



# *Room Service Menu*

*Dial 699*

*7 a.m. to 8 p.m. Monday thru Friday*

*7 a.m. to 7 p.m. Saturday & Sunday*

## Breakfast Entrees

### NOH Scrambled Eggs 0

Eggs are beaten to create a fluffy scrambled egg. This is just the eye opener you need to start off the day.

### No Cholesterol Scrambled Eggs 0 ♥

Just as great as the original, but now with NO cholesterol for our heart healthy guests.

### Chef's Omelette Station 3

Our chef will cook your Omelette made to order. Choose from Ham, Cheese (Swiss, Cheddar, American), Onion, Mushroom or Bell Peppers stirred into eggs and grilled to perfection. Your omelette can also be made with no cholesterol eggs.

### Breakfast Burrito 4

A soft tortilla surrounds eggs, sausage and cheese to create a breakfast filler. Can be served with sour cream and salsa upon request.

### Buttermilk Pancakes 2 per pancake

Right off the griddle, two thick buttermilk pancakes are our guest's favorites. Served with maple syrup.

### Old Fashioned French Toast 2 per slice

Just like at home, two thick Texas toast are dipped in an egg and cream batter, griddled to a light brown and sprinkled with powdered sugar.

## Al La Carte

Hash Browns 1

Bacon, Sausage or Breakfast Ham 0

Applesauce 1

Fresh fruit cup .5 ♥

Banana 2 ♥

Grapes 1 ♥

Orange 1 ♥

Fruit Cocktail 1 ♥

Fruit Yogurt 2 ♥

## Hot & Cold Cereals

Cream of Wheat 1 ♥

Oatmeal 1 ♥

Corn Flakes 1 ♥

Rice Krispies 1.5 ♥

Cheerios 1 ♥

Raisin Bran 2

Shredded Wheat 1.5 ♥

Honey Nut Cheerios 1

## Fresh from the Bakery

Muffin of the Day 4

Bagel 4

English Muffin 2 ♥

Cinnamon Roll 2

Toast: White/Wheat 2

Croissant 4

## Lunch and Dinner Entrees

### Chicken and Vegetable Stir Fry with Rice & Egg Roll 3.5

Steamed broccoli, cauliflower and carrots are stir fried with grilled chicken breast and topped over warm steamed rice. Accompanied with two egg rolls. Also served without chicken for a vegetarian entree.

### Ribeye Steak with Mushroom Gravy 1

A Nebraska ribeye is grilled to your likeness and drizzled with a rich, brown mushroom gravy.

### Poached Cod with Lemon & Herbs 0

This light and flaky fish with herbs tastes like you're right on the coast. Lemon and herbs are drizzled over the fish giving it the sweet desirable taste you want in a seafood meal.

### Grilled Iowa Pork Loin 1

This thick and tasty pork loin is cooked to perfection seasoned with salt and pepper. Include a side of rice and a choice vegetables and you will have a very full meal.

### Crispy Chicken Tenderloins 2

A favorite for people of all ages, our crispy chicken tenderloins are made of 100% white meat. Comes with your choice of BBQ, sweet & sour, ranch or honey mustard dipping sauces.

### Homemade Meatloaf with Gravy 3.4

Your taste buds will take a trip back in time to the meatloaf your mom used to make. Our tender and juicy meatloaf is served hot from the oven with the perfect amount of gravy poured over the top.

### Homemade Macaroni & Cheese 2

This isn't from a blue box! Elbow macaroni are combined with three different types of cheeses which create a rich, creamy concoction.

### Hot Roast Beef or Turkey Sandwich with Potatoes & Gravy 3 beef/1 turkey ♥

Choose from tender, juicy roast beef or turkey which is thinly sliced and layered on top of Texas toast. Served with creamy whipped potatoes and gravy.

### Grilled Hamburger or Cheeseburger 1.5

1/3 lb of lean hamburger is grilled well-done. Comes with fresh lettuce, tomato and a pickle spear on the side. Add American, Swiss or Cheddar cheese for a great cheeseburger.

