



Step Five: Sweet Treats

(Optional: Please Select **ONE**)

♥ Fresh Fruit:

- (1C) Orange
- (2C) Apple

- ♥ (1C) Apple Sauce

- ♥ (2C) Fruit Cup

- ♥ **Sugar-Free** Jell-O Lime

♥ Pudding:

- (1C) **Sugar-Free** Chocolate
- (1C) **Sugar-Free** Vanilla

- (1C) Yogurt (Greek)
- (2C) Yogurt (Regular)

Step Six: Supplements

(Optional: Please Select **ONE**)

Subject to Availability

Ensure:

- (3C) CLEAR, Mixed Berries/Apple
- (3C) ENLIVE, Chocolate/Vanilla
- (1C) HIGH PROTEIN, Chocolate
- (1C) REGULAR, Chocolate/Vanilla
- (3C) PLUS, Strawberry/Vanilla

Glucerna:

- (2C) Chocolate/Vanilla
- ♥ Pedialyte Popsicle (2)

Condiments

- | | | |
|--------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Salt | ♥ <input type="checkbox"/> Tabasco | ♥ <input type="checkbox"/> Ketchup |
| ♥ <input type="checkbox"/> Pepper | <input type="checkbox"/> (1C) BBQ Sauce | ♥ <input type="checkbox"/> Mustard |
| <input type="checkbox"/> (1C) Honey | <input type="checkbox"/> (1C) Honey Mustard | ♥ <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Sugar | <input type="checkbox"/> Peanut Butter | <input type="checkbox"/> Margarine |
| ♥ <input type="checkbox"/> Sugar Sub | <input type="checkbox"/> (1C) Jelly | |

Dressings

- Caesar Dressing
- ♥ Raspberry Vinaigrette (Fat-Free)
- ♥ Ranch Dressing
- ♥ Italian Dressing (Fat-Free)
- ♥ (1C) Balsamic Vinaigrette



The Nutrition Care Division is pleased to offer room service dining for your convenience.

About the Menu

Our restaurant style menu allows you to choose from a variety of items depending on your diet order. If you are on a special diet or have scheduled procedures, your food selections may be limited. Our diet technicians will guide you in making alternate choices to meet your needs.

For diabetic diets, carbohydrate servings are placed in brackets (1C).
(1C) = 15 grams carbs.

♥ Indicates menu items that are available for heart healthy, low-fat, and low-sodium diets.

🍃 Indicates items suitable for vegetarians; may contain dairy or eggs.

After Hour Meals

Ham hoagies or PB&J sandwiches are also available as after-hour meals.

*Snacks for Diabetic or Heart Healthy diet orders would have to be configured into daily carb or sodium allowances, please ask dietitian or call center technician for more guidance.

If you would like to request further education about your diet order, please ask your nurse to contact your Registered Dietitian for you.



Dining Menu



Service and Order Hours

Breakfast: 7:00 a.m. to 8:00 a.m.
Order Times: 2:30 p.m. to 3:30 p.m. night prior
6:00 a.m. to 7:00 a.m. same day

Lunch: 11:30 a.m. to 12:30 p.m.
Order Times: 9:00 a.m. to 10:00 a.m. same day

Dinner: 4:45 p.m. to 5:30 p.m.
Order Times: 2:30 p.m. to 3:30 p.m. same day

For room service, please call:

(907) 361-3663

Breakfast Menu

Step 1: Choose Your Entrée

(Please Select ONE Entrée)

Create Your Own:

- Omelet
- Scrambled
- Ham
- Onions
- Tomatoes
- Jalapenos
- Sub Egg White
- Sub Egg White
- Cheese
- Mushrooms
- Bell Peppers
- Salsa

Add Your Ingredients:

- Ham
- Onions
- Tomatoes
- Jalapenos
- Cheese
- Mushrooms
- Bell Peppers
- Salsa

(4C) Biscuit & Gravy

Two open-face homestyle biscuit with pork sausage gravy.

