



Divine Savior
H E A L T H C A R E

Patient Menu

Please Call
Ext. 5844
to place
your order

Call
Ext. 5757
to hear the
specials of the day



Divine Savior Dietary Department is pleased to serve you!
Room Service Hours: 6:30 AM-6:00 PM

Welcome to **Divine Savior Healthcare**

Divine Savior Healthcare is pleased to present our Room Service menu. Our menu was developed for you by our registered dietitians, diabetes educators and culinary professionals as part of our commitment to providing exceptional patient care.

You may order from a variety of menu items any time that is convenient for you. Simply dial extension 5844 on your phone to place your order any time between 6:30 a.m. and 6:00 p.m. All meals are made to order and are delivered in 45 minutes or less. Please check with your nurse when ordering meals to work around your diabetes medications, therapy schedules or other procedures. To hear our specials of the day, please call extension 5757. If you do not place an order, a staff member will check with you.

Should a patient require assistance with meal selection, family members or designees may place meal orders for patients. Please provide the patients' name and room number when placing an order. Our room service staff will assist you with your menu selections, including any special diet considerations, when you dial extension 5844.

To place your order Dial extension 5844

on your phone any time between
6:30 a.m. and 6:00 p.m.

To hear our specials of the day,
please call **extension 5757**

Cardiac/Heart Healthy Meals

Some items on our menu are restricted to patients on a cardiac diet.

These items will be identified with:



Low Sodium Meals

If you have a sodium restricted diet you may have milk with breakfast. Feel free to order any items from our Heart Healthy Cardiac Menu.

Other items on our menu are restricted to patients on a low sodium diet.

These are identified with:



Food Allergies

Please let us know if you have any food allergies. We will provide meals that do not contain your allergens.

Diabetes Meals

If you have diabetes, we will work with you to make choices that help your blood sugars. Carbohydrates are very important in controlling your blood sugar. Unless otherwise changed by your provider, most of our meals for patients with diabetes will have 75 g of carbohydrates (or less) for women and 90 g of carbohydrates (or less) for men. Carbohydrate grams for each item is listed as "g carbs" in our menu. Select items within the range allowed for each meal. Be sure to select a balanced meal of at least 3 food groups including; protein and a small amount of fat in your meal.

Number of Carbohydrates Per Meal

Men	90 grams carbs or less
Women	75 grams carbs or less

Breakfast

Made to Order Eggs

- ☛ Two eggs made your way – egg substitute, poached, scrambled, fried or hard boiled.

Made to Order Omelet

- ☛ Two egg omelet with your choice of green bell pepper, onion, ham, bacon, tomato and cheddar cheese.

Heart Healthy Omelet

- ☛ Two cholesterol free eggs with your choice of green bell pepper, onion, tomato, turkey sausage.

Buttermilk Pancakes (45 g carbs)

- ☛ Two fresh made buttermilk pancakes served with warm maple syrup. Add apples, blueberries or strawberries to top off your pancake (15 g carbs).

French Toast (40 g carbs)

- ☛ Two thick slices of cinnamon French toast served with warm maple syrup. Add apples, blueberries or strawberries to top off your toast (15 g carbs).

Hot Cereal (30 g carbs)

- ☛ **Oatmeal** – Plain, Maple Brown Sugar, Apple Cinnamon or Cinnamon & Spice
- ☛ **Cream of Wheat**

Cold Cereal (carbs vary)

- ☛ **Rice Krispies, Raisin Bran, Cheerios, Granola or Corn Chex.** With your choice of 2%, Skim, 2%, Skim or Lactose Free (12 g carbs) 1% Chocolate & Soy Milk (30 g carbs)

A La Carte

Fresh Seasonal Fruit (15 g carbs)*

Whole Fresh Fruit

- ☛ Apple, Orange or *½ Banana (15 g carbs)

Yogurt Parfait (45 g carbs)

