

# ALL THE REST

## DESSERTS

YOU CAN'T RESIST!

- Apple Crisp (30)
- Angel Food Cake (14)
- Strawberry (10) Blueberries (4)
- Chocolate Brownie (25)
- Sugar Cookie (21)
- Animal Crackers (22)
- Graham Crackers (16)
- Gelatin (GF) (Regular (17) or Sugar-Free (0))  
Lime or Strawberry
- Gelatin Parfait (GF) (Reg. 42, Diet 8)  
Lime or Strawberry
- Pudding (Regular (25) or Sugar-Free (15))  
Chocolate, Vanilla
- Creamy Milkshake  
Chocolate (74), Vanilla (50)  
or Fat Free Vanilla (45)

- Ice Cream (GF)  
Chocolate (16) Vanilla (15)  
or Fat Free Vanilla (20)
- Orange Sherbet (26)(GF)
- Lemon Fruit Ice (20)(GF)
- Chilled Fruit Cup (15) ♥(GF)



## BEVERAGES

### COLD

- Milk - Whole, 2% or Skim (11) ♥(GF)
- Fat Free Lactaid Milk (13) ♥(GF)
- Vanilla Soy Milk (18) (GF)
- Chocolate Milk (26) (GF)
- Cola (GF)  
Regular (22) Diet (0) or  
Caffeine Free (0)(GF)
- Lemon Lime Soda (GF)  
Regular (20) Diet (0)
- Iced Tea with Lemon Wedge (0) (GF)
- Bottled Spring Water (0) (GF)

### HOT

- Brewed Coffee (0)(GF)  
Regular or Decaf ♥
- Hot Tea (0)(GF)  
Regular or Decaf ♥
- Herbal Tea (0) ♥(GF)
- Hot Chocolate (GF)  
Regular (16) or Sugar-Free (5)

## CONDIMENTS

- Butter or Margarine (0)(GF)
- Cream Cheese (2)(GF)
- Jelly (GF)  
Regular (9) or Reduced Sugar (3)
- Honey (7)(GF)
- Creamy Peanut Butter (5)(GF)
- Saltine Crackers (14)
- Tomato Salsa (3)(GF)
- Sour Cream (2)(GF)
- Guacamole (3)(GF)
- Sliced Onions (0)(GF)
- Tartar Sauce (2)(GF)
- Syrup  
Regular (43) or Reduced Sugar (6)(GF)



Morris Hospital is pleased to offer Hotel-Style Room Service for our patients. This service is an extension of our continuing commitment to provide you with excellence in patient care.

To place your order simply dial "FOOD" (3663) on your room phone to place your order anytime between 6:30 A.M. and 6:30 P.M. Please allow up to 45 minutes for delivery.

Early Bird Special: If you prefer your breakfast first thing in the morning (approximately 6:45 A.M. - 7:00 A.M.), we suggest placing your order before 6:30 P.M. the day before.

Bon Appetit!

## SPECIAL DIET CONSIDERATIONS

If your physician has placed you on a special diet or if you are scheduled for certain tests, your selections might be limited. Some gluten free choices are available upon request. Gluten free items are indicated by a (GF). All foods are prepared in a facility that serves gluten.

To assist patients in meeting dietary goals, we've listed the grams of carbohydrates (#) in each menu item and indicated (♥) some heart healthy items. You are not limited to only these selections.

If you are on a Diabetic Diet, please notify nursing staff when you place your order so we can coordinate your medication administration and testing.

If you wish to discuss your dietary needs with one of our Registered Dietitians, please call 7526.

## OUR COMMITMENT TO EXCELLENCE

### VARIETY

*A wide variety of tempting menu selections*

### QUALITY

*Highest quality ingredients, freshly prepared to your order*

### TIMELINESS

*Meals delivered on your schedule, not ours*

### CARING SERVICE

*Courteous host/hostesses wanting to please you*

If we have not met and exceeded your expectations, please let us know immediately by calling 3663.

## BISTRO CAFÉ GUEST DINING

Room Service is for patients only. To best help us focus on meeting the dietary needs of our patients, we request non-patients visit our café located on the basement level.

