

# Desserts

## CAKE

♥ Angel Food • Chocolate • Carrot

## PIE

Fruit Pie • Cream Pie • ♥ Homemade Fruit Crisp

## ICE CREAM

♥ Vanilla • Chocolate • Strawberry  
♥ Orange Sherbet • ♥ Raspberry Sherbet  
♥ Strawberry Sorbet • ♥ Orange Sorbet

## COOKIES

♥ Vanilla Wafers • Chocolate Chip • Oatmeal Raisin  
Sugar Free Creme Filled

## ♥ PUDDING AND GELATIN

Vanilla • Chocolate • Tapioca • Custard • Gelatin



# Beverages

## ♥ JUICE

Apple • Orange • Cranberry • Prune  
Low-cal Cranberry • Grape • V8

## ♥ COFFEE

Regular • Decaf

## ♥ TEA

Hot • Hot Decaf • Herbal • Iced

## MILK

Ask about available selection.

## ♥ HOT COCOA

Regular • No Sugar Added

## MILKSHAKES

Vanilla • Chocolate • Strawberry

## SODA

Cola • Diet Cola • Lemon Lime  
Diet Lemon Lime • Ginger Ale  
Root Beer

## NUTRITIONAL SUPPLEMENTS

Ensure Plus® • Glucerna Shake®  
Clear Fortified Fruit Beverage



# ROOM SERVICE DINING MENU

**Hours of Service:**  
7:00 a.m. to  
6:30 p.m.

**Please allow up  
to 45 minutes  
for delivery**

Some items may not be appropriate for your diet. Please allow us to help you select.

To place your order dial

# MENU (6368)

## Welcome to Room Service — an innovative concept in patient meal service

Dear Patient,

Room Service provides you with the flexibility to order your meals when you are ready. Simply dial **MENU (6368)** from the phone in your room anytime from 7:00 a.m. to 6:30 p.m. Your family may also order meals for you from home by dialing (509) 252-MENU (252-6368). Our staff is trained to take your order, answer questions and suggest alternatives to items that may not be permitted on the diet your doctor has ordered for your recovery. All your food is made fresh to order and is delivered within 45 minutes. If you are diabetic, please notify your nurse when you order, so you can receive your medication/blood glucose test. Please notify your nurse if you need assistance with your tray.

### Guest Meals

Guests are welcome in our Café daily. Or, if they prefer, they may join you in your room by ordering a Guest Meal for a nominal charge of \$7.00 for one meal. A Guest Meal Voucher may be purchased in the Café and must be presented when your meal is delivered.

Patient satisfaction is our highest priority. Please let us know if there is anything we can do to make your stay more comfortable.

For our guests and visitors -

### Take Five Hours:

Monday – Friday  
6:30 a.m. - 7:30 p.m.

### Cafe Fresca Hours:

Monday – Friday  
6:00 a.m. - 9:00 p.m.

Weekends and Holidays  
6:30 a.m. - 6:00 p.m.



# Breakfast

## BREAKFAST ENTRÉES

**BELGIAN WAFFLE** — Plain or with strawberries and whipped topping.

♥ **FRENCH TOAST** — Thick sliced bread dipped in egg batter and grilled golden brown.

**SCRAMBLED "OMELET"** — Scrambled eggs with your choice of up to three fillings: Cheese • Ham • Mushrooms • Onions • Green Peppers

♥ **PANCAKES** — Buttermilk or Blueberry.

**BISCUITS AND SAUSAGE GRAVY** — Flaky buttermilk biscuits topped with a creamy country sausage gravy.

♥ **MEXICAN BREAKFAST BURRITO** — Scrambled eggs, cheddar cheese, refried beans and diced tomatoes wrapped in a tortilla. Served with sour cream and picante sauce.

## SIDES

Scrambled Eggs • Chilled Hard Boiled Eggs`

♥ Low Cholesterol Scrambled Eggs • Bacon • Sausage • Ham Breakfast Potatoes • ♥ Yogurt • String Cheese

## ♥ CEREALS

Oatmeal • Cream of Wheat • Rice Krispies • Granola Corn Flakes • Bran Flakes • Raisin Bran • Special K • Frosted Flakes • Cheerios

## BAKERY

♥ Plain Bagel • Buttermilk Biscuit • ♥ English Muffin

♥ Toast (white, wheat or raisin)

♥ Muffin (blueberry or bran)

## ♥ FRESH AND PREPARED FRUIT

Apple • Orange • Banana • Fruit Cup • Fruit Cocktail • Applesauce Canned Pears • Canned Peaches



# Entrées • Sides

## ♥ ENTRÉES

**MEATLOAF** — Our homemade meatloaf topped with brown gravy.

**CHICKEN MILANO** — Spaghetti tossed with grilled chicken breast, sun dried tomatoes, mushrooms, basil, garlic and parmesan cheese. Served with garlic bread. May be prepared vegetarian upon request.

