



PATIENT ROOM SERVICE MENU

Our Room Service Captain will visit and take your meal orders during Breakfast, Lunch and Dinner. 2923

ROOM SERVICE HOURS

Breakfast is open 6:30 a.m. – 6:15 p.m.

Lunch/Dinner is open 11:00 a.m. – 6:15 p.m.

After hours, please contact our nursing staff for a snack or boxed meal.

Guest Meal Vouchers for Friends & Family of Our Patients

We are happy to provide guest meals for the friends and family of our patients.

Guest Meals are options selected from the patient menu and delivered to the patient room. **Please purchase all meal vouchers at the Lobby Grille** for \$6.00 each.

The meal includes 1 entrée, 2 sides, 1 drink, and 1 dessert from this Patient Room Service Menu.

About Your Meal

Your menu selections may be modified during preparation to fit your physician-prescribed diet.

Our goal is to have your meal prepared and delivered to your bedside within 40 minutes of placing your order.

Your Room Service Captain will do everything within their capacity to ensure your dining needs are met.

Please note that our kitchen provides a variety of Gluten Free (GF) items. **However, our kitchen is not Gluten Free.**



The Lobby Grille downstairs offers different food selections and different pricing than room service.

Lobby Grille does not deliver food.

Guests must pay and pick-up their order at the Lobby Grille. When the order is ready, guests then take their order to the patient's room.

Orders can be placed online at LobbyGrille.MontroseHospital.com or inside of the Lobby Grille at the kiosks.

The Lobby Grille is open downstairs

Monday – Friday

7:30 a.m. – 7:00 p.m.

Montrose Regional Health

PATIENT ROOM SERVICE DIETS

Patients on a Regular Diet may choose from any food items on the menu.

Patients who are on a special diet for heart disease, blood pressure, congestive heart failure, diabetes, kidney or liver disease may choose from less sodium/carbohydrates.

PHYSICIAN-ORDERED THERAPEUTIC DIETS

Mediterranean: To help control blood cholesterol (lipid) levels blood pressure and inflammation.

- Saturated fat is limited (red meat, cheese, 2% and whole milk)
- Monounsaturated fats (Olive oil, nuts, avocado are encouraged, and fatty fish are recommended 2x/week.
- Diet should be high in fruit, vegetable, whole grains, and legumes
- Caffeine may be restricted on this diet to its effect on tests that may be done during your stay.

2 gm Na Sodium Restriction: Sodium is limited to 2000 mg/day to help with blood pressure and fluid retention.

- A Seasoning packet is provided in place of salt
- Obviously, salty food such as bacon, sausage or ham are avoided, and low sodium foods, soups, sauces and gravies provided.

Diabetic: To help control blood glucose and cholesterol levels.

Patients who adjust their insulin based on their carbohydrate intake will use this diet to plan their meals. The number next to the small “*” indicates the carbohydrate content in grams.

(*) = 15 grams carbohydrate (**) = 30 grams carbohydrate (***) = 45 grams carbohydrate

Consistent Carbohydrate:

- Woman may choose up to 4 carb servings per meal and men may choose up to 5 carb servings.
- You may choose less carbohydrate if you wish
- Blood glucose control is generally better when a consistent amount of carbohydrates are consumed on a meal-to-meal basis.
- Foods high in saturated fat such as bacon, sausage, whole eggs, 2% or whole milk, and regular cheese are limited due to increased risk of heart disease in diabetes.

Other Special Diets may be ordered by your provider depending on your health condition. If needed a dietitian will explain your new diet to you.

LIQUID DIETS

Open 6:30 a.m. - 6:15 p.m.

