You may place your order with your culinary services ambassador, 6:30 am–7 pm.

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, your culinary services ambassador can help you with your selections. You may talk with a dietitian if you have questions.

Visiting family and friends are welcome to order room service. One meal costs $8 and includes a main course, vegetable, fruit, hot or cold side and beverage. Credit cards and convenience cards are accepted.

Family members or designees may order meals for patients from outside the hospital. Request a take-home menu from the nurses’ station or room service clerk.

**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 or patient care technician 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.
LUNCH

Salads
Roasted Beet Salad
A bed of spring mix with sautéed wild mushroom blend, chevre cheese, mandarin orange, roasted crimson beets and served with balsamic vinaigrette

Korean Chicken Salad
A mixture of spring mix, green and red cabbage with shredded Korean-spiced chicken, shredded carrot, wonton strips, pickled red onion and served with house-made sesame ginger vinaigrette

Classic Caesar Salad with Chicken
A bed of romaine lettuce with seared herbed chicken breast, croutons, grated Parmesan cheese and served with creamy Caesar dressing

Small Garden Salad
A small serving of mixed greens with fresh tomato and cucumber slices

Build Your Own Salad
Choose from our fresh and flavorful ingredients to create your very own signature salad

Dressings
Caesar, balsamic vinaigrette, sesame ginger, ranch 🍗, raspberry vinaigrette 🍇

Sandwiches
High Plains All-Natural Bison Burger
All-natural High Plains bison served with juniper sage mayonnaise, leaf lettuce and heirloom tomato on a toasted multigrain bun

Veggie Sandwich
Avocado, cucumber and heirloom tomato with toasted cumin and coriander hummus on toasted jalapeño ciabatta

Garden Turkey Burger
Ground turkey made with allspice and roasted garlic served with juniper sage mayonnaise, arugula and heirloom tomato on a toasted multigrain bun

Aesop’s Chicken Wrap
Greek-spiced sliced chicken breast, feta cheese, cucumber, heirloom tomato, romaine lettuce and balsamic vinaigrette in a whole-wheat wrap

Salmon BLT
Seared salmon with Applewood smoked bacon, mayonnaise, leaf lettuce and heirloom tomato on toasted cracked-wheat bread

Black Bean Burger
A zesty black bean patty made with pepper jack cheese, corn tortilla chips, toasted spices and fresh cilantro served with creamy salsa, leaf lettuce and heirloom tomato on a toasted multigrain bun

Build Your Own Sandwich
Choose from our fresh and flavorful ingredients to create your very own signature sandwich

Soups
Creamy tomato bisque 🍯 🍇
Classic chicken noodle 🍳
Soup of the day

DINNER

Main Courses – Available as a full or half portion
Seared Herbed Salmon with Mustard Dill Sauce 🍹
Salmon seared and topped with our house-made mustard dill sauce served with brown rice and seasonal vegetable medley

Yogurt-Marinated Moroccan Chicken and Couscous 🍗
Yogurt and Ras el Hanout (Moroccan spice blend) marinated chicken breast on a bed of couscous tossed with dried apricot, toasted pecan, fresh spinach and preserved lemon vinaigrette

Thai Chicken Curry 🍝
Chicken breast, stir-fried vegetables and brown rice with a kaffir lime leaf and lemongrass coconut sauce

Stuffed Avocado with Spanish Rice 🍭 🍭
A baked avocado half stuffed with black beans, pepper jack cheese, cilantro and spices served with Spanish rice, pico de gallo and tomatillo chili vinaigrette

Classic Meatloaf
Our house-made meatloaf served with whipped potatoes and seasonal vegetable medley

Wisconsin Cheddar Mac 🍬
Tri-color rotini with creamy Cady Creek Wisconsin cheddar sauce, bread crumbs and fresh parsley

Sides
Broccoli florets 🍭
Seasonal vegetable medley 🍭
Spanish rice 🍭
Moroccan-style couscous
Whipped potatoes 🍭

DESSERTS

Flourless chocolate torte with raspberry coulis 🍭
Angel food cake
Chocolate chip banana bread with crème anglaise, caramelized banana and pecans 🍭

Fruit 🍎 🍏
Apple, applesauce, banana, fresh fruit salad, orange, pear, peaches in light syrup, pears in light syrup

Soup of the day
Small side salad 🍥
Seasonal fresh fruit 🍭
Picnic Point potato salad

To prevent foodborne illness, eggs and meats are thoroughly cooked.