Low Fat or Greek Yogurt (20 g carbs)

Low Fat Turkey Sausage

Toast

- ☛ Country White or 100% Whole Grain (15 g carbs)
- ☛ Whole Wheat English Muffin (30 g carbs)

Bagel (45 g carbs)

Muffin (60 g carbs)

*Seasonable Availability— Please ask your room service staff for availability

Dial Extension 5757 to hear Daily Specials

Dial Extension 5844 For Room Service

Lunch & Dinner

Fresh Deli Sandwiches

Deli Sandwich (30 g carbs)

- ☛ Sliced turkey breast or ham with lettuce & tomato on your choice of 100% whole grain, country white bread or in a tortilla wrap.

Egg, Tuna or Chicken Salad Sandwich (30 g carbs)

- ☛ Homemade tuna salad with lettuce & tomato on your choice of 100% whole grain, country white bread or in a tortilla wrap.

Grilled Sandwiches

Hamburger or Cheeseburger (30 g carbs)

- ☛ Served with lettuce, tomato, onion and a pickle. Your choice of American, Swiss or cheddar cheese.

Vegetarian Garden Burger or Black Bean Burger (30 g carbs)



- ☛ Served with lettuce, tomato, onion and a pickle.

Grilled Chicken Sandwich (30 g carbs)


- ☛ On a bun served with lettuce and tomato.

Soups & Salads

Chef Salad (15 g carbs)

- ☛ Tossed greens with cucumber, tomato,  hard boiled egg, cheddar cheese, sliced  ham & turkey. Served with your choice of dressing **

Chicken Caesar Salad (15 g carbs)

- ☛ Fresh chopped lettuce topped with parmesan cheese, homemade croutons and sliced grilled chicken breast.
-  Served with Caesar dressing.

** Dressing options—1000 Island, Blue Cheese, Caesar, Honey Mustard, Ranch, Fat Free Ranch, Fat Free French, Fat Free Italian or Fat Free Raspberry
Ask your attendant for heart healthy dressing options.

Soup of the Day (carbs vary)

- ☛ Homemade soup of the day available Monday–Friday 11:00 am–1:30 pm.
Check with your server for availability.

Soup, Salad & Breadstick (carbs vary)

- ☛ Cup of soup, your choice of 1/2 salad and warm baked garlic breadstick.

Beverages

Milk

- ☛ 2%, Skim or Lactose Free (12 g carbs)
- 1% Chocolate & Soy Milk (30 g carbs)

Juice (15 g carbs)

- ☛ Apple, Orange, Cranberry, Prune or V8

Coffee

- ☛ Regular or Decaf

Hot Tea

Iced Tea

- ☛ Black or Herbal ☛ Regular Unsweetened Black Tea

Lunch & Dinner

Hot Entrees

Daily Specials

☛ Available 11:00 am – 1:30 pm and 5:00 pm – 6:00 pm. Call extension 5757 for today's specials. If you have questions about your special diet, need additional nutrition or carbohydrate information, feel free to call our dietary staff at extension 5844.

Meatloaf (25 g carbs)

☛ Moist and delicious meatloaf topped with brown gravy and served with home style mashed potatoes and vegetable of the day.

Open Faced Turkey Dinner (35 g carbs)

☛ All white meat turkey breast served on a slice of bread with mashed potatoes, gravy and vegetable of the day.

Pizza (25 g carbs)

☛ Crispy flatbread pizza – your choice of sausage, pepperoni, 3 cheese or vegetable.

Lasagna Rolls (45 g carbs)

☛ Two lasagna rolls filled with ricotta cheese and topped with vegetable marinara, served with a warm garlic breadstick.

Oven Poached Cod (20 g carbs)

☛ Oven poached cod in a dill lemon butter sauce served over brown rice with vegetable of the day.

Fettuccini Alfredo (45 g carbs)

☛ Alfredo sauce and served over hearty fettuccini noodles, with or without garlic seasoned chicken.

