We are pleased to offer convenient room service dining.

- Your made-to-order meal will be delivered to your bedside within 45 minutes or you may request to have your meal delivered at a specific time.

- If you have been prescribed a special diet, a room service clerk can help you make selections.

- Families and guests may order room service. Each meal is $8 and includes one main course, two side orders, beverage and dessert/fruit. Cash and credit cards are accepted.

Dial 5-0202 from your room telephone to place your order anytime from 6:30 am to 8 pm

WE ARE PROUD TO MAKE THE HEALTHY CHOICE THE EASY CHOICE

- The healthiest food and drink choices, set by UW Health registered dietitians.
- Food options free of beef, pork, poultry and fish. These items may contain dairy and egg products.
- Gluten-free food options. Additional items that have no gluten added are available upon request.

To prevent foodborne illness, eggs and meat are thoroughly cooked.
BREAKFAST (AVAILABLE ALL DAY)

Hearty Hot Cereal
Select from oatmeal, cream of wheat or cream of rice served with your choice of berry compote and/or walnuts
Served with skim milk

Scrambler
Fluffy scrambled eggs served with your choice of toast or potatoes and fruit

Cereal and Milk
Select from a variety of cold cereals, including: Total Raisin Bran®, Cheerios®, Honey Nut Cheerios®, Rice Chex®, Cinnamon Toast Crunch®, Frosted Mini Wheats®, or Kashi Go Lean®
Served with skim milk and your choice of fruit

Protein Platter
Greek yogurt, hard-boiled egg, cheese and fruit of your choice

Farm Fresh Omelet
Choose from the following toppings: ham, bacon, chicken, green bell peppers, onions, tomatoes, mushrooms, spinach, broccoli and cheese
Add your choice of potatoes or toast and a fruit

Whole-Wheat French Toast, Mixed Berry Crepes, or Whole-Grain Waffle
Select your toppings and your choice of low-fat yogurt

Breakfast Sandwich
A toasted whole-wheat English muffin topped with one egg and choice of ham, bacon, turkey sausage and/or cheese

Harvest Nut and Grain Pancake
A fluffy buttermilk or blueberry pancake
Add walnuts and fruit of your choice upon request

Fruit and Yogurt Parfait
Layers of vanilla Greek yogurt and fruit topped with granola

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### Breakfast Sides

- Turkey sausage patty
- Bacon
- Ham
- Sausage links
- O’Brien potatoes
- Whole-wheat English muffin
- Toast (whole-wheat, white, rye, sourdough, cinnamon raisin)
- Bagel (plain, whole-wheat, cinnamon raisin)
- Mini muffin (blueberry, apple-bran)
- Hash browns
- Yogurt (fat-free, low-fat, Greek)

### Fruits

- Apple (whole or sliced)
- Applesauce
- Banana
- Strawberries
- Fresh fruit cup
- Grapes
- Canned fruit (mandarin oranges, peaches, pears, prunes, fruit cocktail)
- Orange
- Raisins
- Melon (cantaloupe, honeydew, watermelon)
- Pineapple

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**Soups**
- Chicken noodle
- Vegetable
- Vegetarian Chili
- Cream of potato
- Soup of the day
- Broth (beef, chicken, vegetable)

**Salads**
- **Garden Side Salad**
  Mixed greens, tomato, cucumber

- **Cobb Salad**
  Lettuce, grilled chicken, chopped hard-boiled egg, avocado, tomato, cucumber, crisp bacon, scallions with chive vinaigrette

- **Asian Chicken Salad**
  Grilled chicken, pea pods, red bell pepper, cabbage, lettuce, wontons, cilantro, with sesame ginger dressing

- **Greek Salad**
  Romaine lettuce, feta cheese, tomato, red bell pepper, red onion, Kalamata olives

- **Caesar Salad**
  Romaine lettuce, Parmesan cheese, croutons, tomato, served with or without a grilled chicken breast

**Dressings**
- Balsamic vinaigrette
- Bleu cheese
- Caesar
- French
- Italian
- Sesame ginger
- Ranch
- Thousand Island

**Flat-Bread Pizza**
Build your own pizza with flat bread, pizza sauce and add your favorite toppings:
- Sausage
- Ham
- Chicken
- Cheese
- Pepperoni
- Canadian bacon
- Black olives
- Green bell peppers
- Mushrooms
- Onion
- Tomato
- Spinach
- Pineapple

**Perfect Pasta**
Begin with your choice of pasta: Buttered egg noodles, linguini, macaroni, whole-wheat spaghetti
Add your sauce: Garlic olive oil, marinara, Boca® marinara, meat sauce, basil pesto, cheese sauce or red wine sauce
Finish with your choice of toppings: Beef tips, chicken, meatballs, shrimp, sausage, artichokes, black olives, cheese, sun-dried tomatoes, green bell pepper, mushrooms, onion, spinach, tomato

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Hot Sandwiches
Roasted Portabella
Portabella mushroom, roasted red bell pepper, arugula, provolone cheese, red onion on a toasted baguette

Roast Beef
Savory beef served on a toasted baguette with your choice of cheese, peppers and/or onions

Quesadilla
Melted cheese in a folded tortilla served with your choice of lettuce, diced tomato, guacamole and salsa (Available as bean and cheese, chicken and cheese, or beef and cheese upon request)

Build Your Own Burger
Select a beef, bison, turkey, Boca® or salmon burger with your choice of lettuce, tomato, onion and cheese on a bun

Grilled Chicken Breast
Grilled chicken breast with your choice of lettuce, tomato, onion and cheese served on a bun

