



Huntington[®]
Hospital

Menu. We are pleased to offer
At Your Request Room Service Dining[®]



Hours are 6:30 a.m. to 7 p.m.

Please call extension 3663 to place your
order and allow 45 minutes for delivery.

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Number in parenthesis (#) indicates carbohydrate count.
(1 serving = 15 grams carbohydrate)

♥ Heart Healthy selection

♠ Renal selection

GF Gluten-free selection

* Gluten-free bread, buns and pasta are available upon request.

VG Vegan selection



Breakfast Served all day!

SPECIALTIES

Cheese Omelet GF

Two eggs folded over melted cheddar cheese. Choice of toppings: bell peppers, mushrooms

Heart Healthy Omelet ♥♠GF

Low cholesterol eggs. Choice of toppings: bell peppers, mushrooms

Ham, Egg, & Cheese Breakfast Sandwich (1.5)

Light and fluffy scrambled eggs served with ham and cheese on a whole wheat English muffin.

Whole Grain

Buttermilk Pancakes (1.5) ♥♠

Traditional syrup (2) or diet syrup (0)

Whole Grain French Toast (3) ♥

Dipped in egg and milk mixture. Traditional syrup (2) or diet syrup (.25)

Fresh Fruit, Yogurt & Granola Parfait (3.75) ♥

Seasonal fresh fruit layered with creamy yogurt and crunchy granola.

EGGS & SIDES GF

Scrambled eggs ♥♠

Hard boiled eggs ♥♠

Bacon

Sausage links

Turkey sausage

Hash browned potatoes (1) ♥ VG

Salsa ♥ VG

A LA CARTE FRUIT ♥GF VG

Applesauce (1) ♠

Pears (1) ♠

Peaches (1) ♠

Orange (1)

Banana (2)

Apple (1) ♠

Fresh fruit cup (1)

Prunes (1.25)

YOGURT (1) ♥GF

Strawberry

Peach

Vanilla

Lemon

Plain Greek (.5)

BREAKFAST BREADS

White toast (1) ♥♠

Wheat toast (.75) ♥

Plain bagel (3)

Whole wheat English muffin (1.5) ♥

Biscuit (2)

Muffins (2)

Blueberry, Bran, Corn

Whole wheat flour tortilla (2)

CEREAL ♥

Oatmeal (1.5) VG

Cream of Wheat (1) ♠ VG

Rice Krispies (1) ♠ VG

Special K (1) ♠ VG

Cheerios (1) ♠ GF VG

Corn flakes (1) ♠ VG

Raisin bran (2) VG

Rice Chex (1) ♠ GF VG

Granola (1.5)

CEREAL TOPPINGS ♥GF VG

Raisins (2)

Brown sugar (2) ♠

Syrup (2) ♠

Diet syrup (.25) ♠

Lunch & Dinner



STARTERS *Served all day.*

Soup

- Chicken Noodle Soup (1) ♥♦
- Cream of Mushroom Soup (1)
- Garden Vegetable Soup (.5) GF
- Tomato Soup (1)
- Tomato Basil Soup (1) ♥
- Chicken Chili Soup (3) ♥
- Rice Porridge GF
- Plain (2) ♥♦ VG, Chicken (1) ♥♦

Clear Broth ♥♦ GF

- Beef
- Chicken
- Vegetable VG

Mixed Garden Salad (.25) ♥♦ GF

Fresh garden greens, sliced cucumbers, tomatoes, choice of salad dressing. (Vegan with VG dressings below.)

Vegetable Snack Plate (.25) ♥♦ GF

Fresh carrot and celery sticks with your choice of dressing. (Vegan with VG dressings below.)

Fresh Fruit Cup (1) ♥ GF VG

Dressings

- Italian GF, Diet Italian ♥♦ GF VG,
- Ranch GF, Low-fat Ranch (0.5) GF,
- Blue Cheese GF, Sesame Ginger (0.5),
- Balsamic Vinaigrette GF VG,
- Low-fat French (0.25) ♥♦ GF VG,
- Caesar GF, Thousand Island

HOT OFF THE GRILL *Served all day.*

Classic Hamburger (2)* ♦

Cheeseburger (2)*

Turkey Burger (2)*

Garden Burger (3)*

Grilled Chicken Sandwich (2)* ♥

Grilled Vegetables on

French Roll (2.75)* Grilled eggplant, red peppers, red onion, zucchini and mushrooms with Swiss cheese and balsamic vinaigrette.

