

## DEAR GRAND VIEW HEALTH 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.  
*(If you would like to order a second entrée please feel free to call again and we will be happy to honor your request.)*



## 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 Health 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 HEALTH NUTRITION THERAPY & DIET COUNSELING

Grand View Health 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)**



## Menu

**GVH GRAND VIEW HEALTH**

### 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 (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 (.75 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.*

### COLD SIDES (1 carb unless noted)

Tossed Green Salad ♥ (0 carbs)  
Pickled Beets  
Cole Slaw  
Potato Salad ⚠  
Cottage Cheese ⚠ (0 carbs)  
Potato Chips: Regular/Baked (1.5 carbs)

### 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)  
Stewed Tomatoes (0 carbs)  
Baked Potato (2 carbs)  
Beets ♥ (0 carbs)



## BREAKFAST

### Breakfast Sandwich

Served on English Muffin (2 carbs) or Bagel ⚠ (2.5 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)  
blueberry or plain

**French Toast** ⚠ (2 carbs)

### Eggs

Scrambled Eggs, Hard Boiled, Low Cholesterol ♥

### Sides

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

### Yogurt (2 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

Whole Wheat ♥  
Raisin Bread  
White Bread  
Rye Bread

**1 slice (1 carb)**

*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

### Macaroni And Cheese

Homemade and delicious ⚠ (2.75 carbs)

### 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

Ask your operator about the Special of the Week



## FROM THE GRILL

**Charbroiled Hamburger** (1.5 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

### Steak Sandwich

⚠ (1.5 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)

## PASTA BAR (2 carbs)

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

**Choice of Pasta:** Penne, Spaghetti  
**Choice of Sauce:** Marinara, Meat Sauce, Pesto

## PERSONAL PIZZA ⚠ (1.5 carbs)

**Thin crust pizza with choice of toppings**  
Pepperoni, Onions, Mushrooms, Green Peppers



## 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

## DELI

Create your own sandwich or wrap

**Meats:** Turkey Breast, Ham ⚠

**Cheeses:** Swiss, American

**Fillings:** Egg Salad, Chicken Salad, Tuna Salad, Peanut Butter & Jelly

**Extras:** Lettuce, Tomato, Pickles ⚠, Onions



## SOUPS

Tomato ♥ ⚠ (1 carb)  
Cream of Potato ♥ (1 carb)  
Garden Vegetable ♥  
Chicken Noodle ♥ (1 carb)

**Broth:** Beef ♥, Chicken ♥, Vegetable ♥

## BREAD BASKET 1 slice (1 carb)

Whole Wheat ♥, White, Rye, Tortilla, Garlic Bread, Steak Roll (1.5 carbs), Saltines/Low Sodium Crackers ♥ (0 carbs)

*Gluten free items available upon request.*

## 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®, Pepsi®, Iced Tea

**Coffee or Tea:** Regular or Decaf

### Full Liquid Diet

*In addition to the items listed for clear liquids*

**Cream of Wheat**®

**Cream of Rice**

**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

**Apple Crisp** (1 carb)

**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)