Off the Griddle:

- (2C) French Toast (2)
- (2.5C) Pancakes (2)
- (2.5C) Waffle Sticks (4)

Both options include (1) packet of syrup per order

Syrup:

- (2C) Regular
- Sugar-Free

Step 2: Choose Your Sides

(Please Select TWO Sides)

Hot Sides:

- Bacon (2)
- Turkey Sausage (2)
- Hard Boiled Egg (1)
- Scrambled Egg (1)
- Scrambled Egg White (1)
- (2C) Oatmeal
- (2C) Grits
- (1C) Home Fries

Cereal:

- (2C) Apple Jacks
- (2C) Fruit Loops
- (5C) Raisin Bran
- (2C) Rice Krispies
- (4C) Frosted Flakes

Step 3: Extras

- (2C) Toast (2)
- Peanut Butter
- (1C) Jelly
- Hot Sauce
- Margarine
- Salt
- Pepper
- (1C) Honey
- (2C) Brown Sugar
- Ketchup

Lunch & Dinner

Step 1: Choose Your Entrée

(Please Select ONE Entrée)

Entrée Salad

(sides are NOT included)

Salad Romaine Lettuce

Protein: (Choose ONE)

- Chicken
- Salmon
- Beef Burger Patty
- No Protein

Cheese: (Choose ONE)

- Parmesan
- Cheddar

Topping:

- Croutons
- Tomatoes
- Carrots
- Onions

Dressing:

- Caesar
- Ranch
- (1C) Balsamic Vinaigrette
- Limited Availability:**
- (1C) Raspberry Vinaigrette
- Italian Dressing

Hot Entrée

(sides included)

(4C) Spaghetti

- Marinara
- Parmesan

(Limit ONE Protein)

- Chicken
- Meatballs

Baked Salmon

- Lemon Pepper
- Cajun Seasoning
- Italian Seasoning

Roasted Chicken Breast

- Lemon Pepper
- Cajun Seasoning
- Italian Seasoning

(2C) Chicken Tenders

Dipping Sauce: (Limit ONE)

- (1C) BBQ
- (1C) Honey Mustard

(2C) Chicken Cordon Bleu

Breaded chicken breast stuffed with ham and cheese.

Step 2: Choose Your Sides

(Lunch and Dinner Menu ONLY)

Vegetables

(Please Select ONE)

- (2C) Mixed Vegetables
- (1C) Green Beans
- (1C) Peas & Carrots
- SUB: Side Salad

Starches

(Please Select ONE)

- (3C) French Fries
- (2C) Steamed Rice
- (2C) Mashed Potatoes

Cheese:
(Limit ONE Cheese)

- Parmesan
- Cheddar

Toppings:

- Croutons
- Tomatoes
- Carrots

Step 3: Soups

Add-On Soup:

(Optional: Please Select ONE)

- Chicken Broth
- Beef Broth
- Chicken Noodle
- (2C) Tomato

Step 4: Beverages

Coffee, Milk, Water

(Please Select ONE)

- Water
- Hot Tea
- Coffee (REG/DECAF)
- (2C) Sugar
- Sugar Substitute
- (1C) Creamer (Haz, Fr Van, Reg)
- Unsweetened Tea

Milk:

- (1C) Whole Vitamin D
- (1C) 2% Milk
- (1C) Chocolate Milk
- (1C) Chocolate Almond Milk
- (2C) Chocolate Soy Milk

*Substitute Milk is Based on Availability

Soft Drinks, Teas, Juices, Gatorades

(Please Select ONE)

- | | |
|--------------------------------------|---|
| Soft Drinks: | Juice: |
| <input type="checkbox"/> (3C) Pepsi | <input type="checkbox"/> (1C) Apple |
| <input type="checkbox"/> Diet Pepsi | <input type="checkbox"/> (1C) Orange |
| <input type="checkbox"/> (3C) Starry | <input type="checkbox"/> (1C) Cranberry |

Gatorade:

- (2C) Cool Blue
- (2C) Fruit Punch
- (2C) Lemon-Lime
- (2C) Orange
- Sugar-Free Grape
- Sugar-Free Glacier Lemon-Lime
- Sugar-Free Kiwi-Strawberry

Pure Leaf Iced Tea:

- (3C) Sweet Tea
- (2C) Lemon Sweet Tea
- (3C) Raspberry Tea

Burgers & Sandwiches

(sides included)

- (4C) Grilled Cheese
- (4C) Hot Ham & Cheese
- (4C) Hot Turkey & Cheese
- (2C) Chicken Sandwich
- (2C) Hamburger
- (2C) Turkey Burger
- (4C) Veggie Burger

Add-Ons

- Cheese
- Pickles
- Onions
- Lettuce
- Tomatoes
- Ketchup
- Mustard
- Mayonnaise
- No Bun