

ABOUT

Room Service

The Food Management and Nutrition Services department is pleased to offer you room service between 7 am – 7 pm every day during your stay. Please note menu options may vary depending on your specific diet order prescribed by your physician and/or registered dietitian.

Ordering Information

1. Select the items you want from this menu.
2. Dial 6368 (MENU) on your phone between 7 am – 7 pm.
3. Place your order with the Nutrition Representative, who will assist you with your diet-related needs.
4. Your meal will be delivered within 45-60 minutes, or later if you'd like.
5. Please limit each meal to 1 entrée, 4 sides, and 3 beverages.
6. Guests may order room service as well with the purchase of a \$5 voucher from the café or espresso stands. Each voucher is good for 1 entrée, 2 sides, and 1 drink.
7. Meals may be pre-ordered if desired. Call room service for more information.

Diet Order Information

For carbohydrate controlled diets, such as the Diabetic diet, carbohydrate containing foods will be limited per meal. A typical range for most people on this diet is 60-70 grams per meal. This diet can help control your blood glucose (sugar) levels, which is important for good health and healing. It is important that your blood sugar be checked prior to eating. Please notify your nurse or PCA to check your blood sugar before starting your meal. Carbohydrate content is listed in total grams (g) next to each item that contains 5 or more grams of carbohydrates per serving.

For heart healthy and low sodium diets, the sodium and fat will be limited to promote heart health. High sodium foods such as deli meats, cheese, chips, baked goods, and soups will be limited on these diets.

UW Medicine

VALLEY
MEDICAL CENTER

VALLEY MEDICAL CENTER

Room Service Menu



Food Management Nutrition Services

BREAKFAST

Order between 7 – 11 am



Fresh Start

JUICE: Apple (29g), Orange (28g), Cranberry (31g), Prune (22g), Tomato (7g)

FRESH FRUITS: Apple Slices (20g), Orange Wedges (20g), Banana (29g), Fresh Fruit Cup (13g), Grapes (15g)

CHILLED FRUITS: Applesauce (15g), Peaches (10g), Pears (13g), Mandarin Oranges (13g)

YOGURT: Vanilla (16g), Raspberry (23g), Strawberry (22g), Peach (24g), Honey Greek (24g)

YOGURT PARFAIT: Vanilla yogurt layered with fruit & topped with granola (33g)

COTTAGE CHEESE: Plain, lowfat (5g)

Cereal and Porridge

HOT: Oatmeal (24g), Cream of Wheat (25g), Cream of Rice (20g)

EXTRA: Brown Sugar (12g), Raisins (34g), Honey (12g)

COLD: Cheerios (14g), Raisin Bran (27g), Corn Flakes (18g), Granola (50g), Rice Krispies (16g)

The Bread Basket

BREAD & TOAST: Whole Wheat (19g), White (24g), Sourdough (23g), Gluten-free (16g), English muffin (25g), Bagel (45g)

MUFFINS: Blueberry, Bran (30g each)

EXTRAS: Cream Cheese, Butter, Margarine, Jam (10g), Peanut Butter (7g), Honey (12g), Sugar-Free Jam (5g)

Hot Breakfast

PANCAKES: Two buttermilk (40g) or blueberry pancakes (43g)

FARMERS BREAKFAST: Two eggs scrambled, bacon, potatoes, whole wheat toast (39g)

OMELET: Three eggs with diced ham & cheddar

NORTHWEST SCRAMBLE: Three eggs with garden vegetables & Swiss cheese (6g)

CHORIZO BURRITO: Scrambled eggs with spicy sausage, cheddar, green onion, in a wheat tortilla (30g)

FRENCH TOAST: Two slices of vanilla cinnamon battered thick-cut bread (40g)

SIDES: Scrambled Eggs, Bacon, Country Potatoes (22g), Pork Sausage Patty, Chicken Sausage Links, Hard Boiled Egg

EXTRAS: Syrup (29g), Light Syrup, Salsa, Sour Cream, Guacamole, Salt, Pepper, Mrs. Dash

Beverages Available all day

COFFEE: Regular, Decaffeinated

TEA: English Breakfast, Green, Chamomile, Orange Spice, Passion, Decaffeinated

HOT CHOCOLATE: Regular (23g), No Sugar Added (10g)

MILK: Non-Fat (13g), 2% (13g), Whole (13g), Chocolate (23g), Vanilla Soy (16g), Chocolate Soy (23g), Vanilla Almond Milk (13g)

JUICE: Apple (29g), Orange (28g), Cranberry (31g), Prune (22g), Tomato (7g)