PIZZA *Served after 11 a.m.*

Your choice of: Cheese (5), Vegetable (5) or Pepperoni (4).

DELI SANDWICHES

Served all day.

Breads

- White (1) ♥♦
- Wheat (.75) ♥
- Multi-grain (1) ♥
- Sourdough (1) ♥♦
- Kaiser roll (3)
- Gluten-free bread (1) ♥♦ GF

Fillings GF

- Tuna salad ♥♦
- Egg salad ♦
- Roast beef ♥♦
- Ham
- Turkey ♥♦

Cheese GF

- Low fat Swiss
- Cheddar
- Provolone
- American

Garden GF

- Lettuce ♥♦
- Onion slice ♥♦
- Tomato slice ♥
- Cucumber ♥♦
- Dill pickle slice



Condiments

- Half and half GF
- Non-dairy creamer ♥♦ GF
- Butter ♦ GF
- Margarine ♥♦ GF VG
- Sugar ♥♦ GF VG
- Sugar substitute ♥♦ GF VG
- Peanut butter GF VG
- Honey (.5) ♥♦ GF
- Lemon wedge ♥♦ GF VG
- Cranberry sauce (.5) ♥♦ GF
- Jelly (0.5) ♥♦ GF
- Diet jelly (0) ♥♦ GF
- Syrup (2) ♥♦ GF VG
- Diet syrup (.25) ♥♦ GF VG
- Ketchup GF VG
- Mustard GF VG
- Mayonnaise GF
- Light mayonnaise ♥GF
- Soy sauce VG
- Tabasco sauce VG
- Cream cheese GF
- Light cream cheese ♥GF
- Sour cream ♦ GF
- Salt GF VG
- Pepper ♥♦ GF VG
- Herb seasoning ♥♦ GF VG



SIGNATURE SALADS & WRAPS *Served all day.*

Available as a wrap in a whole wheat tortilla (1.5)

Chicken Caesar Salad (.5)

Grilled chicken breast, romaine lettuce, croutons, Parmesan cheese.

Tomato, Mozzarella & Basil Salad (.5) GF Sliced tomato, fresh mozzarella, balsamic vinaigrette, shredded fresh basil.

Southwest Chicken Salad (2) ♥ Crisp romaine, grilled chicken, black bean salsa, cheddar, baked tortilla strips and Ranch dressing.

Soft Fruit & Cottage Cheese Plate (1.5) GF Peaches, pears, mandarin oranges, creamy cottage cheese.

Mediterranean Salad (1) ♥ GF Dark leafy greens, Garbanzo beans, onions, tomatoes and low-fat feta cheese.

Black-eyed Pea Salad (1.5) ♥ GF VG Black-eyed peas, cucumbers, bell peppers and cumin-spiked dressing.

Chinese Chicken Salad (2) ♥

Marinated chicken breast, bed of salad, carrots, bell peppers, mandarin oranges, crispy noodles and sesame ginger dressing.

MAIN ENTREES *Served after 11 a.m.*

Spaghetti (2.5)*

- Pesto
- Marinara (.5) ♥ VG
- Meat Sauce (.5) ♥

Rigatoni (2)*

- Pesto
- Marinara (.5) ♥ VG
- Meat Sauce (.5) ♥

Roast Turkey & Poultry Gravy

♥ (GF without gravy). Cranberry sauce (.5) available upon request.