Mashed Potato Bowl (carbs vary)

☛ Loaded mashed potatoes with your choice of bacon, corn, peas, green beans, broccoli, chicken, gravy or cheese.

Desserts

Ask your room service attendant about any dessert specials

Fresh Baked Cookie (30 g carbs)

Pie of the Day (carbs vary)

Chewy Chocolate Brownie (45 g carbs)

Angel Food Cake (30 g carbs)

Pudding (30 g carbs)

☛ Chocolate or Vanilla
☛ Diet Chocolate or Diet Vanilla (15 g carbs)

Sliced Apple w/ Carmel Dip (30 g carbs)

Fruit Ice (30 g carbs)

Sherbet (30 g carbs)

☛ Orange or rainbow

Ice Cream (15 g carbs)

☛ Vanilla, chocolate or strawberry

Regular Gelatin (15 g carbs) or Diet Gelatin (0 g carbs)

Breakfast

Heart Healthy Scrambled Eggs

- ☛ Two fluffy cholesterol free scrambled eggs.

Heart Healthy Omelet

- ☛ Two cholesterol free eggs with your choice of green bell pepper, onion, tomato or turkey sausage.

Cold Cereal (carbs vary)

- ☛ Rice Krispies, Raisin Bran, Cheerios, Granola or Corn Chex.

French Toast (30 g carbs)

- ☛ Two thick slices of cinnamon egg substitute French toast served with warm maple syrup.

Buttermilk Pancakes (45 g carbs)

- ☛ Two fresh made buttermilk pancakes served with warm maple syrup.

Hot Cereal (30 g carbs)

- ☛ Oatmeal - Plain, Maple Brown Sugar, Apple Cinnamon or Cinnamon & Spice or Cream of Wheat

Lunch or Dinner

Deli Sandwich of Choice (30 g carbs)

- ☛ Low sodium turkey or roast beef sandwich on whole grain bread with lite mayonnaise, lettuce and tomato

Grilled Chicken Sandwich (30 g carbs)

- ☛ Grilled chicken breast on whole grain bun with lite mayonnaise, lettuce and tomato

Hamburger (30 g carbs)

- ☛ Hamburger served on a whole grain bun

Grilled Salmon

- ☛ Herbed lemon pan seared salmon filet

Baked Cod

- ☛ Baked cod filet



**Dial Extension 5757
to hear Daily Specials**

**Dial Extension 5844
For Room Service**



Liquid Diet

Clear Liquid Diet

Strained Chicken Broth

Strained Beef Broth

Fruit Ice

Popsicle

Gelatin

Beverages

Soda

- ☛ *Lemon Lime, Ginger Ale (30 g carbs)*
- Diet Lemon Lime, Diet Ginger Ale*

Juice

- ☛ *Cranberry or Apple (15 g carbs)*

Iced Tea

- ☛ *Regular Unsweetened,*
- ☛ *Sweetened Raspberry or Sweetened Green (15 g carbs)*

Decaf Coffee (black)

Hot Tea

- ☛ *Herbal or Decaf*

**Dial Extension 5757
to hear Daily Specials**

**Dial Extension 5844
For Room Service**

Full Liquid Diet

Strained Cream Soup

Strained Chicken Broth

Strained Vegetable Broth

Strained Beef Broth

Cream of Wheat

Fruit Ice

Gelatin

Diet Gelatin

Ice Cream

Sherbet

Pudding

Diet Pudding

Beverages

Milk

- ☛ *Skim, 2% or Chocolate*

Hot Tea

- ☛ *Green, Black or Herbal*

Hot Cocoa

- ☛ *Regular (45 g carbs)*
- ☛ *Sugar Free (10 g carbs)*

Iced Tea

- ☛ *Regular unsweetened*

Juice

- ☛ *Apple, Cranberry, Orange, Prune or V8*

Coffee

- ☛ *Regular or Decaf*