tender slow roasted beef pot roast with carrot, celery and onion

### NAPA VALLEY GLAZED SALMON

Salmon filet with honey mustard thyme glaze

## GRILL FAVORITES

### GRILLED CHEESE

### HAMBURGER

### CHEESEBURGER

### BLACK BEAN BURGER

### CHICKEN TENDERS

### GRILLED CHICKEN BREAST

### CHEESE QUESADILLA (ADD CHICKEN)

### BAKED CHICKEN LEG QUARTER

Bone-in chicken leg quarter, marinated in a flavorful herb sauce

### CHICKEN PARMESAN

Breaded or grilled chicken, topped with marinara sauce, parmesan and mozzarella cheese

### HERB CRUNCH CHICKEN BREAST

Boneless chicken breast breaded with herbs and spices

### PARMESAN CRUSTED TILAPIA

Baked Tilapia filet with a crispy cornflake and Parmesan Crust *(Available as plain baked)*

## PENNE PASTA BAR

<b>VEGETABLES:</b>	Squash, Broccoli, Carrots
<b>MEATS:</b>	Chicken, Tofu, Meatsauce
<b>SAUCES:</b>	Marinara, Alfredo Sauce

## ASIAN STIR FRY

*Vegetable Medley with choice of*

**MEATS:**  
Chicken, Pork, Tofu

**SAUCE:**  
Teriyaki, General Tso, Sweet & Sour

**STARCH:**  
Rice, Lo Mein Noodles

## CONDIMENTS

Sugar, Sugar Sub, Brown Sugar, Creamer, Salt, Pepper, Salt-Free Seasoning, Fresh Lemon Slice, Ketchup, Mustard, Mayonnaise, Honey Mustard, BBQ Sauce, Tartar Sauce, Hot Sauce, Salsa, Ranch Dressing, Malt Vinegar, Sour Cream, Cream Cheese, Margarine, Butter, Jelly

**Each meal consists of one entrée, two sides, bread, dessert and up to three beverages.**

## CHEESE PIZZA

*(Made-to-Order)*

### TOPPINGS:

Pepperoni, Diced Tomatoes, Onion, Mushrooms, Green Peppers

## FROM THE GARDEN

<b>SIDE SALADS:</b>	Garden Salad, Carrot & Celery Sticks, Creamy Cole Slaw	<b>DRESSINGS:</b> Italian, French Ranch Caesar, Oil and Vinegar Balsamic Vinaigrette Honey Mustard
<b>ENTRÉE SALADS:</b>	Chicken Caesar Salad, Caesar Salad, Turkey Chef Salad	

*\*Available in half portions*

## ACCOMPANIMENTS

<b>VEGETABLES:</b>	Sliced Carrots, Green Beans, Corn, Broccoli, Brussels Sprouts, Squash Medley, Pinto Beans
<b>SIDE DISHES:</b>	White Rice, Whipped Potatoes, Baked Potato, Baked Sweet Potato, Macaroni & Cheese, French Fries
<b>COMPLIMENTS:</b>	Yeast Roll, Garlic Knots, Corn Muffin, Baked Potato Chips, Pretzels, Crackers <i>(Reg. or LS)</i>

## BEVERAGES

<b>HOT:</b>	Coffee <i>(Reg. or Decaf)</i> , Tea <i>(Reg. or Decaf)</i> , Hot Chocolate <i>(Reg. or SF)</i>	<b>JUICE:</b> Grape, Orange, Apple, Cranberry, Prune
<b>COLD:</b>	SoBe® Lifewater, Iced Tea <i>(Sweet or Un-Sweet)</i> , Pepsi® <i>(Reg. or Diet)</i> , Sierra Mist® <i>(Reg. or Diet)</i> , Ginger Ale, Gatorade® <i>(Fruit Punch or Orange)</i>	<b>COLD MILK:</b> Skim, 2%, Whole, LF Chocolate, Lactose Free, Soy

## DESSERTS

<b>COOKIES:</b>	Vanilla Wafers, Graham Crackers, Sugar, Chocolate Chip	<b>PUDDING:</b> <i>(Reg. or SF)</i> Vanilla, Chocolate
<b>SWEET DELIGHTS:</b>	Sweet Potato Pie, Marshmallow Rice Cripuy Treat, Angel Food Cake, Apple Crisp, Chocolate Bundt Cake	<b>GELATIN:</b> Berry, Lemon, SF Citrus
		<b>FROZEN DESSERTS:</b> Ice Cream: Vanilla, Chocolate, Strawberry, Orange Sherbet, Italian Ice

### KEY

**FF: FAT FREE • LF: LOW FAT • LS: LOW SODIUM • SF: SUGAR FREE**

If your Physician has prescribed a modified diet, some items may not be available.

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