

Breakfast

CEREAL

- Oatmeal ♥ (1)
- Cream of Wheat ♥ (1)
- Cheerios ♥ (1)
- Corn Flakes ♥ (1)
- Frosted Flakes ♥ (2)
- Bran Flakes ♥ (1)
- Raisin Bran ♥ (2)
- Cinnamon ♥
- Raisins ♥ (1)
- Brown Sugar (1) or Splenda Brown

HOT BREAKFAST ENTREES

- Two Eggs, any style
- French Toast ♥ (1-2)
- Two Low Cholesterol Scrambled eggs ♥
- Two Buttermilk Pancakes (1-2) ♥



THE OMELET STATION

Choose from the following:

- Cheese ♥
- Veggie ♥
- Ham & Cheese



ON THE SIDE

- 2 Bacon Strips
- 1 Turkey Sausage Link ♥
- Home Fried Potatoes ♥ (1)

BREAKFAST BAKERY

- English Muffin ♥ (2)
- Blueberry Muffin (1) ♥
- Danish (2)
- Bagel ♥ (2)
- Multi-Grain Toast or White Toast ♥ (1)

FRUITS & YOGURT

- Fresh Cut Fruit Cup ♥ (1)
- Banana ♥ (2)
- Apple ♥ (1)
- Orange ♥ (1)
- Fresh Fruit in Season ♥ (1-2)
- Lite Strawberry Yogurt ♥ (1)
- Vanilla Yogurt ♥ (1)



- Chilled Peaches ♥ (1)
- Chilled Pears ♥ (1)
- Chilled Mandarin Oranges ♥ (1)
- Applesauce ♥ (1)

BEVERAGES

- 2% Milk (1)
- Skim Milk ♥ (1)
- Low Fat Choc. Milk ♥ (2)
- Apple Juice ♥ (1)
- Cranberry Juice ♥ (1)
- Orange Juice ♥ (1)
- Prune Juice ♥ (1 1/2)
- Iced Tea ♥
- Decaf Iced Tea ♥
- Hot Tea ♥ (1)
- Decaf Hot Tea ♥
- Coffee ♥
- Decaf Coffee
- Hot Chocolate ♥ (2)
- Sugar Free Hot Chocolate ♥ (1)
- Pepsi ♥ (3)
- Diet Pepsi ♥
- Sierra Mist ♥ (2)
- Diet Sierra Mist ♥
- Ginger Ale ♥ (2)

CONDIMENTS

- Salt
- Pepper ♥
- Mrs. Dash ♥
- Ketchup
- Mustard ♥
- Mayonnaise-Lite ♥
- Miracle Whip -Lite ♥
- Smart Balance ♥
- Sour Cream-Lite
- Parmesan Cheese
- Syrup ♥ (2)
- Diet Syrup ♥
- Barbecue Sauce
- Cranberry Sauce ♥ (1)
- Tartar Sauce
- Salsa
- Peanut Butter
- Jelly ♥
- Raisins ♥ (1)
- Graham Crackers (1)
- Saltines ♥
- Salt Free Crackers ♥
- Sugar ♥
- Brown Sugar ♥ (1)
- Splenda ♥
- Lemon Wedge ♥
- Lemon Juice ♥
- Non-Dairy Creamer

CLEAR LIQUID

- Chicken Broth ♥
- Beef Broth ♥
- Vegetable Broth ♥
- Popsicle ♥ (1)
- Sugar Free Gelatin (Orange or Berry) ♥
- Gelatin (Orange or Berry) ♥ (1)
- All Coffee, tea and Iced Teas ♥
- Apple Juice ♥ (1)
- Cranberry Juice ♥ (1)

FULL LIQUID

- All Clear Liquid Items plus
- Any Beverage
- Cream of Wheat ♥ (1)
- Oatmeal ♥ (1)
- Tomato Soup ♥ (1)
- Strained Cream of Chicken Soup ♥ (1)
- Pudding (Chocolate or Vanilla) ♥ (1)
- Sugar Free Pudding (Chocolate or Vanilla) ♥ (1)
- Ice Cream ♥ (1) Vanilla Yogurt ♥ (2) Orange Sherbert ♥ (2)



Room Service Dining

Dial 3663



SCHOOLCRAFT
MEMORIAL HOSPITAL

WELCOME TO ROOM SERVICE

To place your order, simply **dial ext. 3663** from your room phone anytime between 6:30 a.m. and 5:30 p.m. Your meal will be delivered within 45 minutes of your placement of the order or at a requested time such as 8 am, noon or 5 pm.

