

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)



BEVERAGES

2% Milk (1)

Skim Milk ♥ (1)

Vanilla Soy ♥ (1)

Apple Juice ♥ (1)

Cranberry Juice ♥ (1)

Orange Juice ♥ (1)

Prune Juice ♥ (1 1/2)

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

Syrup (2)

Pepper

Diet Syrup

Mrs. Dash

Jelly (1)

Ketchup

Diet Jelly

Mustard

Creamer

Mayonnaise-Lite

Margarine

Salsa

Lemon Wedge

Sour Cream-Lite



CLEAR LIQUID

Chicken Broth

Sugar Free Gelatin (Orange or Berry) ♥

Beef Broth

Gelatin (Orange or Berry) (1)

Vegetable Broth

All Coffee, tea and Iced Teas

Popsicle (1)

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)

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)

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)



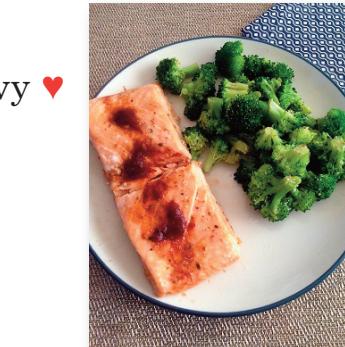
SALAD DRESSINGS

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)



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