**HOUSE FAVORITES**

**Dinner**
- **Open-Face Hot Turkey Sandwich on Bread with Gravy** (52g)
  - Oven roasted slices of savory turkey breast placed on top of a slice of white bread covered in turkey gravy. Served with a side of mashed potatoes and corn

- **Apple Pie** (56g)
  - Timeless treat featuring a variety of Golden, Jonathan, and Idar red apples with a hint of cinnamon and sugar

- **Rooftop Turkey Breast with Gravy** (16g)
  - Oven roasted slices of savory turkey breast with gravy served with a side of mashed potatoes and corn

- **Baked Cod with Tomato Basil Bruschetta** (16g)
  - Five-ounce wild caught Pacific Cod loin topped with fresh tomatoes and basil served with brown rice and sauteed seasonal vegetables (Plains cod available)

- **Cheeseburger** (12g)
  - House-made, rich chocolate cookie dusted

- **Baked Penne with Turkey Meatballs** (17g)
  - Whole grain penne pasta and hearty marinara sauce with house-made Italian turkey meatballs served with seasonal mixed greens and a cheesy garlic breadstick (Available without meatballs)

- **House-Made Wisconsin Macaroni & Cheese** (60g)
  - Delicious comfort food! We blend four types of cheese to create a creamy and delicious dish. Served with a side of seasonal mixed greens and fresh fruit

- **Sides Available:** Seasonal mixed greens, green beans w/lemon vinaigrette, vegetable of the day, honey glazed carrots, steamed corn, mashed potatoes, baked potato, brown rice, raw veggie trio w/hummus, seasonal fruit, or coleslaw

**Desserts**

- **Ice Cream** (16g) or **Pudding Cup** (13-26g)
  - Refreshing 4-ounce cup of vanilla or chocolate ice cream or pudding cup (Sugar-free options available)

- **Oatmeal Raisin Cookie** (17g)
  - Hearty and all natural oatmeal blended with lots of plump raisins and delicious spices

- **Brenda’s Chocolate Crinkle Cookie** (22g)
  - House-made, rich chocolate cookie dusted with a soft layer of powdered sugar

- **Vanilla Wafers** (17g)
  - Round, thin and light wafers with a sweet vanilla flavor

- **Gelatin** (Varies)
  - Your choice of orange or red gelatin, available with or without fruit (Sugar-free options available)

**SNACKS**

- **Raw veggies with hummus** (9g)
- **Cottage cheese with fruit** (Varies)
- **String cheese** (1g)
- **Trail mix** (26g)
- **Yogurt** (Yoplait, Dannon, or Greek) (13-25g)
- **Crackers** (Saltines, Ritz, or Graham crackers) (5-16g)
- **Chips** (Potato chips or Pretzels) (15-26g)
- **Special K protein bar** (Chocolate peanut butter or strawberry) (23g)
- **White cheddar popcorn** (9g)

**SIDE SUBSTITUTIONS AVAILABLE**

**BEVERAGES**

- **Choose From:** Coke or Pepsi products, Regular, Soy, or Almond milk; Variety of juices, V-8, Unsweetened Iced Tea, Lemonade, Light lemonade, PowerAde, Tazo tea, Columbian coffee, or Hot cocoa

- **Ensure Enlive** (chocolate, vanilla, or strawberry) (45g), (Glucerna Shake chocolate) (23g), or Apple Ensure Clear (43g)

- **Questions?** We’re happy to help. Dial 78888.

- **We wish you the very best health.**

**Room service available, 6:30 a.m. to 7:00 p.m.**

**Desserts**

- **Apple Pie** (56g)
  - Timeless treat featuring a variety of Golden, Jonathan, and Idar red apples with a hint of cinnamon and sugar

- **Chocolate Cake** (41g)
  - Layers of rich chocolate with a marbled white and dark chocolate frosting

- **Brownie** (58g)
  - Double chocolate treat! Rich chocolate brownie with chocolate icing

- **Chocolate Peanut Butter Krispie Bar** (74g)
  - Crunchy peanut butter lovers! Krissy rice cereal mixed with peanut butter and topped with chocolate frosting

- **Angel Food Cake** (17g)
  - Light and sweet. Add mixed berry blend as topping

**Ice Cream** (16g) or **Pudding Cup** (13-26g)

- Refreshing 4-ounce cup of vanilla or chocolate ice cream or pudding cup (Sugar-free options available)

**Oatmeal Raisin Cookie** (17g)

- Hearty and all natural oatmeal blended with lots of plump raisins and delicious spices

**Brenda’s Chocolate Crinkle Cookie** (22g)

- House-made, rich chocolate cookie dusted with a soft layer of powdered sugar

**Vanilla Wafers** (17g)

- Round, thin and light wafers with a sweet vanilla flavor

**Gelatin** (Varies)

- Your choice of orange or red gelatin, available with or without fruit (Sugar-free options available)

**Sides Available:** Sautéed seasonal vegetable, seasonal mixed greens, green beans w/lemon vinaigrette, vegetable of the day, honey glazed carrots, steamed corn, mashed potatoes, baked potato, brown rice, raw veggie trio w/hummus, seasonal fruit, or coleslaw

**The Doctor Has Ordered Your Diet. Now What?**

- **Patients Who Have Diabetes:**
  - A menu with carbohydrate information is available upon request.
  - 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 bracketed number after each food item shows how many grams of carbohydrate are in that item. When placing your order, choose within the range allowed for each meal. Our Room Service Specialist will assist you in this process.