Grilled Chicken Breast ♥ VG GF

Beef & Broccoli Stir Fry (.5) ♥

Lemongrass Tofu ♥ VG

Sesame Ginger Chicken ♥

Baked Fish & Dill Sauce (1) ♥

Homemade Chicken Pot Pie (2.25)

Housemade Meatloaf & Brown Gravy (.75) ♥

Old Fashioned Pot Roast ♥ VG GF

Sides

Steak cut french fries (1.5) GF VG

Oven roasted herb potatoes (1.5) ♥ GF VG

Mashed potatoes (1) ♥

Potato chips (1) GF VG

Brown gravy ♥

Poultry gravy

White rice (1.5) ♥ VG GF VG

Brown rice (1.5) ♥ GF VG

Carrots (.5) ♥ GF VG

Green beans (.5) ♥ VG GF VG

Steamed broccoli (.5) ♥ GF VG

Summer squash ♥ VG GF VG

Roasted vegetables (.5) ♥ GF VG



Asian blend vegetables ♥ GF VG

Coleslaw (0.5) ♥ VG GF

Garlic bread (1.5)

White bread (1) ♥

Wheat bread (.75) ♥

Multi-grain bread (1) ♥

Sourdough bread (1) ♥

Gluten-free bread (1) ♥ VG GF

Dinner roll (1.5)

Crackers (.25)

Unsalted crackers (.25) ♥

Refried beans (1.5) GF VG

Hummus (2.0) GF VG

KID'S CORNER *Served all day to big and little kids alike!*

Hot Dog (2) All beef hot dog.

Cheese Quesadilla (2)

Grilled Cheese Sandwich (2.25)*
Your choice of bread and cheese.

Chicken Tenders (1.5)

Macaroni & Cheese (2.5)

Peanut Butter & Jelly Sandwich (2)*

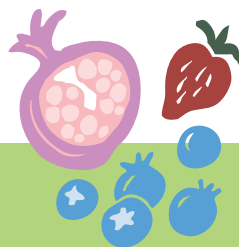
DESSERT

Chocolate Chip Cookie (1.5)
 Sugar Cookie (1.5) ♡
 Oatmeal Raisin Cookie (1.5)
 Fresh Fruit Cup (1) ♡ GF VG
 Whole Banana (2) ♡ GF VG
 Fresh Orange (1) ♡ GF VG
 Fresh Apple (1) ♡ GF VG
 Applesauce (1) ♡ GF VG
 Chilled Peaches (1) ♡ GF VG
 Chilled Pears (1) ♡ GF VG
 Mandarin Oranges (1) ♡ GF VG
 Fruit Cocktail (1) ♡ GF VG
 Butter Pound Cake (1) ♡
 Apple Crisp (1) ♡
 Chocolate Cupcake (2)
 Gelatin (1) ♡ GF
 Diet Gelatin (0) ♡ GF
 Ice Cream (1) GF
 Fruit Ice (1.5) ♡ GF VG
 Sherbet (1.5) ♡ GF
 Vanilla Pudding GF
 Regular (2), Sugar-free (.75) ♡
 Chocolate Pudding GF
 Regular (2), Sugar-free (.75) ♡
 Vanilla Wafers (1) ♡

BEVERAGES

4 oz. juice or 8 oz. milk (1)
 8 oz. juice or 8 oz. soda (2)

 Orange Juice ♡ GF VG
 Apple Juice ♡ GF VG
 Cranberry Juice ♡ GF VG
 Grape Juice ♡ GF VG
 Tomato Juice (.5) VG
 Prune Juice ♡ GF VG
 Coffee ♡ GF VG
 Regular, Decaf ♡
 Hot Tea ♡ GF VG
 Regular, Decaf ♡,
 Herbal ♡
 Iced Tea ♡ GF VG
 Hot Chocolate ♡
 Sugar-free Hot Chocolate (.25) ♡
 Milk GF
 Skim ♡, 1%, Whole, Soy VG,
 Low-fat Chocolate (1.5)
 Cola GF VG
 Diet Cola (0) GF VG
 Ginger Ale ♡ GF VG
 Lemon Lime Soda ♡ GF VG
 Diet Lemon Lime Soda (0) ♡ GF VG



Liquid options

CLEAR LIQUID

Starters ♡ GF

Chicken Broth
 Beef Broth
 Vegetable Broth VG

Sweets ♡ GF

Fruit Ice (1.5) VG
 Gelatin (1)