LUNCH & DINNER

Order between 11 am – 7 pm

Soups & Broths *crackers available upon request (5g per pack)*

HOUSE MADE SOUP: Kale Navy Bean (14g), Chicken Noodle (13g), Soup of the Day

ORGANIC BROTHS: Beef, Chicken, Vegetable

Garden Selections

GARDEN SALAD: Seasonal greens, cucumber, tomatoes, shredded carrot (9g) *assorted dressing on the side upon request*

SPINACH SALAD: Baby spinach, red onion, dried cranberries, toasted slivered almonds, tossed with vinaigrette, topped with feta cheese (33g)

SESAME CHICKEN SALAD: chopped cabbage, carrot, red pepper, green beans, tossed with sesame dressing, topped with crispy noodles (30g)

CLASSIC CAESAR: Romaine lettuce, parmesan cheese, croutons, Caesar dressing (20g)

HUMMUS PLATE: Fresh cucumber, bell pepper, celery, carrots, cherry tomatoes, hummus (25g)

FRUIT & CHEESE PLATE: Cheddar, brie, mozzarella, grapes, strawberries & cantaloupe (25g)

Sandwich Board

VEGETABLE WRAP: Whole wheat tortilla wrap, hummus, vegetables, lettuce (59g)

BUILD YOUR OWN: available as half or whole sizes (carbs are for whole sandwich)

PROTEIN: Roasted turkey, ham, roast beef, tuna, egg salad, chicken salad, peanut butter (7g)

CHEESE: American, Cheddar, Pepper Jack, Provolone, Swiss

BREAD: White (48g), Whole Wheat (38g), Sourdough (46g), Gluten-free (32g)

CONDIMENTS & TOPPINGS: Lettuce, Tomato, Onions, Mustard, Mayonnaise

The Grill *available on the side per request: lettuce, tomato, onion, pickle*

GRILLED THREE CHEESE SANDWICH: Provolone, Swiss, Cheddar, thick cut bread (38g)

CHICKEN QUESADILLA: Diced chicken, three cheese blend, whole wheat tortillas (60g)

GRILLED CHICKEN SANDWICH: Herb marinated chicken breast on a whole wheat bun (37g)

GRASS FED ANGUS BURGER: Grass fed Angus patty on a whole wheat bun (32g)

Condiments

Half & Half, Cream Cheese, Butter, Margarine, Jam (10g), Sugar Free Jam (5g), Peanut Butter (7g), Ketchup (3g), Mustard, Mayonnaise, Tabasco, Salt, Pepper, Mrs. Dash, Sugar Substitute, Honey (12g), Lemon, Sour Cream, Salsa, Guacamole, Cranberry Sauce (6g)



Dial 6368 (MENU) to order

Specialties of the House

TURKEY MEATLOAF: Mini roasted turkey meatloaf, with herb gravy (15g)

SEARED CHICKEN BREAST: Cooked with a hint of lemon

SPAGHETTI WITH MEAT SAUCE: Slow cooked meat sauce, spaghetti noodles, parmesan cheese (53g)

WILD COHO SALMON: Wild Alaska Coho Salmon served with citrus dill sauce

MACARONI & CHEESE: Elbow noodles in a creamy cheese sauce (33g)

CHICKEN STIR FRY: Sautéed vegetables, diced chicken, teriyaki sauce over brown rice (62g)

SALISBURY STEAK: Seasoned beef patty topped with mushroom gravy (12g)

Pizza Oven

Vegetable Pizza (93g), Pepperoni Pizza (89g), Cheese Pizza (87g)

Vegetables & Sides

Seasonal Vegetable, Steamed Carrots (7g), Green Beans (6g), Mashed Potatoes (28g), Steamed Rice (35g), Buttered Noodles (38g) Baked Chips (23g), Multigrain Chips (27g), Pretzels (23g), Hard Boiled Egg, String Cheese, Cottage Cheese (5g), Beef or Chicken Gravy (6g)

Fruit & Desserts

FRESH FRUITS: Apple Slices (20g), Orange Wedges (20g), Banana (29g), Fresh fruit cup (13g), grapes (15g)

CHILLED FRUITS: Applesauce (15g), Peaches (10g), Pears (13g), Mandarin Oranges (13g)

YOGURT: Vanilla (16g), Raspberry (23g), Strawberry (22g), Peach (24g), Honey Greek (24g)

CREMES: Vanilla Pudding (22g), Chocolate Pudding (26g), Tapioca Pudding (22g)

BAKED GOODS: Chocolate Brownie (44g)

HOUSE BAKED COOKIES: Sugar, Oatmeal Raisin, Chocolate Chip (23g each)

FROZEN TREATS: Strawberry Italian Ice (17g) Lemon Italian Ice (18g), Vanilla Ice Cream (15g), Chocolate Ice Cream (18g), Orange Sherbet (23g), Raspberry Sherbet (27g)

GELATIN: Orange (21g), Strawberry (22g), Sugar-Free-Strawberry or Orange

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