

Instructions

Things to remember when placing your order:

Service Hours: 7 AM – 8 PM

Breakfast Hours: 7 AM – 11 AM
Lunch/Dinner Hours: 11 AM – 8 PM

To place your order, dial 690.6368 (MENU) or order through “Let’s Eat” on the MyChart app.

Your family and guests may purchase items from the visitors & staff room service menu if food is allowed in patient rooms on your unit. We accept Visa/Mastercard at the time of delivery.

One tray may contain: 1 entree, 3 beverages, and 4 sides or desserts.

- **Patients following diabetic diets will need to have a blood glucose test done by their nurse or PCA before placing their order.**
- Our menu is an “a la carte” menu. This means everything is ordered separately, including condiments.
- Your meal is prepared and delivered within 45 minutes after the order is placed.
- You may pre-order tomorrow’s room service meal and delivery times throughout the day by calling 690.6368 (MENU).
- **Some items may not be allowed on your specific diet per physician order.**
- Certain tests may require that you not eat for a period of time. Please place your order after you have had your test.

Menu Icons

-  **Gluten-free**
-  **Contains gluten**
-  **Vegetarian—lacto-ovo (contains dairy & egg)**
-  **Vegan—made without animal products**
-  **This seafood has met the MSC’s global standard for sustainability • msc.org**

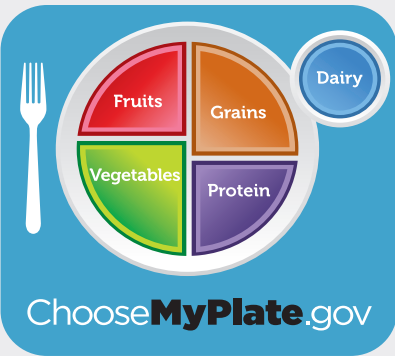
Some food items have substitutions available to provide gluten-free, vegan or vegetarian options.

Menu Abbreviations

LS low-sodium **GF** gluten-free
LF low-fat **SF** sugar-free
FF fat-free
Total number of grams (#g) carbohydrates

Our Nutrition Services Mission

To promote nutritional awareness and healthy food choices for patients, employees and guests that showcase our commitment to evidence-based medical nutrition therapies and environmental stewardship, while using wholesome ingredients and ensuring that all guests receive prompt, professional and courteous service.





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 helps control your blood glucose (sugar) levels, which is important for good health and healing. It is important that your blood sugar be checked before eating. Please ask your 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 carbohydrate 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.

Desserts / Beverages

CAKES & PIES

Flourless chocolate torte (30g) 
NY cheesecake (16g)
Berry sauce (6g) available upon request
Apple crisp with gluten-free topping (40g) 
Chocolate brownie (38g)



PUDDINGS

Chocolate pudding (20g)
Vanilla pudding (20g)
Tapioca pudding (21g)
Jell-O: strawberry (23g), orange (23g)
Sugar-free Jell-O: strawberry, orange

COOKIES

Chocolate chip (23g) Sugar (23g)
Oatmeal raisin (25g) Ginger molasses (21g) 

FROZEN DESSERTS

Sherbet:  orange (26g), raspberry (26g)
Ice cream: vanilla (15g), chocolate (16g)
Italian ice:  strawberry (18g), lemon (17g)





SNACKS

Sliced apple (18g) 
Banana (27g) 
Fruit cup (9g) 
Pears (16g) 
Blueberries (16g) 
Fruit plate (24g) 
Cottage cheese (5g)
Vanilla yogurt (21g)
Fruited yogurts: raspberry (28g), peach (29g), strawberry (23g)
Blueberry or strawberry parfait (35g) 





Applesauce (13g) 
Peaches (17g) 
Grapes (17g) 
Orange wedges (16g) 
Strawberries (5g) 
Mandarin oranges (13g) 
Plain yogurt
Honey Greek yogurt (24g)

Total number of grams (#g) carbohydrates



CHIPS

White cheddar popcorn (23g) 
Regular potato chips (8g) 
Baked potato chips (24g) 
Multi-grain chips (27g) 
Nacho Cheese Doritos (31g)

BEVERAGES

Bottled water (non-carbonated) 
San Pellegrino water (carbonated) 
Crystal Lite: raspberry, peach tea, lemonade 
Lite lemonade 


Milk

2% (12g) Chocolate (23g)
Fat-free (12g) Whole (12g)
Soy milk: vanilla (18g), chocolate (25g) 
Almond milk: vanilla (13g) 

Juice

Apple (15g) Cranberry (15g)
Orange (15g) Prune (22g)
Tomato (7g)

Hot Beverages

Regular or decaf coffee 
Hot chocolate (23g)
No sugar added hot chocolate (10g)

