

Condiments

- Butter
- Barbeque sauce (½ carb)
- Brown sugar (1 carb)
- Cream cheese
- Dry coffee creamer
- Equal®
- Honey (1 carb)
- Hot sauce
- * Jelly (½ carb)
- Ketchup
- Lemon juice
- Margarine
- * Mayonnaise
- Miracle Whip®
- Mrs. Dash
- Mustard
- * Pancake syrup (1 carb)
- Parmesan cheese
- Peanut butter
- Pepper
- Pickle
- Salt
- Salsa
- * Sour cream
- ◆ Soy sauce
- Splenda®
- Sugar (1/2 carb)
- Tartar sauce

Key:

- carb = carbohydrate choice
(1 carb = 15 grams carbohydrate)
- ♥ Healthier choice
- ◆ Regular or low salt available
- * Regular / low calorie or fat-free are available

Clear Liquid Menu

- ◆ Chicken broth
- ◆ Beef broth
- ◆ Vegetarian broth

Apple juice (1 carb)
Grape juice (1 carb)

Cherry gelatin (diet, 0 carbs; reg 1 carb)

Coffee (regular or decaf)
Hot tea (regular or decaf)
Iced tea (decaf)
Equal®
Sugar packet (½ carb)

Full Liquid Menu

All of the above menu items, plus the following:

Pureed potato soup (1 carb)
Tomato soup (1 carb)
Cream of Wheat® (1 carb)
Oatmeal (1 carb)
Orange juice (1 carb)

Pudding (*vanilla or chocolate*) (diet, 1 carb; reg 2 carbs)
Vanilla ice cream (1 carb)
Chocolate ice cream (1 carb)
Rainbow sherbet (2 carbs)

Whole milk (1 carb)
2% milk (1 carb)
♥ Skim milk (1 carb)
2% chocolate milk (2 carbs)

MERCY

Room Service Dining

ROOM SERVICE MENU

Dial 4-4444

Mercy Medical Center – West Lakes is pleased to offer Room Service Dining for our patients. This dining program allows you to select meals from an expansive menu designed to make you feel as though you were at a favorite restaurant. You can order your meals any time between the hours of 6:30 a.m. – 6 p.m.

All food selections may not fit into your modified diet, but the room service operators will be able to assist you. Once you've made your selections, just call us at **4-4444**. We will deliver your meal to you within 60 minutes. Interpretation services are available. If calling for a patient from off campus, please dial 247-4253, option 4.

Suggested serving times

Breakfast

7 – 9:30 a.m.

Lunch

10:30 a.m. – 2 p.m.

Dinner

4:30 – 6 p.m.

Requests taken between

6:30 a.m. – 6 p.m.



A member of Mercy Health Network

Breakfast entrées

Breakfast available all day

- Cinnamon French toast (2) (2 carbs)
- ♥ Pancakes (2) (2 carbs)
- Scrambled eggs
- Breakfast sandwich (*biscuit, scrambled egg, cheese and sausage*) (2 carbs)
- Cold hard-boiled egg
- ♥ Low cholesterol scrambled eggs

Breakfast accompaniments

- Hash browns (1 carb)
- Link sausage (2)
- Bacon (2)
- *♥ Regular blueberry yogurt (2 carbs)
- *♥ Diet lemon yogurt (1 carb)

Cereals

- ♥ Oatmeal (1 carb)
- ♥ Cream of Wheat® (1 carb)
- ♥ Rice Krispies® (1 carb)
- ♥ Cheerios® (1 carb)
- ♥ Special K® (1 carb)
- ♥ Corn Flakes® (1 carb)
- ♥ Complete Bran Flakes® (1 ½ carbs)
- Frosted Flakes® (2 carbs)

Breakfast bakery

- ♥ Blueberry muffin (2 carbs)
- ♥ Mini bagel (1 carb)
- Plain cake donut (1 carb)

♥ Fruit

- Banana (2 carbs)
- Apple (1 carb)
- Fresh fruit cup (1 carb)
- Canned pears (1 carb)

♥ Juices

- Apple juice (1 carb)
- Orange juice (1 carb)
- Cranberry juice (1 carb)
- ♦ V-8 juice
- Prune juice (1 carb)

Lunch and dinner entrées

Daily feature

Sunday

- Lunch:** ♥ Oven-baked fried chicken served with mashed potatoes (1 carb) and green beans
- Dinner:** Hot roast beef sandwich (2 carbs) served with carrots