**ROAST TURKEY BREAST** — Roasted turkey cutlets served with apricot-pecan dressing and gravy.

**CREATE YOUR OWN PASTA** — Spaghetti or cheese tortellini with your choice of marinara or meat sauce. Served with garlic bread.

**CHICKEN KIEV** — Baked garlic and herb chicken breast.

**ROSEMARY CHICKEN** — Rosemary marinated grilled chicken breast.

**COUNTRY FRIED STEAK** — Lightly breaded beefsteak served with country sausage cream gravy.

**ASIAN STIR FRY** — Stir fried vegetables with your choice of chicken or tofu served over rice.

**CHICKEN FAJITAS** — Soft flour tortillas with lightly seasoned grilled chicken breast, onions and pepper strips. Served with cheddar cheese, sour cream and picante sauce.

**GRILLED SALMON WITH MANGO AND ROASTED CORN SALSA** — Char broiled salmon filet served with a mango, red pepper and roasted corn salsa.

**BAKED COD** — Cod baked in lemon butter, white wine and garlic.

**MACARONI AND CHEESE** — Macaroni and cheddar cheese sauce baked with a crumb topping.

**HERB DIJON PORK TENDERLOIN** — Grilled fresh herb and Dijon mustard rubbed pork tenderloin.



## SIDES

♥ Broccoli • ♥ Carrots • ♥ Winter Squash • ♥ Peas • ♥ Yellow Squash

♥ Corn ♥ Zucchini • ♥ Green Beans • ♥ Beets • ♥ Whipped Potatoes

♥ Vegetable Medley ♥ Steamed Red Potatoes • French Fries

♥ Refried Beans • ♥ Pasta

♥ Apricot Pecan Cornbread Dressing • ♥ White Rice • ♥ Brown Rice

♥ French Bread • Garlic Bread • ♥ Dinner Rolls

♥ **Indicates a Healthy Variation is Available**

# Sandwiches • Salads • Soups

## SOUPS

Chef's Soup of the Day (for general diets only) ♥ Tomato • ♥ Chicken Noodle ♥ Vegetable • ♥ Clear Broth • ♥ Cream of Mushroom

## SPECIALTY SANDWICHES AND SALADS

**CLASSIC CLUB SANDWICH** — Turkey breast, bacon, lettuce and tomato on toasted bread.

♥ **CHICKEN CAESAR WRAP** — Sliced chicken breast, romaine lettuce, Caesar dressing and parmesan cheese in an herb seasoned wrap.

♥ **MEATLOAF SANDWICH** — Our homemade meatloaf served hot on a whole wheat bun topped with brown gravy.

♥ **OPEN FACE HOT TURKEY SANDWICH** — Grilled turkey breast served open face on sliced white bread with turkey gravy.

♥ **CHEF'S SALAD** — All time classic – strips of turkey breast and ham on a bed of lettuce, topped with cheese, cucumbers, tomatoes, hard boiled eggs and croutons. Smaller portion available.

♥ **GRILLED CHICKEN CAESAR SALAD** — Romaine lettuce, parmesan cheese and croutons tossed with our homemade Caesar dressing topped with grilled chicken breast. Smaller portion available.

♥ **FRUIT AND COTTAGE CHEESE** — A variety of fruit with cottage cheese.

♥ **GARDEN SALAD** — Fresh garden greens served with your choice of dressing.

♥ **FRESH VEGETABLE PLATE** — An assortment of fresh seasonal vegetables.

**BACON, LETTUCE, AND TOMATO SANDWICH** — Crisp bacon, lettuce and sliced tomatoes on toasted bread.

## FROM THE GRILL

♥ Rosemary Chicken Breast Sandwich • Vegetarian Spring Rolls Fish Sandwich • Vegetarian Burger • ♥ Turkey Burger • ♥ Hamburger Hot Dog • ♥ Grilled Cheese • Fish and Chips • ♥ Cheeseburger ♥ Cheese Quesadilla • Chicken Strips • ♥ Pizza

## BUILD YOUR OWN DELI SANDWICH

**MEATS** — ♥ Turkey • Ham • ♥ Roast Beef • Genoa Salami • ♥ Chicken Salad • Egg Salad • ♥ Tuna Salad • ♥ Peanut Butter • ♥ Jelly ♥ Cold Meatloaf

**CHEESES** — ♥ Cheddar • Swiss • Provolone • American

♥ **BREADS** — Old Fashioned White • Whole Wheat • Caraway Rye French Roll • Whole Wheat Bun

**EXTRAS** — Lettuce • Tomato • Red Onion • Dill Pickle Chips

## FINISHING TOUCHES

Dill Pickle Spear • French Fries • ♥ Potato Salad • ♥ Cole Slaw Potato Chips • Baked Potato Chips