Grilled Cheese
Your choice of cheese grilled on your choice of bread
Bread and cheese options are listed below

Cold Sandwiches
Mediterranean
Whole-grain wrap with hummus spread, feta cheese, cucumber slices and roasted red bell pepper
Add chicken upon request

Turkey Bacon Avocado
Turkey, bacon, avocado, lettuce, tomato and your choice of toasted bread

Veggie
Provolone cheese, avocado, mixed greens, cucumber and tomato on your choice of bread

Build Your Own Sandwich
Select from the following: Beef, ham, turkey, bacon, cheese, chicken salad, egg salad, tuna salad, peanut butter and jelly
Add your toppings: Lettuce, tomato, raw onions, grilled onions, pickles, pickle relish, hummus
Choose your bread: Whole-wheat, white, rye, sourdough, whole-grain wrap, baguette, whole-wheat pita
Cheese: American, cheddar, provolone, Swiss, pepper jack, Colby

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Create a healthy meal by adding a vegetable and fruit side of your choice.

Chicken
Skinless chicken breast grilled to perfection

Pan-Seared Walleye
Fresh walleye lightly seasoned and seared

Baked Cod
Baked cod with tomato jam

Grilled or Poached Salmon
Fresh salmon prepared your way

Taco
One taco filled with your choice of ground beef, shredded chicken, refried beans or white fish topped with choice of lettuce, cabbage, green bell pepper, mushroom, diced tomato, salsa and cheese

Chicken Parmesan
Chicken breast served with marinara sauce and melted cheese

Lasagna
Layered lasagna noodles, meat, marinara tomato sauce and mozzarella cheese

Carved Roast Turkey
Oven-roasted turkey breast

Chicken Pot Pie
Flaky pie crust filled with peas, carrots and diced chicken in a cream sauce

Sweet Thai Stir-Fry
Stir-fried vegetables served with your choice of chicken, beef or tofu on a bed of rice with a sweet and tangy sauce

Meatloaf
Ground beef seasoned with herbs

Pot Roast
Roasted to perfection and served with your choice of sides

Pork Tenderloin
Grilled pork served with applesauce on the side

Grass-Fed New York Strip
Grilled New York strip steak served with or without sautéed mushrooms

Sides
- Steamed broccoli
- Steamed cauliflower
- Steamed carrots
- Steamed peas
- Steamed green beans
- Sautéed vegetable blend
- White rice
- Wild rice
- Baked potato
- Mashed potato
- Corn
- Refried beans
- Garlic bread
- Macaroni and cheese
### Beverages

**Hot Beverages**
- Hot chocolate *(regular, sugar-free)*
- Tea *(black, green, Earl Grey, orange spice)*
- Decaffeinated tea *(black, cinnamon apple)*
- Coffee *(regular, decaffeinated)*

**Cold Beverages**
- Bottled water
- Unsweetened iced tea *(regular, decaf)*
- Lemonade *(sugar-free)*
- Gatorade® G2 *(Blue, Orange, Lemon-Lime, Fruit Punch)*

**Nutrition Supplements**
- Carnation Instant Breakfast® *(vanilla, chocolate, no sugar added)*
- Ensure Clear® *(apple, mixed berry)*
- High-protein milkshake
- Ensure® *(chocolate, vanilla)*
- Magic Cup® *(chocolate, vanilla, mixed berry, orange)*

**Milk**
- Dairy milk *(skim, 2%, whole, chocolate)*
- Non-dairy milk *(rice, soy, almond)*
- Lactose-free milk *(skim)*

**Juices**
- Orange
- Apple
- Cranberry
- Grape
- Prune
- Tomato
- V8® vegetable *(low-salt)*

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**Diabetes Meal Plan**

If you have diabetes or need your blood sugar checked:
- Your blood sugar needs to be checked before you start eating
- Tell your nurse when you order a meal or when it arrives
- If needed, your nurse will give you insulin or other medicine

The diabetes meal plan helps you eat consistent amounts of carbohydrate at meals and snacks.
- **Women:** 45 – 60 grams of carbohydrate at each meal
- **Men:** 60 – 75 grams of carbohydrate at each meal

If you need insulin:
- Rapid-acting insulin is best taken just before or after meals
- Short-acting insulin is best taken 30 minutes before meals

Please ask your nurse if you have questions

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SNACKS

Chips (Sunchips®, baked potato chips)
Rice cakes with peanut butter
Raw vegetables with hummus or ranch dip
Cottage cheese
String cheese

Kashi® Granola Bar
Fruit leather
Trail mix
Yogurt (fat-free, low-fat, Greek)
Crackers (saltines, graham crackers, rice cakes)

DESSERTS

Fruit smoothies (mixed berry, strawberry-banana)
Sugar-free cookie (lemon crème cookie, chocolate chip cookie, lemon bar)
Gelatin (strawberry, orange, lime, sugar-free)
Pudding (vanilla, chocolate, butterscotch, sugar-free)
Banana bread
Angel food cake

Cookie (chocolate chip, oatmeal raisin, sugar)
Cheesecake (plain or with chocolate sauce)
Pie (apple, pumpkin, cherry, lemon meringue)

Frozen Desserts

Frozen yogurt (vanilla, chocolate, strawberry)
Sherbet (raspberry, orange)
Sugar-free sorbet (orange, strawberry)
Milkshake (vanilla, chocolate, strawberry)

Frozen fruit bar (very berry)
Popsicle (regular, sugar-free)
Fruit ice (orange, cherry)

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