(*) = 15 Grams of Carbohydrates (HSF) = High Saturated Fat

(GF) = Gluten Free (F) ≥ 3g Fiber (HS) = High in Sodium

Clear Liquid Diet

Clear Liquid Broth	Chicken, Beef or Vegetable (Regular (HS) or Low Sodium)
Juices (*)	Apple, Cranberry or Grape
Gelatin	Orange* or Strawberry*
	Sugar Free Options: Orange, Strawberry or Lime
Gatorade G2	Orange, Fruit Punch or Grape
Popsicle (*)	Grape, Orange or Cherry

Full Liquid Diet

Juices (*)	Orange, Apple, Cranberry, or Grape.
Cereals (*)	Cream of Wheat
Soups (*)	Blended Chicken Noodle, Cream of Chicken, Cream of Mushroom or Cream of Tomato (Regular and Low Sodium)
Pudding (*)	Vanilla, Chocolate, Butterscotch or Tapioca
Yogurt (*)	Strawberry, Blueberry, Peach and Vanilla
Ice Cream (*)	Sugar Free: Vanilla, Chocolate or Strawberry
Gatorade G2	Orange, Fruit Punch or Grape
Sodas	Sierra Mist** or Ginger Ale** Sugar Free: Diet Lemon Lime
Milk (*)	Skim milk, 1% milk, 2% milk, Soy milk, Low Carb: almond milk
9 oz. Shakes (*)	Vanilla or Chocolate

BREAKFAST

Open 6:30 a.m. - 6:15 p.m.

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Entrées

Country Scramble (GF)	Regular eggs (HSF) or egg whites lightly scrambled with your choice of bell peppers, mushrooms, and scallions; topped with melted cheese (HSF) .
Build Your Own Omelet (GF)	Your choice of bell peppers, onions, mushrooms, tomatoes, and spinach Turkey bacon (HS/HSF) : bacon, or sausage; (HS) ham (HSF) : pepper jack, cheddar or swiss cheese.
Cinnamon Apple Crepes**	Apple slices baked with cinnamon, ginger, and dried cranberries, rolled inside two crepes topped with whipped cream and pecans.
Breakfast Bowl** (GF)	Hashbrowns topped with scrambled eggs (HSF) , or eggbeaters, cheddar cheese (HSF) , black beans and diced green chilies topped with red southwest chili sauce.
Southwest Hash * (GF)	Diced sweet potato, bell peppers, and green onions with one basted egg (HSF) or eggbeaters, topped with our homemade red southwest chili sauce.
French Toast (1 slice)	Dipped in a cinnamon egg batter and served with syrup on the side. (*/HS) : whole wheat, Texas toast or gluten free bread (**) : raisin bread

Regular Diet Only

Breakfast Burrito ** (HS/HSF)	A six-inch whole-wheat tortilla stuffed with scrambled eggs (HSF) , hashbrowns, cheddar cheese (HSF) , and diced green chilis; served with homemade southwest sauce, smothered or on the side.
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BREAKFAST SIDES

Open 6:30 a.m. - 6:15 p.m.

(*) = 15 Grams of Carbohydrates (HSF) = High Saturated Fat

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Sides

Silver Dollar Pancakes* One pancake of your choice: buttermilk, whole-wheat, blueberry, chocolate chip or sweet potato

Fruit * Seasonal fresh fruit cup or plate (**), 1/2 banana, canned peaches, mandarin oranges, apple sauce, tropical mix, pears or prunes (F).
Fruit available with cottage cheese (HS).

Bread & Grains One slice of your choice:
(*): whole-wheat, whole-wheat flour tortilla or gluten free bread (HS)
(**): sourdough (HS), english muffin (HS) raisin bread

Chobani Greek Yogurt* strawberry, blueberry, peach or vanilla

A La Carte Sides:

- Turkey Bacon
- Turkey Sausage (HS/HSF)
- Sausage Patty (1) (HS/HSF)
- Hash Browns (*)
- Scrambled Egg Whites
- Scrambled Egg Beaters

Regular & Low Sodium

Diets:

- Basted Egg (Steamed)(HSF)
- Eggs: Over Easy, Medium, Hard or Scrambled (HSF)

Regular Diets Only: (HS)

- Biscuit (**HSF)
- White Gravy
- Bacon (HSF)
- Sausage Patty (HSF)
- Ham Steak
- Cottage Cheese

Hot Cereal (*)

- Cream of Wheat
- Organic Steel Cut Oats (GF/F/*)

Cold Cereal (*)