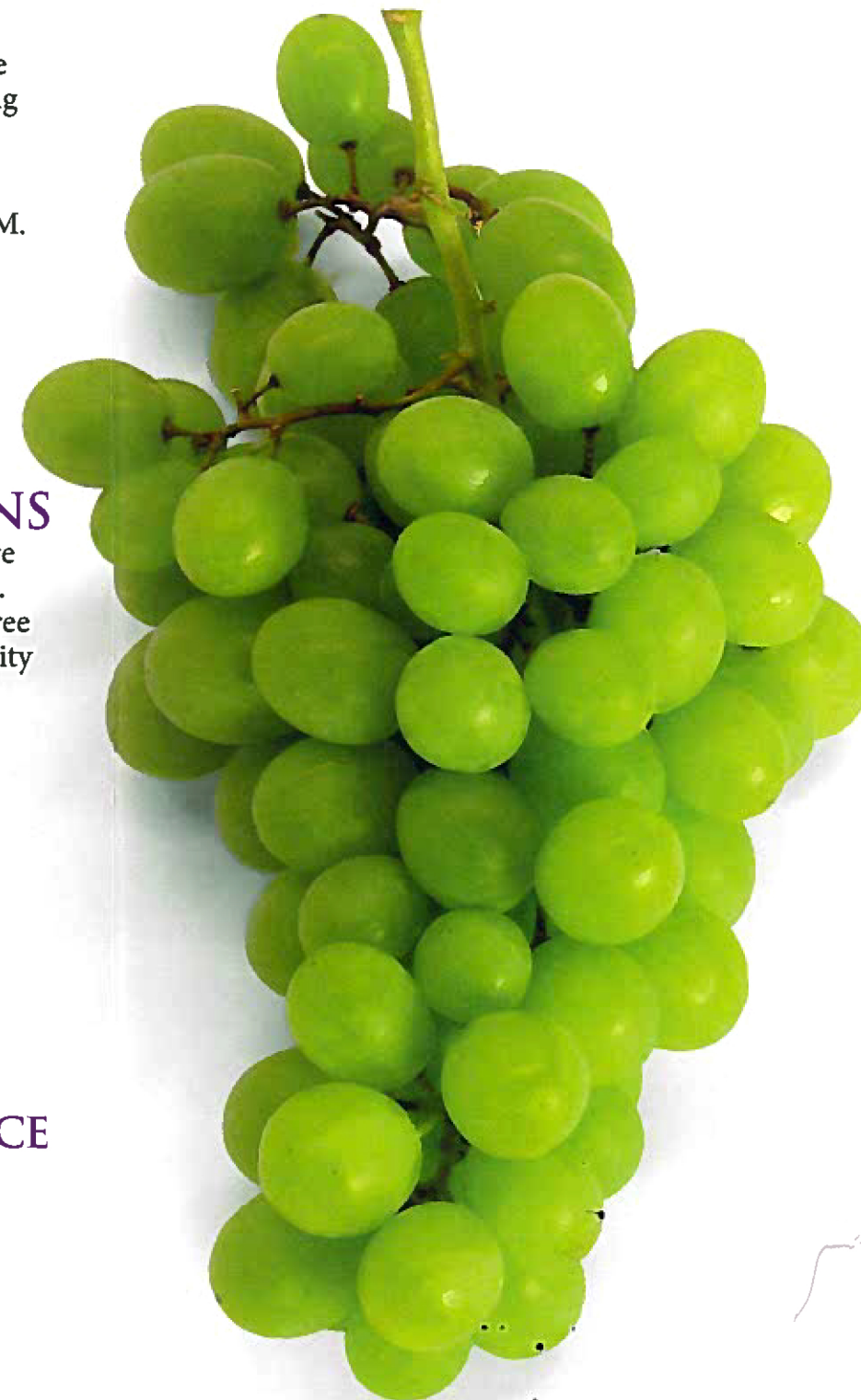
Cafeteria Hours 7:00 A.M. - 7:00 P.M.

Breakfast 7:00 A.M. - 9:30 A.M.

Lunch 11:00 A.M. - 1:30 P.M.

Dinner 5:00 P.M. - 7:00 P.M.

Patient Room Service Hours 6:30 A.M. - 6:30 P.M.



PATIENT ROOM SERVICE MENU  
EXCELLENCE IN DINING



## BREAKFAST

AVAILABLE "ALL DAY" (DELIVERY FROM 7:00 A.M. - 6:30 P.M.)

