
WELCOME!

Welcome to Marymount Hospital. We want to make your stay with us as convenient and enjoyable as possible, and we are very pleased to offer Fresh Request, a distinctive room service dining experience.

Fresh Request Room Service Ordering is available from 6:15 a.m. to 10:15 p.m. and is designed to allow you to dine as you would in a fine restaurant or hotel. Unlike traditional hospital meal programs, Fresh Request room service dining provides you with a variety of chef-prepared meals and allows you to select the time you would like to dine. Simply call Extension MENU (6368) to order your meal. We will personally deliver your selection to your room within 45 minutes.

- Phone Extension MENU (6368) -

Please allow 45 minutes from the time you place your order until delivery to your room. Thank you!

Please be aware that if your doctor has prescribed a special diet for you, some items may not be permitted. Your host or hostess will be happy to offer alternate selections when you place your order.

Orders will be taken between 6:15 a.m. and 10:15 p.m.

You may also order guest meals for family or friends at a nominal fee.

Kosher meals available upon request.



Fresh
www.AVIFoodsystems.com

BREAKFAST

Entrées

Buttermilk Pancakes (1 Carb)
French Toast (2 Carbs)

Eggs

♥ Low-Cholesterol Scrambled
Fluffy Scrambled
Hard Cooked

Omelets and Low-Cholesterol Omelets (Choice of up to 3 Fillings)

♥ Spinach, ♥ Mushrooms, ♥ Onions, ♥ Fresh Tomato, ♥ Green Pepper, Feta Cheese, Cheddar Cheese or Ham

Sides

Crisp Bacon Strips
Pork Sausage Links
Turkey Sausage Patties
Breakfast Potatoes (1 Carb)

CEREALS & YOGURT

Hot Cereals (1 Carb)

♥ Oatmeal, Cream of Wheat or Grits

Cold Cereals

Kashi Heart to Heart (1 Carb), Kashi GOLEAN (2 Carb), Kashi GOLEAN Crunch (1 Carb),
♥ Special K (1 Carb), ♥ Cheerios (1 Carb), ♥ Raisin Bran (2 Carb), ♥ Bran Flakes (1.5 Carbs),
Rice Krispies (1 Carb), Corn Flakes (1 Carb) or Frosted Flakes (2 Carbs)

Lite Yogurts (1 Carb)

♥ Strawberry, ♥ Vanilla or ♥ Raspberry

BAKERY & BREADS

Bagels

♥ Whole Wheat or Plain
(Half=1.5 Carbs/Whole=3 Carbs)

Toast (1 Carb)

♥ Wheat, Rye or White

Muffins (1 Carb)

♥ Bran or Blueberry

Biscuit (1 Carb)

English Muffin

(Half=1 Carb/Whole=2 Carbs)

SOUPS

Broths

Vegetable, Chicken or Beef

♥ **Minestrone** (1 Carb)

Tomato (1 Carb)

Chicken Noodle (1 Carb)

Cream of Potato (1 Carb)

SALADS

♥ **Marymount Spinach Salad** (1 Carb)

Chef Salad (1 Carb)

Chicken Caesar Salad (*Available without chicken*)
served with a Whole Wheat Roll (2 Carb)

♥ **Cottage Cheese and Fruit Plate** (3.5 Carbs)
served Blueberry Muffin

Dressings

French

Ranch, Low-Fat Ranch

Italian, Low-Fat Italian

Caesar

Fat-Free Raspberry Vinaigrette

FROM THE DELI

Create Your Own Custom Sandwich

Breads (1 Carb each)

♥ Wheat or White Pita, ♥ Wheat, Rye or White

Fillings

Tuna Salad, Chicken Salad, Egg Salad or Peanut Butter and Jelly*

Sliced Meats

♥ Shaved Lean Roast Beef, ♥ Roasted Turkey or Baked Ham

Cheeses

American, Swiss, Low-Fat Cheddar or Provolone

Extras

Lettuce, Tomato, Onion, Pickle, Baked Potato Chips (1.5 Carbs) or Pretzels (1.5 Carbs)

*Available in **Sugar Free**

Phone Extension **4FOOD** To Order

♥ These items are **Heart Healthy**

ENTRÉES

♥ Grilled Chicken Breast

♥ Herb Crusted Cod (0.5 Carb)

♥ Petit Grilled Sirloin

♥ Stir-fry Over Rice

Vegetarian or Chicken (2 Carbs)

Roast Turkey Breast With Stuffing And Gravy (1 Carb)

♥ Grilled Salmon

Meatloaf with Gravy (1 Carb)

Baked Macaroni And Cheese (2 Carbs)

Home-baked Chicken Pot Pie (2 Carbs)

FROM THE GRILL

♥ Grilled Chicken Sandwich (2 Carbs)

♥ Vegetarian Burger (2.5 Carbs)

Hamburger (2 Carbs)

Cheeseburger (2 Carbs)

Grilled Three Cheese Sandwich (2 Carbs)

Extras

Lettuce, Tomato,
Onion, Pickle, Baked
Potato Chips (1.5 Carbs)
or Pretzels (1.5 Carbs)

FLAT BREAD PIZZA

Choice of up to 3 Toppings (3 Carbs)

♥ Part Skim Mozzarella, ♥ Roma Tomatoes, ♥ Green Peppers, ♥ Mushrooms,
♥ Yellow Onion, ♥ Baby Spinach, Feta Cheese, Diced Chicken Breast, Pepperoni

Choice of...