- Corn Flakes
- Rice Krispies
- Cheerios Honey Nut (GF)
- Cheerios (GF)

Cold Cereal (**)

- Frosted Flakes
- Raisin Bran (F)
- Lucky Charms

Condiments by Request

- (*) Jelly – Strawberry, Blackberry, Grape, or Orange Marmalade
- Sugar Free Jelly – Grape or Mixed Fruit
- Peanut Butter
- Margarine
- Salsa (HS)
- Tabasco Sauce
- Cholula Sauce
- Ketchup
- Yellow Mustard
- Dijon Mustard
- Light Mayonnaise
- Avocado

Regular Diets Only (HSF)

- Butter
- Sour Cream

LUNCH/DINNER

Open 6:30 a.m. - 6:15 p.m.

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Entrées

Marinated Chicken Breast (GF)	Grilled Boneless, skinless breast of chicken marinated in our house-made brine.
Roasted Turkey (GF/HS)	Slow cooked turkey breast served with your choice of sides.
Meatloaf (GF)	Slow roasted, house-made 90% lean meat topped with gravy and served with your choice of sides.
Steak & Shrimp (GF/HSF/HS)	Grilled 4 oz. Sirloin steak topped with shrimp and finished with house-made lemon sauce with your choice of sides.
Salmon Filet (GF)	Fresh Atlantic salmon cooked to perfection and topped with fresh lemon.
Sole Filet Veracruz (GF/HSF)	Seared, lightly dusted filet of Sole fish; finished in the oven with plum tomatoes, assorted olives, and capers (HS).
Pasta Marinara ***	Linguini pasta with plain marinara or meat sauce, finished with parmesan cheese and garnished with parsley. Gluten free option available.
Lemon Pasta Chicken **	Linguini pasta topped with grilled chicken, sauteed mushrooms and tomatoes topped with lemon sauce. Gluten free option available.
Pizza Portobello (GF)	Grilled marinated portobello mushroom as a base, topped with sauteed zucchini, yellow squash in marinara sauce and melted mozzarella cheese.
Hamburger: Beef or Garden * (HS)	Served with your choice of fixings, cheddar (HSF), pepper jack (HSF) or swiss cheese (HSF) on a whole-wheat bun (**). Gluten free bun (***) option available.
Third Street Tacos (GF/HSF/***)	Two corn tortillas stuffed with your choice of chicken or beef, topped with a mix of kale and cabbage with a hint of cilantro and lime; garnished with (HS) salsa (HSF) cheddar cheese and sour cream.
Fruit, Meat, & Cheese Plate (HS/HSF/***)	Assorted seasonal fruit and cheeses (HSF), sliced turkey (HS) and roast beef (HS/HSF).

Sides

- (*) Mashed Potatoes
- (**) Baked Potato
- (*) Roasted Sweet Potato
- (*) Steamed Brown Rice
- (HS/*) Dinner Roll
- (HS/***) Macaroni & Cheese
- Steamed Broccoli
- Steamed Asparagus
- Sauteed Vegetables
- (* / F) Corn
- Sugar Snap Peas
- Haricot Green Beans
- (*) Seasonal Fruit Cup
- (*) Peaches
- (*) Mandarin Oranges
- (HS) Cottage Cheese
- Chicken or Beef Gravy
- Fresh Vegetable Plate

