

Dear Grand View  
Hospital Patient,



At Your Request Room Service dining, allows you to order what you want, when you want it. We hope this helps meet your nutritional needs and makes your stay more enjoyable.

- Place your order by dialing 4444 any time between 7 am and 6:30 pm.
- Please allow up to 45 minutes for delivery.
- If you are on a modified or restricted diet, our Room Service Operator will help you with your selections.
- Please be aware of the following when you call to order:  
**Your room number**  
**Your prescribed diet order**  
**The foods you would like to order**
- You may pre-order your meals. To do so, please inform our Room Service Operator when placing your order.
- Family members may place orders from home if needed.
- Please order one entrée at a time.

**FOR DIABETIC MANAGEMENT:**

- Please notify the nursing staff immediately after ordering each meal so we can help you manage your diabetes. As you know, timing of blood sugar checks and medication is critical in keeping your blood sugar as normal as possible.

May we suggest the following meal times:

Breakfast: 7:30 - 8:30 am  
Lunch: 11:30 am - 12:30 pm  
Dinner: 4:30 - 5:30 pm

We appreciate your assistance with your medical treatment.

- *Please note the number of carbohydrate servings are listed after each appropriate item.*

If you have nutritional concerns or would like written information about your specific diet, the Grand View Hospital Dietitians will be happy to visit you. Just inform the Room Service Operator of your request or call the Dietitians directly by dialing 4633.



# Grand View Hospital Nutrition Therapy & Diet Counseling

Grand View Hospital offers experienced nutrition specialists to help you meet your personal diet and nutritional goals. Whether you need weight management, blood sugar control, pregnancy nutritional planning, enhanced sports performance or swallowing disorder management, we can help you to eat wisely, feel better and live a healthier life.

Our staff consists exclusively of Registered Dietitians – the recognized nutrition expert. We provide nutrition education for the special needs of each phase of life from infancy through the senior years.

**SERVICES INCLUDE:**

- Individual weight counseling
- Group weight & lifestyle management programs

**INDIVIDUAL COUNSELING  
AVAILABLE FOR:**

- Diabetes management
- Cardiac health
- Gastrointestinal problems
  - Lactose intolerance
  - Irritable bowel syndrome (IBS)
  - Gluten sensitivity
  - Ulcerative colitis
  - Diverticulosis
- Food allergies
- Sports nutrition
- Pregnancy and lactation nutrition
- Vegetarian Meal Planning

*For more information or to schedule an appointment, call 215-453-4194*

**GRAND NEW YOU**

A weight and healthy lifestyle management program that teaches the individual about healthy food and exercise choices designed to promote weight loss. The program offers non-judgmental and nurturing support.

*For more information, call 215-453-3262 or visit us on the web at [www.gvh.org](http://www.gvh.org)*

**LIFESTYLE FITNESS**

Our medical professionals assist you in developing an exercise program to help you reach your goals. We teach you how to use our equipment correctly and monitor your workouts to make sure you are exercising safely. The Lifestyle Fitness Center offers monthly or annual membership options. The first step is to make an appointment for your exercise evaluation.

*For more information, call 215-453-3260 or visit us on the web at [www.gvh.org](http://www.gvh.org)*



AT YOUR REQUEST  
*Room Service Dining®*

# Menu



*To Order:*

**From Inside GVH**  
Dial extension 4444

**From Outside GVH**  
Dial 215-453-4444

*Service Hours:*

**7 am - 6:30 pm**

*May we suggest the following service times:*

Breakfast: 7:30 - 8:30 am  
Lunch: 11:30 am - 12:30 pm  
Dinner: 4:30 - 5:30 pm

# Beverages

## BEVERAGES:

Milk: Skim♥, 2%, Lactaid®, Soy  
Chocolate Milk (2 carbs)  
Coffee: Regular, Decaf♥  
Hot Cocoa (1.5 carbs), Diet Hot Cocoa  
(0.5 carbs)  
Hot Tea: Regular, Decaf, Herbal  
Iced Tea: Unsweetened  
Pepsi®: Regular, Diet Decaf♥  
Ginger Ale: Regular, Diet  
Sierra Mist®: Regular, Diet  
Pink Lemonade

