House Favorites

Daily Chef's Choice (Varies)
Inquire when placing your Room Service order

Rosemary Roasted Chicken Breast (18g)
Five-ounce chicken breast seasoned with a rosemary herb blend served with sautéed seasonal vegetables and brown rice (Plain chicken available)

Roast Turkey Breast with Gravy (36g)
Oven roasted slices of savory turkey breast with gravy served with a side of mashed potatoes and corn

Baked Cod with Tomato Basil Bruschetta (18g)
Five-ounce wild caught Pacific Cod loin topped with fresh tomatoes and basil served with brown rice and sautéed seasonal vegetables (Plain cod available)

Ginger Sesame Salmon (25g)
Five-ounce Norwegian Atlantic Salmon filet seasoned with a light ginger sesame glaze served with seasonal mixed greens and baked potato (Plain salmon available)

Sides Available: Sautéed seasonal vegetable, seasonal mixed greens, green beans w/lime 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


Italian Penne Pasta with Turkey Meatballs (74g)
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)

Open-Face Hot Turkey Sandwich on Bread with Gravy (50g)
Oven roasted slices of savory turkey breast placed on top of a slice of whole wheat bread covered in turkey gravy. Served with a side of mashed potatoes and corn

Sliced Pork Loin with Gravy (61g)
Four-ounces of lean sliced pork loin with gravy. Served with applesauce and a side of our house-made macaroni and cheese

Beef Stroganoff with Egg Noodles (29g)
Beef sirloin strips in a house-made sauce of mushrooms, onions, and garlic, served on a bed of egg noodles with our signature green beans with lemon vinaigrette

Burrito or Burrito Bowl (Varies)
(a burrito bowl does not include a flour tortilla)
Choose seasoned ground beef, grilled chicken strips, or veggie burger crumbles, topped with your choice of black beans, shredded cheese, red onions, tomatoes, black olives, sour cream, and/or mild salsa. Served with chips and salsa


DESSERTS

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

Fruit Sorbet (10g)
Delicious orange flavor. Cool, sweet and sugar-free

Sherbet Cup (24g)
Cool and refreshing 4 ounce cup of orange or raspberry sherbet

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

Pudding Cup (13-26g)
Refreshing 4 ounce cup of vanilla or chocolate pudding (Sugar-free available)

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 (9g)
Trail mix (25g)
Yogurt (Yoplait, Dannon, or Greek) (13-25g)
Crackers (Sultines, Ritz, or Graham crackers) (5-16g)
Chips (Potato chips or Pretzels) (15-25g)
Special K protein bar (Chocolate peanut butter or strawberry) (23g)
White cheddar popcorn (9g)

(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


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 teas, Columbian coffee, or Hot cocoa


NUTRITION DRINKS

Ensure Enlive (chocolate, vanilla, or strawberry) (45g), (Glucerna Shake chocolate) (253g), or Apple Ensure Clear (43g)


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.


Questions?
We’re happy to help. Dial 78888. We wish you the very best health.

Breakfast, Lunch & Dinner Menu

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

Room Service available
6:30 a.m. to 7:00 p.m.

The Doctor Has Ordered Your Diet.
Now What?

• To place an order, please dial 78888 from your hospital room telephone to order your selections from this menu or, if you prefer, daily Chef’s choice.
• When you call, you will be connected to a Room Service Specialist, who will help you place your order.
• Your meal will be specially prepared and delivered to your room within 45 minutes.
• Meals consist of one entrée, two sides, a beverage, and a dessert/fruit.
• Family and guests may also order room service. Each meal is $8.00 per guest, per meal. Payment by cash, check and credit cards accepted.
• Room service is available 6:30 a.m. – 7:00 p.m.

Diet Order with Grams of Carbohydrate

<table>
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<tr>
<th>Carbohydrate Grams per Meal</th>
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<tbody>
<tr>
<td>180g carb-controlled</td>
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<tr>
<td>225g carb-controlled</td>
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<tr>
<td>255g carb-controlled</td>
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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 (50-38g)
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)

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

Pancake Stack, French Toast, or Belgian Waffle (28-51g)
Served with your choice of fruit

Good Morning Breakfast Taco (23-30g)
One egg, turkey sausage, tomatoes, mozzarella cheese wrapped in a flour or corn tortilla served with your choice of fruit

BREAKFAST a La CARTE

Greek or Yoplait Yogurt (13-31g)
Fresh Fruit Cup (8g)
Fruit on the Side (15-30g)
Bananas, apples, oranges, grapes, pineapple, Mandarin oranges, apple sauce, canned pears or canned peaches

1 Egg Cooked Your Way (9g)
Petite Blueberry or Bran Muffin (17-21g)
Turkey Sausage Patty (9g)

Park Street Breakfast Sandwich (20g)
One egg, turkey sausage and cheddar jack cheese on a toasted English muffin

Protein Platter (28g)
Greek yogurt, hard-boiled egg, cheese, and fruit of your choice

Yogurt Parfait (36g)
Layers of low-fat vanilla yogurt and mixed berries served with or without granola

Mixed Berry Smoothie (28g)
Healthy Start

Served all day

LUNCH AND DINNER Served from 11:30 am - 7:00 pm

SOUPS
Soup of the Day (Varies)
Inquire when placing your Room Service order

Chicken Noodle (13g)
An all-time favorite! Classic blend of noodles, white meat chicken, onions, carrots, and celery in a home style broth

Tomato (15g)
A traditional classic favorite

SALADS
Classic Caesar Salad (Varies)
Chopped romaine lettuce, parmesan cheese, and croutons garnished with a lemon wedge. Served with classic or light Caesar dressing on the side. Add a grilled chicken breast or Norwegian Atlantic Salmon filet

Mandarin Chicken Salad (Varies)
Sprin mix greens topped with Edamame, Mandarin oranges, walnuts, and grape tomatoes. Add a grilled chicken breast, or Norwegian Atlantic Salmon filet, or Asian marinated tofu

Skinny Taco Salad (Varies)
Choice of seasoned ground beef, grilled chicken strips, or veggie burger crumbles with lettuce blend, black beans, shreaded cheddar cheese, and tomatoes. Additional Optional Toppings Include: Red onions, sour cream, black olives, and mild salsas

Salad Wrap (35g)
Choose any of the above salads and have it wrapped in a flour tortilla

Available Dressings
Lite French, Lite Caesar, Lite Ranch, Raspberry Vinaigrette, Golden Italian, Vinegar and Oil

SANDBWICH SHOP
(Sandwiches served with your choice of mixed greens, fresh fruit, soup, Quinoa and broccoli salad, 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

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 (20g)
House-made Italian turkey meatballs topped with hearty marinara sauce and mozzarella cheese on a toasted sub roll

Health Nut Turkey (28g)
All natural, lower sodium turkey meat with leaf lettuce, and tomato. Served on whole wheat bread

Additional Sandwich Toppings: Lettuce, tomatoes, red onion, black olives, or pickles
Cheeses Available: Swiss or mozzarella
Breads Available: White, whole wheat, sub roll, flour tortilla wrap, or corn tortilla

FROM THE GRILL
(Sandwiches served with your choice of mixed greens, fresh fruit, soup, Quinoa and broccoli salad, chips and salsa, coleslaw, seasonal sautéed veggies, or raw veggie trio with hummus, or chips)

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

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

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

• 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

• Garden Veggie Burger (41g)
Grilled all veggie patty topped with lettuce and tomato on a white or wheat bun

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