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Salad & Sandwich Entrées

Cobb Salad (GF/HS)	Diced turkey (HS) on romaine lettuce tossed with regular bacon (HS) or turkey bacon, with tomatoes and avocado on the side.
Chef Salad (GF)	Baby salad greens topped with diced turkey (HS) , tomato, and bell pepper (HSF) : cheddar cheese, sliced egg
Caesar Salad: Chicken or Salmon (GF)	Chopped romaine lettuce tossed with croutons and served with your choice of chicken or salmon. Dressing on the side.
Garden Side Salad (GF)	Mixed greens with cherry tomatoes and cucumber. Dressing on the side.
Tuna, Egg or Chicken Salad Sandwich (GF option)	Tuna salad, roasted chicken salad or egg salad with a garnish of fresh fruit and your choice of (*) low sodium saltine crackers, (HS/*) or saltine crackers, (HS/**) whole wheat or GF bread, (HS/****) sourdough bread
Build Your Own Sandwich: Toasted or Cold (GF option)	Your choice of red onion, lettuce, tomato, avocado, sautéed mushroom, turkey bacon, meatloaf (HS) : turkey, ham, (HSF) bacon, roast beef (HSF) : cheddar, pepper jack, provolone, or Swiss cheese (HS) : whole wheat (**) , sourdough (****) , or gluten free bread (***)
Peanut Butter & Jelly (GF option)	Creamy peanut butter smeared with your choice of jelly (*), grape, strawberry, blackberry or SF jelly on whole wheat (HS/**) , sourdough (HS/****) , or gluten free bread (GF/HS/***).

Condiments & Dressings (by request)

- Tabasco Sauce
- Cholula Sauce
- Ketchup
- Yellow Mustard
- Dijon Mustard
- Mayonnaise
- Oil & Vinegar
- Ranch Dressing **(HS/HSF)**
- Fat-Free Ranch Dressing
- Italian Dressing **(HS/HSF)**
- Caesar Dressing **(HSF)**
- Blue Cheese Dressing **(HSF)**
- Honey
- Lemon Wedges

Soups on the Side (*)

- Chicken Noodle: Low Sodium or Regular **(HS)**
- Cream of Tomato: Low Sodium or Regular **(HS)**
- Cream of Mushroom: Regular **(HS/HSF)**
- Vegetable: Regular **(HS)**
- Cream of Chicken **(HS/HSF)**

DRINKS/DESSERTS

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Beverages

Juices (*)	Orange, Cranberry, Apple, Grape, Pineapple, Prune, Low Sodium V8, Regular V8 (* /HS)
Sodas	Caffeinated Sodas (**): Pepsi, Dr. Pepper, Mountain Dew, Pepsi Zero, Diet Dr. Pepper Caffeine-Free Sodas (**): Mug Root Beer, Sierra Mist, Ginger Ale, Lemonade, Diet Lemon lime
Coffee	Fresh Brewed Regular Coffee or De-Caffeinated Coffee
Tea: Hot or Iced	Caffeinated Teas: Black, Green, English Tea-Time, Lemon Lift, Earl Grey Caffeine-Free Teas: Peppermint, Chamomile, De-Caffeinated Black
Gatorade G2	Orange, Fruit Punch or Grape
Hot Cocoa (*)	Regular or Sugar Free
Milk	(*) Skim Milk, 1% Milk, 2% Milk (HSF), Whole Milk (HSF), Soy Milk (**) Chocolate Milk, (Low Carb) Almond Milk.
9 oz. Shakes	(*) Vanilla, Strawberry, Chocolate (**) Strawberry Banana, Chocolate Peanut Butter
4 oz. Smoothies (*)	Ask your host for the flavor of the day.

Desserts

All Diets: Mediterranean and Diabetic diets are encouraged to
limit desserts to 1X per week

- Pudding (*): Vanilla, Chocolate, Butterscotch or Tapioca.
- Gelatin (*): Orange, Strawberry SF Options: Orange and Strawberry
- Popsicle (*): Grape, Orange or Cherry
- Fruit (*) – Please refer to our breakfast menu sides for your selection
- Sugar Free Ice Cream Cup (*): Vanilla, Strawberry and Chocolate

Regular Diets Only

- Cookies: Chocolate Chip, Oatmeal (**/HSF)
- Sugar Free Cookies (* /HSF): Chocolate Chip
- Gluten Free: Fudge Brownie (*** /HF), Snickerdoodle (**/HSF)
- Ice Cream Cup (**/HSF): Ben & Jerry – Cherry Garcia, Cookie Dough or Brownie Fudge
- Häagen Dazs Bar (**/HSF): Vanilla or Chocolate with Almond

Condiments by Request

- Sugar
- Splenda
- Equal
- Stevia
- Sugar in the Raw
- Honey
- Lemon Wedges
- Lemon Juice
- Creamer
- Half & Half