### CEREAL ♥

Hot Cream of Wheat (17) - Hot Oatmeal (14) - Hot Cream of Rice (18)(GF)  
Brown Sugar (12)(GF) or Raisins (8)(GF)  
Corn Flakes (19) - Rice Krispies (22) - Raisin Bran (34)  
Shredded Wheat (28) - Cheerios (12)(GF)

### HOT BREAKFAST ENTREES

(LOW CHOLESTEROL EGGS UPON REQUEST) ♥(GF)

**Farm-Fresh Scrambled Eggs (0)(GF)**

*Two large eggs mixed and scrambled*

**Build Your Own Omelet (0)(GF)**

*Two-egg omelet made with fresh whole eggs. Add your choice of ham (1), cheddar (1) or swiss cheese (1), green pepper (1), onion (2), tomato (1), mushrooms (1)*

**Buttermilk Pancakes (26)**

*Two fluffy pancakes with warm maple syrup (43)  
(Try adding blueberries!)(2)*

**Thick-Cut French Toast (48)**

*Two slices of thick bread dipped in egg batter, grilled golden and served with warm maple syrup (43)*

**The Double Grill (13)**

*One scrambled egg next to one of our fluffy pancakes with warm maple syrup(43)*

**Morris Hospital Breakfast Sandwich (28)**

*Thinly sliced ham, egg and American Cheese on a toasted English muffin - GF Available (GF)*

### ON THE SIDE

Bacon Strips (0)(GF) - Sausage Links (0)(GF)

Hash Brown Potatoes (16)(GF) - Turkey Bacon (0) ♥(GF)

Turkey Sausage (0) ♥(GF) - Hard Boiled Egg (0)(GF)

### BREAKFAST BAKERY

Blueberry Muffin (44) - Toasted English Muffin (25) or Bagel (46)  
Cinnamon Roll (40)

Toast - Marble Rye (18) - White (13) - Wheat (14) - Wheat Berry (21)  
GF English Muffin (25)(GF) - GF Bagel (GF) - GF Toast (23)(GF)

### CHILLED JUICES (GF)

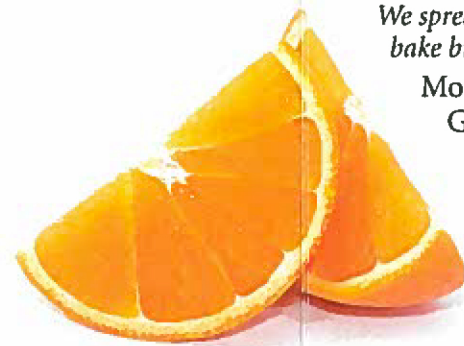
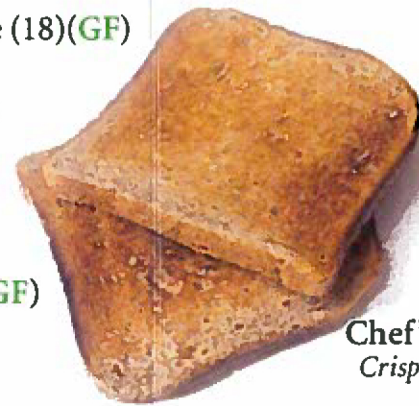
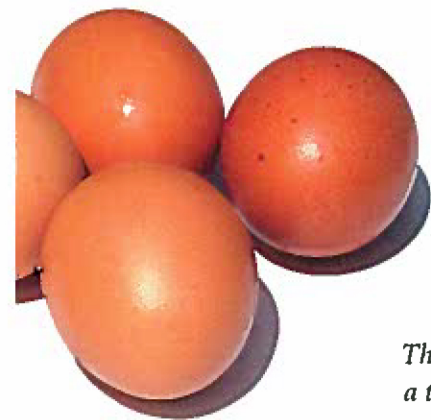
Orange (14) - Apple (14) - Cranberry (15)  
Prune (23) - Low Sodium V-8 (7)

### CHILLED FRUIT ♥(GF)

Banana (30) - Fruit Cup (15)  
Fresh Fruit (35) - Prunes (15)

### LOWFAT DANNON YOGURT ♥(GF)

Vanilla (22) - Strawberry (13) - Peach (13)  
Greek Vanilla (15) - Greek Strawberry (14)



## LUNCH AND DINNER

AVAILABLE FOR DELIVERY FROM 11:00 A.M. - 7:00 P.M.

### SOUPS

Home-Style Chicken Noodle (7) ♥  
Creamy Tomato (20) - Cream of Potato (32)  
Homemade Chunky Beef & Vegetable (6)  
LS Tomato Soup (23) - GF Vegetable Soup Available (GF)

### SALADS / COLD PLATES ♥

**Tossed Garden Salad (2)(GF)**  
*Small salad made with mixed greens, sliced cucumbers and cherry tomatoes*

**Chef's Salad (9)(GF) / Cardiac Chef's Salad (13) ♥(GF)**

*Crisp lettuce with shredded cheese, sliced egg, chopped ham, diced turkey and tomato wedges*