8 oz milk (1 carb)  
8 oz reg. soft drinks (1.75 carbs)

## JUICES:

Apple  
Cranberry  
Grape  
Orange  
Prune  
V-8

4 oz portion (1 carb)

## CEREALS:

Oatmeal♥ (1 carb)  
Cream of Wheat® (1 carb)  
Cream of Rice® (1 carb)  
Raisin Bran®♥ (2 carbs)  
Frosted Flakes® (2 carbs)  
Corn Pops® (2 carbs)  
Cheerios®♥ (1 carb)  
Rice Krispies® (1 carb)  
Shredded Wheat®♥ (2 carbs)  
Rice Chex

Gluten free items available upon request.

# Breakfast

## BREAKFAST SANDWICH

Served on English Muffin (2 carbs) or  
Bagel (4 carbs) with your choice of: Egg,  
Low Cholesterol Eggs♥, Cheese, Bacon, or Sausage

**OMELETS:** Create you own with  
Regular or Low Cholesterol Eggs♥

Choose from the following items:  
Ham, Onions, Peppers, Mushrooms,  
Cheese, Swiss Cheese

**SHORT STACK PANCAKES** (2 carbs)

**FRENCH TOAST** (2 carbs)

## EGGS:

Scrambled Eggs, Hard Boiled,  
Low Cholesterol♥

## SIDES:

Sausage Patty, Bacon,  
Homestyle Hash Browns (1 carb)

## YOGURT:

Regular (2 carbs) or Lite (.75 carbs)  
Blueberry, Strawberry, Vanilla

# Bake Shop

Cinnamon Coffee Cake (2 carbs)  
Blueberry Muffin (1 carb)  
English Muffin (2 carbs)  
Bagel: Plain (2.5 carbs)

**BREAD: 1 slice (1 carb)**

Whole Wheat♥  
Raisin Bread  
White Bread  
Rye Bread

Gluten free items available upon request.

♥ This is a heart healthy food choice. This item contains more than 300mg sodium per serving.

# Lunch & Dinner

## OVEN ROASTED TURKEY♥

A traditional favorite

## SLICED ROAST BEEF

Always lean and tender

**HOMESTYLE MEATLOAF** (0.5 carbs)

## GRILLED MARINATED CHICKEN BREAST♥

Lightly seasoned and tender

## NORTHWESTERN TILAPIA♥

Tilapia fillet baked with lemon juice,  
parmesan cheese and garlic

## CHICKEN BREAST BRUSCHETTA♥

Grilled chicken breast topped with  
chopped seasoned tomatoes and basil.

# From the Grill

**CHARBROILED HAMBURGER** (2 carbs)

**PORTOBELLO MUSHROOM BURGER**  
(2 carbs)

**HOMESTYLE CHICKEN STRIPS** (0.5 carbs)  
With BBQ or Honey Mustard Sauce

**QUESADILLA** (2 carbs)  
Your choice of fillings: Beef, Chicken or  
Cheese grilled in a flour tortilla and  
served with salsa

# Pasta Bar

Create your own Italian specialty. If you like, add parmesan cheese!

Choice of Pasta: Bow Tie, Penne, Spaghetti

Choice of Sauce: Marinara, Meat Sauce, Pesto

# Personal Pizza

Seven inch pizza with choice of toppings  
Pepperoni, Onions, Mushrooms, Green Peppers

# On the Side

**HOT SIDES: (1 carb unless noted)** French Fries  
(2 carbs), Whipped Potatoes, Steamed Rice,  
Brown Rice♥, Macaroni and Cheese, Peas♥,  
Corn♥, Fresh Broccoli♥ (0 carbs), Sliced Carrots♥  
(0 carbs), Green Beans♥ (0 carbs), Vegetable  
Medley♥ (0 carbs), Stewed Tomatoes (0 carbs),  
Baked Potato (2 carbs)

**MACARONI AND CHEESE** (2.5 carbs)  
Homemade and delicious

**HOT OPEN FACED SANDWICHES** (1 carb)  
Turkey or Roast Beef  
Warm and satisfying

## NORTH ATLANTIC COD♥

Topped with herb crust

## ASIAN STIR-FRY♥

Choose from: Beef, Chicken or Vegetable  
Choose Your Vegetables: Broccoli,  
Carrots, Mushrooms, Onions, Snap Peas