- If you have any questions about your diet or would like to learn more about healthy eating with diabetes please ask to see a dietitian. This table suggests the number of carbohydrate grams to choose at each meal.

**Breakfast, Lunch & Dinner**

**Dial 78888**

** unityPoint Health – Meriter is pleased to offer an expansive Room Service Menu offering a wide variety of healthy fresh meals. We hope you enjoy your dining experience.**

**Please leave the menu in the room**
**BREAKFAST** Served all day

**Healthy Start (Varies)**
Your choice of cold breakfast cereal including Corn Flakes, Cheerios, Low fat granola, Raisin Bran, Rice Krisps, or Kashi varieties. Served with low fat milk and a fresh fruit cup

**Two Eggs and Toast (28g)**
Two eggs, cooked your way, with choice of toast

**Oatmeal (20-28g)**
Whole rolled oats served with brown sugar or Splenda. Add topping of mixed berries, dried fruit, cinnamon, and/or walnuts (Substitute oatmeal with Cream of Wheat or Grits)

**Denver Breakfast Scrambler (13-16g)**
Eggs scrambled with ham, peppers, onions, and mozzarella cheese. Add breakfast potatoes, toast, or your choice of fruit

**Greek Breakfast Scrambler (13-16g)**
Eggs scrambled with spinach, tomatoes, and feta cheese. Add breakfast potatoes, toast, or your choice of fruit

**Greek or Yoplait Yogurt (13-31g)**
Tazo teas, Columbian coffee, hot cocoa, a variety of juices, and milk. (Decaf and sugar-free beverages available)

**Oatmeal (28g)**
Whole rolled oats served with brown sugar or Splenda. Add topping of mixed berries, dried fruit, cinnamon, and/or walnuts (Substitute oatmeal with Cream of Wheat or Grits)

**Additional Sandwich Toppings:** Lettuce, tomatoes, red onion, black olives, or pickles

**Cheeses Available:** Cheddar, swiss, mozzarella, or american

**Breads Available:** White, whole wheat, sub roll, croissant, flour tortilla wrap, or corn tortilla

**Available Condiments**
Please ask for your favorite condiments

**Actual carbohydrate amount will vary based on menu selection. Please refer to your room service ticket for accurate number of carbohydrate grams.**

**Sandwich Shop**
(Sandwiches served with your choice of mixed greens, fresh fruit, soup, Quinoa and broccoli salad, french fries, chips and salsa, coleslaw, seasonal sautéed veggies, or raw veggie trio with hummus, or chips)

**Roast Beef (28g)**
All natural, lower sodium roast beef with cheddar cheese, leaf lettuce, and tomato. Served on your choice of bread

▲ **Classic Ham and Cheese (28g)**
Thickly sliced ham with your choice of cheese and bread

**Anchor’s Away Tuna Salad (28g)**
Premium tuna mixed with red onions, celery, mayonnaise and fresh dill, leaf lettuce and tomato. Served on your choice of bread

**Italian Turkey Meatball Sub (30g)**
House-made Italian turkey meatballs topped with hearty marinara sauce and mozzarella cheese on a toasted sub roll

▲ **Classic Egg Salad (28g)**
Hard boiled eggs, celery, red onion. Served on your choice of bread

**From the Grill**
(Sandwiches served with your choice of mixed greens, fresh fruit, soup, Quinoa and broccoli salad, french fries, chips and salsa, coleslaw, seasonal sautéed veggies, or raw veggie trio with hummus, or chips)

▲ **Chicken Tenders (24g)**
Three classic chicken tenders served with your choice of BBQ, Honey Mustard, or Sweet and Sour dipping sauces

**Classic Beef Burger (26g)**
Four–ounces of choice beef served with tomato, lettuce, and red onion on a toasted white or wheat bun

**Mushroom Swiss Burger (29g)**
Four–ounces of choice beef topped with sautéed mushrooms and Wisconsin swiss cheese

**Dan’s Burger (26g)**
Four–ounces of choice beef grilled to perfection, topped with bacon and Wisconsin cheddar cheese served with lettuce and tomato on a toasted bun

**Wisconsin Grilled Cheese (28g)**
Your choice of Wisconsin cheese on white or whole wheat bread grilled to perfection

**Grilled Chicken Breast Sandwich (45g)**
Grilled chicken topped with lettuce and tomato served on a fresh pretzel roll (Vegan Chik’n Patty available)

**Italian Turkey Burger (26g)**
House-made Italian–seasoned turkey burger topped with Wisconsin mozzarella cheese, lettuce, and tomato served on a wheat or white roll

**Bucky’s BLT (28g)**
Bacon, lettuce, and tomato (need we say more?) on white or whole wheat bread

▲ **Grilled Ham and Cheese (28g)**
Thin slices of all natural smoked ham with your choice of cheese on white or wheat bread

▲ **Fish Sandwich (50g)**
Lightly breaded and fried cod served with or without cheese on a toasted white or wheat bun

**Total Grams of Carbohydrate** Actual carbohydrate amount will vary based on menu selection. Please refer to your room service ticket for accurate number of carbohydrate grams.