♥ Marinara Sauce or Pesto Sauce

PASTA

♥ Pasta of the Day (3 Carbs)

Choice of...

♥ Marinara Sauce, Pesto Sauce or Meat Sauce

SIDES

♥ Fresh Baked Potato (2 Carbs), ♥ Baked Sweet Potato (2 Carbs), ♥ Steamed Rice (1 Carb), ♥ Green Beans, ♥ Broccoli, ♥ Carrots, ♥ Peas (1 Carb), ♥ Zucchini & Yellow Squash, ♥ Corn (1 Carb), ♥ Low-Fat Cottage Cheese, ♥ Mixed Green Salad, ♥ Carrots & Celery Sticks, ♥ Whole Wheat Roll (1 Carb), Whipped Potatoes (1 Carb)

CONDIMENTS & SEASONINGS

Condiments

Ketchup, Mustard, Miracle Whip, Mayonnaise, Relish, Steak Sauce, Low-Fat Sour Cream, Low-Fat Cream Cheese

Sweeteners

Sugar, Sugar Substitute, Honey, Syrup*, Jelly*, Non-Dairy Creamer

Seasonings

Salt, Pepper, Herb Seasoning, Margarine or Grated Parmesan Cheese

Extras

Crackers (0.5 Carbs/Pkg), Low-Sodium Crackers (0.5 Carbs/Pkg), Lemon Wedge or Peanut Butter

DESSERTS

♥ Fruit (1 Carb)

Apple, Orange
Banana, Pear
Canned Peaches
Canned Pears
Applesauce

Pudding (1 Carb)

Chocolate
Vanilla

Sherbert (1.5 Carbs)

Orange or Raspberry

♥ Fresh Fruit Cup (1 Carb)

Honeydew, Cantaloupe,
Golden Ripe Pineapple,
and Blueberries

Pie (3 Carbs)

Apple
Cherry
Lemon Crunch

Cookie (2 Carbs)

Chocolate Chip,
Sugar or Oatmeal

Gelatin*

(Regular=1Carb/
Sugar-free=0 Carbs)
Cherry, Lemon
or Orange

Cake

Chocolate (2 Carbs)
Carrot (2 Carbs)
Angel Food (1 Carb)

Fruit Ice (1Carb)

Cherry
Lemon

Ice Cream

(Regular=1 Carb/Sugar-free=1 Carb)
Vanilla*, Chocolate or Strawberry

*Available in **Sugar Free**

BEVERAGES

Coffee
Regular or Decaf

Hot Tea
Regular or Decaf

Iced Tea
Regular or Decaf

Soft Drinks
Ginger Ale*, Diet Cola
Cola, or Pink Lemonade

Herbal Tea
Apple, Lemon,
Green, or
Chamomile

Juices
V8 (0.5 Carb)
Orange (1 Carb)
Apple, Grape (1 Carb)
Prune (2 Carbs)

Milk
♥ Organic, ♥ Skim or 2%
(4oz.=0.5 Carb/
8oz.=1 Carb)
1% Chocolate
(4oz.=1 Carb/
8oz.=2 Carb)

Hot Chocolate*
(Regular=1 Carb/
Sugar-free=0.5 Carb)

LIQUID DIET MENUS

CLEAR LIQUID MENU

Broth
Chicken
Beef
Vegetable

Juice (1 Carb)
Apple
Grape

Popsicle (1 Carb)

Decaf Coffee

Teas
Hot Tea
Decaf Hot Tea
Iced Tea
Decaf Iced Tea

Fruit Ice (1 Carb)
Cherry
Lemon

Gelatin*
(Regular=1 Carb/
Sugar-free=0 Carbs)
Cherry, Lemon or
Orange

FULL LIQUID MENU

All of the Clear Liquid Menu items plus the following

Milk
♥ Organic, ♥ Skim or 2%
(4oz.=0.5 Carb/
8oz.=1 Carb)
1% Chocolate
(4oz.=1 Carb/
8oz.=2 Carb)

Orange Juice
(1 Carb)

Soups
Tomato
Cream of Potato (1 Carb)

Hot Cereal
(1 Carb)
♥ Oatmeal
Cream of Wheat

Pudding (1 Carb)
Vanilla
Chocolate

Sherbet (1.5 Carbs)
Orange
Raspberry

Ice Cream (1 Carb)
Vanilla*
Chocolate
Strawberry

Extras
Brown Sugar
Lemon Wedge
Non-dairy Creamer
Salt
Pepper
Syrup*
Honey
Jelly*

*Available in **Sugar Free**