Condiments ♡ GF VG

Salt
 Sugar
 Sugar substitute

Beverages ♡ GF VG

4 oz. juice (1)
 8 oz. juice or 8 oz. soda (2)

Apple Juice ♡
 Cranberry Juice ♡
 Grape Juice ♡
 Ginger Ale ♡
 Lemon Lime Soda ♡
 Diet Lemon
 Lime Soda (0) ♡
 Hot Tea
 Regular, Decaf ♡, Herbal ♡
 Iced Tea

FULL LIQUID

Includes items in clear liquid diet plus the following:

Starters

Cream of Wheat (1) ♡ GF VG
 Pureed Chicken Noodle Soup (1) ♡
 Pureed Cream of Mushroom Soup (1)
 Tomato Soup (1)

Sweets GF

Vanilla Yogurt (1) ♡
 Vanilla Pudding
 Regular (2), Sugar-free (1) ♡
 Ice Cream (1)
 Sherbet (1.5) ♡
 Vanilla Health Shake (3)

Condiments GF

Non-dairy creamer ♡

Beverages

4 oz. juice or 8 oz. milk (1)
 8 oz. juice (2)

Hot Chocolate (1) ♡
 Sugar-free Hot Chocolate (.25) ♡
 Orange Juice ♡ GF VG
 Milk GF
 Skim ♡, 1%, Whole, Soy VG,
 Low-fat Chocolate (1.5)

Our goal. We strive for excellence in the delivery of high quality, fresh food with compassionate and personalized service to all our patients and customers.

Patient services. Your meals are prepared fresh daily ensuring the finest quality. We are committed to doing everything possible to make your mealtime pleasant. We offer a wide range of hot and cold breakfast items as well as a variety of lunch and dinner selections.

We welcome your comments. You may be visited by a representative from hospitality services during your stay, inquiring about the service so that we can continue to improve our food services to you.

Menu choices and ordering. A restaurant style menu is offered for your dining enjoyment. To order from the menu, simply call extension 3663. Your meal will be delivered to your room within 45 minutes. Please leave the menu in your room for reference when ordering daily meal selections.

Guest and visitor services. Meals for your family and guests are available for purchase in the Bistro Garden Café, located on the first floor of the West Tower. It is open daily except 2 – 6:30 a.m. We offer a wide variety of choices to satisfy your guests' and visitors' dining needs. Guests may order from room service for \$5 per breakfast and \$9 per lunch and dinner. Tickets for guest trays are available for purchase in the Bistro Garden Café.



Information about your diet.

Below is general information about common diet orders that may be prescribed by your physician. A registered dietitian is available if you would like more information about your diet.

Regular. A Regular diet is a nutritionally balanced diet with no dietary restrictions. We encourage you to choose a variety of foods, including fruit, vegetables, and whole grains.

Consistent Carbohydrate. The Consistent Carbohydrate diet helps to control blood sugar levels and health problems associated with diabetes. This diet aims to provide a moderate amount of carbohydrate at each meal by counting carbohydrate servings. One carbohydrate count equals 15 grams of carbohydrate. The number of carbohydrate counts for each menu item is listed.

Heart Healthy. A Heart Healthy diet is designed to decrease the risk of cardiovascular disease and reduce blood lipid levels. This diet limits total fat, saturated fat and sodium. Suggested Heart Healthy menu items are identified by the ♥ symbol.

Low Sodium. A Low Sodium diet is typically prescribed to help control blood pressure and to avoid fluid retention. A Low Sodium diet limits foods high in salt, such as processed meats, cheese, and sauces.

Renal. A Renal diet is typically prescribed to help control or prevent kidney disease. This diet limits sodium, potassium, and phosphorus. Your physician may also order a specific amount of protein intake. Suggested Renal menu items are identified by the ♦ symbol.

Soft/Bland. This diet may be prescribed by your physician to minimize gastrointestinal distress and irritation. The Soft/Bland diet consists of foods that are easily digestible and mildly seasoned. High fiber foods, raw fruits and vegetables, greasy foods and caffeine are omitted.