### **Veggie Burger 3**

*For a vegetarian entree, our veggie burger is grilled and topped the way you like it. Comes with fresh lettuce, tomato and a pickle spear on the side. Add American, Swiss or Cheddar cheese for a great veggie cheeseburger.*

### **Oven Baked Chicken 0 ♥**

*Enjoy a piece of oven baked chicken seasoned with salt and pepper. Add mashed potatoes, gravy and a vegetable to make a complete and well rounded meal.*

### **Grilled Chicken Breast Sandwich 2.3 ♥**

*Our boneless marinated chicken breast is served as a sandwich with lettuce, tomato and mayo on the side.*

### **Grilled Ham & Cheese 2**

*A classic sandwich: ham and cheese are grilled between two slices of bread. Comes with a pickle spear on the side.*

### **Chef's Lunch Special of the Day**

*Make sure to ask what the lunch special is each day!*

## ***Soups, Salads and Sides***

### **Soups**

**Classic Chicken Noodle .5 ♥**

**Cream of Tomato .5 ♥**

**Beef, Chicken or Vegetable Consomme 0**

**Soup Du Jour**

### **Salads ♥**

**Made to Order Salads**

*Many different types of fresh garden salads available. Let us know what you'd like on your salad or ask for our cafe favorites.*

### **Sides**

**Whipped Potatoes 1 ♥**

**Steak Fries 1**

**Baked Potato 2 ♥**

**White Rice 1 ♥**

**Corn 1 ♥**

**Baby Carrots 0 ♥**

**Steamed Broccoli 0 ♥**

**Beef or Poultry Gravy 1**

**Mixed Vegetables 0 ♥**

**Green Beans 0 ♥**

**Dinner Roll 1 ♥**

**Breadstick 1**

*You will receive a Patient Guest Punch card for one guest to receive meals from the Cafe. Ask your nurse to receive a card.*

## *From the Deli*

### **Sliced Meats**

*Roast Beef, Turkey, Ham, Bacon*

### **Cheeses**

*American, Swiss, Cheddar, Provolone*

### **Fillings**

*Chicken Salad, Egg Salad, Tuna Salad*

### **Breads & Extras**

*Whole Wheat, White, Rye, Croissant, Tortilla Wrap, Lettuce, Tomato, Onion, Pickle*

### **Chips**

*Baked or Regular Chips*

## *Desserts*

**Carrot Cake 3**

**Mom's Apple Pie 3**

**Cheesecake 2**

**Chocolate Brownie 3**

**Angel Food Cake ♥**

**Gelatin (regular or sugar free) 1 ♥**

**Pudding (regular or sugar free) 2**

**Ice Cream 1**

*Vanilla or chocolate*

**Sherbet 2 ♥**

**Popsicle (regular or sugar free) .5 ♥**

**Cookies 2**

*Chocolate Chip, Oatmeal Raisin, Peanut Butter*

## *Beverages*

### **Juices**

*Apple 1*

*Grape 1*

*Orange 1*

*Tomato .5*

*Prune .5*

### **Milk**

*Whole 1*

*Skim 1*

*2% 1*

*Chocolate 2*

### **Hot Chocolate**

*Regular 1*

*No Sugar Added .5*

### **Tea 0**

*Green, Herbal, Regular, Decaffeinated*

### **Coffee 0**

*Regular, Decaffeinated*

### **Soda**

*Coke Products*

*You may be on a medication  
that must be given before  
eating. Please check with  
your nurse.*

## Special Diets

While you're here, your doctor may recommend a special diet to help in your recovery. The following is a brief explanation of some special diets. If you need more information about your diet, please ask your nurse.

### Clear Liquids

#### Juices

Apple, Cranberry, Grape

#### Consomme

Beef, Chicken, Vegetable

#### Popsicle (regular or sugar free)

#### Coffee

Regular, Decaffeinated

#### Tea

Herbal, Regular, Decaffeinated

#### Gelatin (regular or sugar free)

### Full Liquids

All clear liquid items plus the following:

#### Cream of Wheat

#### Oatmeal

#### Cream of Tomato Soup

#### Creamer

#### Milk

#### Ice Cream

#### Pudding (regular or sugar free)

#### Orange Sherbet

### Low Sodium Diet

Sodium (salt) is a mineral that helps regulate body water. In certain conditions, too much salt can cause the body to "hold" excess water. This could be harmful for people with high blood pressure, heart disease, kidney disease and some breathing problems.

### Low Cholesterol Diet

Cholesterol is found in foods that come from animals. It's also produced in the body by the liver. Too much cholesterol in diets can lead to blocked arteries, which can contribute to heart attack and stroke.

### Low Fat Diet

Low fat diets may be helpful in treating gall bladder disease, pancreatic and reflux disease. A low fat diet may also be used for people with heart disease or those who want to lose weight.

### Diabetic Diet (Carb Counting)

This diet is the basis for controlling blood sugar for people with diabetes. Eating a controlled amount of carbohydrates at each meal helps control the amount of glucose (sugar) in the bloodstream. Alone, or in combination with medication, carbohydrate counting helps keep blood sugar within normal range.

### Anticoagulant

Patients who are put on a blood thinning medication need to be cautious of the amount of Vitamin K added to their diet. Foods such as green vegetables are high in Vitamin K. If you have a regular diet with green vegetables, you can continue eating them during your stay here. If you are not use to green vegetables in your diet, they should not be added during your stay.