## WEEKLY CHEF SPECIAL

**STEAK SANDWICH** (3 carbs)  
Served with your choice of beef or  
chicken steak, fried onions, peppers or  
mushrooms.

**GRILLED CHEESE SANDWICH** (2 carbs)

**GRILLED CHICKEN BREAST  
SANDWICH♥** (2 carbs)

# Salads

**FRESH FRUIT & COTTAGE CHEESE  
PLATE♥** (2.5 carbs)

**GRILLED CHICKEN CAESAR SALAD♥**  
Crisp mixed greens with grilled  
chicken and fresh vegetables

## CHEF SALAD

Ham, turkey, swiss cheese, boiled egg  
and tomato on a bed of fresh greens

**ORIENTAL CHICKEN SALAD♥** (1 carb)  
Crisp mixed greens with grilled chicken,  
fresh vegetables, mandarin oranges  
and a tangy vinaigrette

**DRESSINGS:** Italian, Ranch, French,  
Blue Cheese, Caesar, Olive Oil and  
Balsamic Vinaigrette, Lite Italian,  
Lite French

# Soups

Tomato (1 carb), Cream of Potato♥  
(1 carb), Garden Vegetable♥,  
Chicken Noodle♥ (1 carb)  
**Broth:** Beef♥, Chicken♥,  
Vegetable♥

# Deli

Create your own sandwich or wrap

**Meats:** Turkey Breast, Roast Beef, Ham  
**Cheeses:** Swiss, American  
**Fillings:** Egg Salad, Chicken Salad, Tuna  
Salad, Peanut Butter & Jelly  
**Extras:** Lettuce, Tomato, Pickles, Onions

# Bread Basket

1 slice (1 carb)  
Gluten free items available upon request.  
Whole Wheat♥, White, Rye, Tortilla,  
Garlic Bread, Steak Roll (3 carbs),  
Saltines/Low Sodium Crackers♥ (0 carbs)

# Liquid Diets

## CLEAR LIQUID DIET

**Juice:** Apple, Cranberry or Grape  
**Broth:** Chicken, Vegetable, Beef  
**Gelatin:** Orange or Cherry  
**Fruit Ice:** Orange, Cherry, Lemon  
**Beverages:** Ginger Ale, Sierra Mist®  
**Coffee or Tea:** Regular or Decaf

## FULL LIQUID DIET

In addition to the items listed for  
clear liquids  
**Cream of Wheat®**  
**Juice:** Orange or Prune  
**Soup:** Tomato, Puree Cream of Potato,  
Puree of Chicken Noodle,  
Puree of Garden Vegetable  
**Milk:** Skim, 2%, Chocolate, Lactaid®  
**Ice Cream:** Chocolate, Vanilla or  
Fat-free Vanilla  
**Pudding:** Chocolate, Vanilla, Egg Custard  
**Coffee or Tea:** Regular or Decaf

# Desserts

**Fruits♥ (1 carb unless noted):**  
Fruit Cup, Banana (2 carbs),  
Applesauce, Apple Slices (.5 carbs),  
Mandarin Oranges, Peach Slices,  
Grapes, Pear Slices  
**Cakes and Pie:** Apple Pie (3 carbs),  
Chocolate Brownie (1.5 carbs)  
**Gelatin Parfait:** Orange or Cherry  
(1.5 carbs)  
**Pudding:** Vanilla or Chocolate (2 carbs),  
Egg Custard (1 carb), Tapioca (1.5 carbs)  
**Cookies:** Lorna Doones® (1 carb),  
SnackWell's® Devil's Food Cookie (1.5  
carbs)

# Frozen Treats

Chocolate or Vanilla Ice Cream (1 carb)  
Fat-free Vanilla Ice Cream (1.25 carb)  
Sherbet (2 carbs)  
Fruit Ice: Orange, Cherry, Lemon (1.5  
carbs)

♥ This is a heart healthy food choice. This item contains more than 300mg sodium per serving.