**The Trio Salad (25)(GF) / Soft Trio Salad (24)(GF)**

*Chicken salad and tuna salad with cottage cheese and seasonal fruit atop a bed of fresh greens*

**Fresh Veggie Medley (8)(GF)**

*Bountiful serving of fresh broccoli, cauliflower, carrots and cherry tomatoes for dipping*

### SALAD DRESSINGS (GF)

Ranch (3) - French (11) - Italian (6) - Oil and Vinegar (0) ♥  
Honey Mustard (10) - Fat Free Raspberry Vinaigrette (9) ♥  
Fat Free dressings available upon request ♥

### DELI FAVORITES

### CHOICE OF SANDWICH BREADS

White (13) - Marbled Rye (18) - Wheat Berry(30) - Wheat (14)  
Croissant (33) - Lettuce Wrap (0)(GF) GF Breads Available (GF)

#### Choose Your Filling:

**Deluxe Tuna (3)(GF) or Chicken (4)(GF) Salad Sandwich (30)**

*Tuna or chicken salad on your choice of bread with lettuce and tomato*

**Sliced Turkey (1)(GF) or Ham (1)(GF) Sandwich (27)**

*Mounds of thinly sliced roast turkey or honey-baked ham on your choice of bread with lettuce and tomato*

**Creamy Peanut Butter (5)(GF) and Jelly (9)(GF) Sandwich (40)**

*Smooth peanut butter with grape jelly on your choice of bread*

### MORRIS PIZZERIA

#### Build Your Own Pizza (39)

*We spread seasoned tomato sauce onto grilled pita bread and bake bubbly with your favorite toppings*

Mozzarella Cheese (1) - Pepperoni (1) - Sausage (1) - Onions (2)  
Green Peppers (1) - Black Olives (1) Mushrooms (1)

GF Pizza Crust Available (GF)

### SIDES

Mashed Potatoes (20)(GF) with Chicken (4) or Beef Gravy (2)  
GF Gravy Available (GF)  
Baked Potato (26)(GF)  
Rice Pilaf (38)(GF)  
White Rice (38) ♥(GF)  
Macaroni and Cheese (22)  
Whole Kernel Corn (16) ♥(GF)  
Country-Style Green Beans (5) ♥(GF)  
Carrot Coins (7) ♥(GF)  
Steamed Broccoli (4) ♥(GF)

French Fries (21)(GF)  
Baked Potato Chips (24)  
Pretzels (23)  
Cottage Cheese (6)(GF)  
Applesauce (13) ♥(GF)  
Dinner Roll (16)

## LUNCH AND DINNER

### FROM OUR GRILL

Classic Hamburger (26), Cheeseburger (27),  
Black Bean Burger (54) ♥, or Chicken Breast Sandwich (26) ♥  
*Grilled to perfection and served on a soft Kaiser Roll with Lettuce, Tomato and Pickle - GF Hamburger Bun Available (GF)*

**Grilled Cheese (23) or Ham and Cheese (29)**  
*Everybody's favorite. Goes great with a bowl of soup!  
GF Grilled Cheese or Ham and Cheese Available (GF)*

**Cheese Quesadilla (24)**

*From south of the border, a flour tortilla stuffed with cheese and grilled to a golden brown*

**Chicken Tenders (19)**

*Strips of chicken breast breaded and fried till crisp.  
May request barbecue sauce (10), sweet n'sour (14) or ranch (4) sauces for dipping*



### MOM'S COOKING

**Home-Style Meatloaf (14)**

*Seasoned ground beef drizzled with ketchup and served with brown gravy (2) - GF Gravy Available (GF)*

**Fork-Tender Beef Pot Roast (2)**

*Lean beef slow-braised in natural juices - No knife needed served with brown gravy (2) - GF Gravy Available (GF)*

**Crispy Parmesan Chicken Breast (5) ♥(GF)**

*Lightly dipped in our special parmesan-laced cornflake crust, baked to a crispy brown and drizzled with marinara sauce*

**Traditional Roast Turkey with all the Trimmings (34)**

*All white meat turkey basted in natural broth and served with dressing, gravy and cranberry sauce*

**Baked Filet of Cod Amandine (8) ♥(GF)**

*Mild-flavored breaded white fish sprinkled with slivered almonds and baked with lemon*

**Grilled Salmon with Lemon Dill Sauce (4) ♥(GF)**

*Alaskan Salmon grilled and drizzled with a delicate sauce of lemon and dill*

**Spaghetti with Marinara Sauce (55)**

*Our flavorful tomato sauce smothering al-dente pasta available with 3 or 6 Italian meatballs on request*