SPECIAL DIET CONSIDERATIONS

If your physician has placed you on a special diet, or if you have been scheduled for certain tests, you may not be permitted to order from this menu, or your selection may be restricted. The room service staff will be able to assist you in making the appropriate choices. If you have dietary concerns and wish to speak with our Registered Dietitian please request a consult.

Our menu includes the number of carbohydrate servings to help you manage your blood sugars. One serving of carbohydrate equals 15 grams. The average diabetic diet includes three to five carbohydrates per meal. Heart Healthy items are indicated with a '♥' symbol next to them.

Monitoring blood glucose results and administering medications must often be timed with meals. Please notify your nurse when you order your meal by pressing your call button.

When you see a number in () it denotes a carbohydrate choice. A ♥ denotes a heart healthy choice.



Lunch & Dinner

SOUPS

- Vegetable Soup ♥ (1)
- Tomato Soup ♥ (1)
- Chicken Noodle Soup ♥ (1)
- Broths ♥

ENTRÉE SALAD PLATES

- Chef Salad ♥ (1)
- Chicken Salad & Fresh Fruit Plate ♥ (2)
- Tuna Salad & Fresh Fruit Plate ♥ (2)
- Egg Salad & Fresh Fruit Plate (2)
- Cottage Cheese & Fresh Fruit Plate ♥ (2)



SALAD DRESSINGS

- Available in regular or lite ♥ varieties*
- Ranch ♥ Italian ♥ French ♥ Honey Mustard ♥
 - 1000 Island ♥ Balsamic Vinaigrette ♥
 - Raspberry Vinaigrette

DELI FAVORITES

- Egg Salad Sandwich (2)
- Ground Bologna (2)
- Tuna Salad Sandwich ♥ (2)
- Chicken Salad Sandwich ♥ (2)
- Turkey Sandwich ♥ (2)
- Ham Sandwich (2)
- Creamy Peanut Butter and Jelly Sandwich (2) ♥



CHOICE OF SANDWICH BREADS

- White ♥ Multi Grain ♥ Croissant (2)

FROM OUR GRILL

- Hamburger ♥ (2)
- Chicken Breast ♥ (2)
- Grilled Cheese (2)
- Cheeseburger (2)
- Grilled Ham & Cheese (2)
- (2) Chicken Tenders Baked (1) ♥

Our Deli and Grill items are accompanied with lettuce & tomato. Pickle & onion are available on request along with your choice of: American or Swiss Cheese

PIZZA

- 7" Personal Pizza with Your Choice of Toppings
- Cheese (4) Pepperoni (4) Veggie ♥ (4)



DINNER ENTREES

- Beef Pot Roast & Pan Gravy ♥
- Baked Pork Tenderloin in Glaze ♥
- Sliced Meatloaf in Mushroom Gravy ♥
- Oven Roasted Turkey Breast & Gravy ♥
- Healthy Bake Salmon ♥
- Baked Cod Filet ♥ or
- Two Breaded Fish Wedges (2) ♥
- Italian Pasta w/ Meat Sauce ♥ (3)
- Macaroni and Cheese (3)



SIDE DISHES

- Rice Pilaf ♥ (2)
- Mashed Potatoes ♥ (1)
- Sweet Potato ♥ (1)
- Red Potatoes ♥ (1)
- French Fries (Baked) ♥ (2)
- Baked Potato Chips ♥ (1^{1/2})
- Hot Gravy ♥
- Baby Carrots ♥
- Broccoli ♥
- Green Beans ♥
- Whole Kernel Corn ♥ (1)
- Side Garden Salad ♥

DESSERTS

- Pineapple Upside Down Cake (2)
- Carrot Cake (2)
- Angel Food Cake ♥ (2)
- Brownie (3)
- Fresh Fruit Cup ♥ (1)
- Chocolate Pudding (1)
- Vanilla Pudding (1)
- Chocolate Ice Cream (1)
- Vanilla Ice Cream ♥ (1)
- Strawberry Ice Cream (1)
- Orange Sherbet ♥ (1)
- Orange or Red Gelatin ♥ (1)
- Popsicle ♥ (1)
- Pie - Apple (3) - Pumpkin (4) - Lemon Meringue (3^{1/2})



NO SUGAR ADDED DESSERT OFFERINGS

- Vanilla Pudding ♥ (1)
- Vanilla Ice Cream ♥ (1)
- Chocolate Pudding ♥ (1)
- Gelatin ♥