

# Breakfast

## FRUIT & YOGURT

Fresh Fruit Cup ♥ (1)  
Banana ♥ (2)  
Apple ♥ (1)  
Orange ♥ (1)  
Chilled Pears ♥ (1)  
Chilled Peaches ♥ (1)  
Applesauce ♥ (1)  
Assorted Lite Yogurt ♥ (1)



## CEREAL

Oatmeal ♥ (1)  
Raisin Bran ♥ (2)  
Cheerios ♥ (1)  
Sugar (1) Brown Sugar (1) Splenda  
Cream of Wheat ♥ (1)  
Special K ♥ (1)

## HOT BREAKFAST ENTREES

French Toast ♥ (1-2)  
Low Cholesterol Scrambled Eggs ♥  
Buttermilk Pancakes ♥ (1-2)  
Two Eggs, cooked to order

## THE OMELET STATION

Choose from the following:  
Low Cholesterol Cheese ♥  
or Veggie ♥  
Ham & Cheese



## ON THE SIDE

Turkey Sausage ♥  
Breakfast Potatoes ♥ (1)  
Bacon

## BREAKFAST BAKERY

English Muffin, honey wheat ♥ (1)

Toast - White or Wheat ♥ (1)  
Blueberry Muffin ♥ (1)  
Fruit Danish (2)



## BEVERAGES

2% Milk (1)  
Skim Milk ♥(1)  
Vanilla Soy ♥ (1)  
Apple Juice ♥ (1)  
Cranberry Juice ♥(1)  
Orange Juice ♥(1)  
Prune Juice ♥ (1<sup>1/2</sup>)  
Tomato Juice  
Iced Tea - Regular or Decaf  
Hot Tea - Regular or Decaf  
Regular Coffee  
Decaf Coffee  
Hot Chocolate (2)  
Sugar Free Hot Chocolate (1)  
**Soda** - Diet (0) Regular (3)  
Lemon/Lime  
Cola  
Ginger Ale

## CONDIMENTS

Salt  
Pepper  
Mrs. Dash  
Ketchup  
Mustard  
Mayonnaise-Lite  
Salsa  
Sour Cream-Lite  
Syrup (2)  
Diet Syrup  
Jelly (1)  
Diet Jelly  
Creamer  
Margarine  
Lemon Wedge



## CLEAR LIQUID

Chicken Broth  
Beef Broth  
Vegetable Broth  
Popsicle (1)  
Sugar Free Gelatin (Orange or Berry) ♥  
Gelatin (Orange or Berry (1)  
All Coffee, tea and Iced Teas  
Apple Juice ♥ (1)  
Cranberry Juice ♥ (1)

## FULL LIQUID

*All Clear Liquid Items plus*

Any Beverage

Cream of Wheat ♥ (1)  
Oatmeal ♥ (1)  
Tomato Soup ♥ (1)  
Strained Cream Soup (1)  
Applesauce ♥ (1)  
Pudding (Chocolate or Vanilla) ♥ (1)  
Light Ice Cream ♥ (1) Vanilla Yogurt ♥ (2) Orange Sherbert ♥ (2)



# Room Service Dining

Dial 3663



SCHOOLCRAFT  
MEMORIAL HOSPITAL

**Southtown Cafe Hours**

**Open Monday - Friday**

**Breakfast 8:00am-9:00am      Lunch 11:00am-1:30pm**

**Room Service Guest Trays Available for \$7.50**



# WELCOME TO ROOM SERVICE

To place your order, simply **dial ext. 3663** from your room phone anytime between 6:30 a.m. and 5:30 p.m. Your meal will be delivered within 45 minutes of your placement of the order or at a requested time such as 8 am, noon or 5 pm. Our goal is to provide you with healthy, nourishing meals while at Schoolcraft Memorial Hospital.

## SPECIAL DIET CONSIDERATIONS

Some foods may need to be modified or restricted if your physician has ordered a therapeutic diet, or if you are undergoing certain tests.

### Healthy Heart

Menu items with a '♥' are lower in fat and sodium.

### For Our Patients with Diabetes

Our menu includes the number of carbohydrate servings in ( ) to assist you in managing your blood sugars. One serving of carbohydrate equals 15 grams.

In general:

1200-1400 calorie diabetic diets = 3 carbs at each meal.  
1500-1800 calorie diabetic diets = 4 carbs at each meal.  
1900-2200 calorie diabetic diets = 5 carbs at each meal.

Monitoring blood sugars and administering medications must be timed with food intake to be most effective. Please notify nursing staff after ordering each meal. If you have questions about your diet and would like to speak with our Registered Dietitian please request a consult.



# Lunch & Dinner

## SOUPS

Vegetable Soup ♥ (1)  
Tomato Soup ♥ (1)  
Homemade Chili ♥ (1)

Chicken Noodle Soup ♥ (1)  
Broth: Regular/ Low Sodium ♥  
Beef Barley ♥ (1)

## FROM OUR GRILL

Grilled Chicken Sandwich ♥ (2)  
Lean Hamburger ♥ (2)  
Grilled Cheese Sandwich (2)

*\*Lettuce, tomato and onion available*



## DELI FAVORITES

Turkey Sandwich ♥ (2)  
Peanut Butter & Jelly Sandwich ♥ (2)  
Tuna Salad Sandwich ♥ (2)  
Chicken Salad Sandwich ♥ (2)  
Ham Sandwich (2)  
Egg Salad Sandwich (2)



## CHOICE OF SANDWICH BREADS

Wheat ♥    Swirl Rye ♥    White ♥

## PIZZA (2)

Whole Grain French Bread Pizza  
*Choose up to 3 toppings:*  
Mushrooms    Onion  
Green Pepper    Grilled Chicken



## ENTRÉE SALAD PLATES

Chef Salad ♥  
Cottage Cheese and fruit plate ♥ (2)



## SALAD DRESSINGS

*Lite varieties*

Italian (0) Ranch (0)  
Raspberry Vinaigrette (0) French (1)

## DINNER ENTREES

Oven Roasted Turkey Breast & Gravy ♥  
Lean Beef Pot Roast & Gravy ♥  
Baked Chicken Tenders ♥ (2)  
Potato Encrusted Baked Cod ♥ (1/2)  
Baked Salmon ♥  
Italian Pasta w/ Meat Sauce ♥ (3)  
Lean Homestyle Meatloaf in Mushroom Gravy ♥  
Macaroni and Cheese (3)



## SIDE DISHES

Mashed Potatoes ♥(1)  
Rice Pilaf ♥ (1)  
Tossed Salad ♥  
Sliced Carrots ♥  
Broccoli ♥

Sweet Potatoes ♥ (1)  
Baked French Fries ♥ (1)  
Green Beans ♥  
Corn ♥ (1)  
Cottage Cheese ♥



## DESSERTS

Angel Food Cake ♥ (1.5)  
Angel Food Cake with Berries ♥ (2)  
Homemade Peach Crisp ♥ (2)  
Fresh Fruit Cup ♥ (1)  
Chilled Peaches, Pears or Applesauce ♥ (1)  
Orange Sherbet ♥ (2)  
Lite Ice Cream ♥ (1)  
Vanilla, Chocolate or Strawberry  
Chocolate Pudding ♥ (1)  
Vanilla Pudding ♥ (1)  
Shortbread Cookies ♥ (1.5)  
Gelatin, Berry or Orange ♥ (1) or (0)