Monday

- Lunch:** ♥ Pasta (2 carbs) with meat sauce served with green beans and bread stick (1 carb)
- Dinner:** Hot turkey sandwich (2 carbs) served with vegetable medley

Tuesday

- Lunch:** Savory roast beef served with baked potato (1 carb) and vegetable medley
- Dinner:** ♥ Chicken stir fry served with rice (1 carb) and oriental-style vegetables

Wednesday

- Lunch:** ♥ Grilled turkey burger on bun (2 carbs) served with coleslaw (1 carb)
- Dinner:** Home-style meatloaf served with mashed potatoes (1 carb) and green beans

Thursday

- Lunch:** ♥ Roast turkey served with mashed potatoes (1 carb) and carrots
- Dinner:** Fettuccini alfredo (2 ½ carbs) with chicken, served with dinner salad and your dressing choice

Friday

- Lunch:** ♥ Baked white fish filet served with rice (1 carb) and vegetable medley
- Dinner:** Savory roast beef served with steak fries (1 carb) and green beans

Saturday

- Lunch:** ♥ Chicken Caesar wrap (2 carbs) served with fruit cup (1 carb)
- Dinner:** Beef and noodles (2 carbs) served with vegetable medley

Always available

- Hamburger or cheeseburger (2 carbs)
- ♥ Grilled chicken breast on bun (2 carbs)
- Grilled cheese (2 carbs)
- Fish sandwich (3 carbs)
- ♥ Garden vegetable burger (2 carbs)
- Three cheese pizza (3 carbs)
- Pepperoni pizza (3 carbs)
- ♥ Cottage cheese and fresh fruit plate (small, 1 ½ carbs; large 3 carbs)
- ♥ Heart healthy chef salad

Vegetables and sides

- Mashed potatoes/gravy (optional) (1 carb)
- ♥ Baked potato (1 carb)
- ♥ White rice (1 carb)
- Ranch steak fries (1 carb)
- Macaroni and cheese (1 carb)
- ♥ Vegetable medley (broccoli, cauliflower, carrots)
- ♥ Carrots
- ♥ Green beans

Make your own sandwich

- ♥ Turkey
- ♥ Roast beef
- Ham
- American cheese
- ♥ Mozzarella cheese
- Swiss cheese
- ♥ Lettuce
- ♥ Tomato
- ♥ Onion

Bread choices:

- ♥ Wheat bread (1 carb)
- White bread (1 carb)
- ♥ Multigrain bread (1 carb)
- Marble rye (1 carb)
- Dinner roll (1 carb)
- Wrap (plain, tomato and basil or spinach-herb) (2 carbs)

Other Sides

- Potato chips (1 carb)
- ♥ Baked potato chips (1 carb)
- ♥ Dinner salad

Dressings

- Diet French (1 carb)
- * Ranch *(diet, ½ carb; or reg)
- *♥ Italian

Soups

- ♦ Cream of tomato (1 carb)
- ♦ Home-style chicken noodle (1 carb)
- ♦♥ Homemade vegetable beef (1 carb)
- ♦ Broth (beef, chicken, vegetarian)
- ♦♥ Crackers (3 pkgs) (1 carb)

Desserts

- ♥ Angel food cake (1 carb)
- Chocolate ice cream (1 carb)
- Vanilla ice cream (1 carb)
- ♥ Rainbow sherbet (2 carbs)
- Rice Krispie® bar (1 carb)
- Chocolate chip cookie (1 carb)
- Sugar cookie (1 carb)
- ♥ Vanilla wafers (1 carb)
- * Chocolate pudding (diet, 1 carb; reg, 2 carbs)
- * Vanilla pudding (diet, 1 carb; reg, 2 carbs)
- Tapioca pudding (2 carbs)

Beverages

- Whole milk (1 carb)
- 2% milk (1 carb)
- ♥ Skim milk (1 carb)
- 2% chocolate milk (2 carbs)
- Non-dairy creamer
- Hot cocoa (diet, 1 carb; reg, 2 carbs)
- Coffee (regular or decaf)
- Iced tea (decaf)
- Hot tea (regular or decaf)
- Green tea
- Herbal tea

Key: carb = carbohydrate choice
(1 carb = 15 grams carbohydrate)

- ♥ Healthier choice
- ♦ Regular or low salt available
- * Regular / low calorie or fat-free are available