Herbal & Decaf Teas

Chamomile Decaf black tea Apple spice
Peppermint

Teas

Black tea English breakfast
Green tea Earl grey
Jasmine citrus Unsweetened iced tea

Soft Drinks

Pepsi (26g) Coke (25g)
Diet Pepsi Diet Coke
Lemon lime (25g) Diet lemon lime
Ginger ale (21g) Diet ginger ale
Root beer (27g)

VMC-Regular (3/24)

Regular Menu



Valley Medical Center Room Service

Service Hours: 7 AM – 8 PM

Breakfast Hours: 7 AM – 11 AM

Lunch/Dinner Hours: 11 AM – 8 PM

To place your meal order, call 690.MENU (6368) or order through “Let’s Eat” on the MyChart app



UW Medicine
VALLEY
MEDICAL CENTER



Breakfast

Breakfast Hours: 7 AM – 11 AM

Soups, Salads & Sandwiches

Lunch/Dinner Hours: 11 AM – 8 PM

Entrees

Lunch/Dinner Hours: 11 AM – 8 PM

TOPPINGS

Breakfast syrup (29g) Berry sauce (6g)
Sugar-free breakfast syrup

BREAKFAST ENTREES

FRENCH TOAST (40g)
Two slices of vanilla cinnamon battered thick-cut bread.
Half portions available (20g).
PANCAKES (40g)
Two buttermilk or blueberry pancakes right off the griddle.
Half portions available (20g).

FARMERS BREAKFAST** (54g)
Two eggs scrambled, bacon, potatoes, whole wheat toast.

OMELET**
Omelet prepared with your choice of fillings: ham, pork sausage, chicken sausage, mushrooms, onions, diced tomatoes, black olives, bacon, red peppers, spinach, cheddar cheese, mozzarella cheese.

BISCUIT & GRAVY (50g)
Veggie crumble country gravy over a biscuit. Half portion available upon request (25g).

BREAKFAST SANDWICH (26g)
Cheese with a fried egg on a toasted English muffin. Bacon, pork sausage patty or veggie patty (5g) available upon request.

VEGAN BREAKFAST BURRITO (55g)
Seasoned tofu, potatoes, and vegan cheese, all wrapped up in a soft wheat tortilla.

ACCOMPANIMENTS

Black beans (17g)
Pork sausage patty
Veggie breakfast patty (5g)
Country potatoes (22g)
Hard-boiled egg
Bacon
Chicken sausage links
Tofu scramble
Scrambled eggs**
Hard-fried egg

CEREALS

Oatmeal (24g)
Cream of Rice (33g)
Cream of Wheat (20g)
Rice Chex (24g)
Cheerios (14g)
Granola (52g)
Raisin Bran (27g)
Corn Flakes (18g)

Total number of grams (#g) carbohydrates **Egg substitute available upon request

BREAKFAST PASTRIES

Bagel (45g)
Biscuit (27g)
Muffin: bran (26g), blueberry (30g)
GF Muffin: dark chocolate (30g)
Bagel half (23g)
English muffin (24g)

BREAD/TOAST

Gluten-free white (16g)
Whole wheat (19g)
Great seed (24g)
Sourdough (18g)
White (24g)

FRUIT & SIDES

Sliced apple (18g)
Banana (27g)
Fruit cup (9g)
Pears (16g)
Blueberries (16g)
Fruit plate (24g)
Cottage cheese (5g)
Vanilla yogurt (21g)
Fruited yogurts: raspberry (28g), peach (29g), strawberry (23g)
Blueberry or strawberry parfait (35g)
Applesauce (13g)
Peaches (17g)
Grapes (17g)
Orange wedges (16g)
Strawberries (5g)
Mandarin oranges (13g)
Plain yogurt
Honey Greek yogurt (24g)

CONDIMENTS

BBQ Sauce (10g)
Breakfast syrup (29g)
Brown sugar
Butter
Cranberry sauce
Cream (half & half)
Cream cheese
Guacamole
Honey (7g)
Jelly (8g)
Ketchup
Lemon juice
Lemon wedge
LF mayonnaise
LS soy sauce
Margarine
Mrs. Dash
Mustard
Parmesan cheese
Peanut butter (5g)
Pepper
Raisins (31g)
Ranch sauce
Salt
Salsa
Splenda
Sour cream
Sugar
Sugar-free jelly
Sugar-free syrup (5g)
Sweet & sour sauce (8g)
Tabasco sauce
Tartar sauce

SALADS

GARDEN SALAD

Entree (9g) / **Side**

Garden salad with cucumber, carrots, and a cherry tomato garnish. Dressing available upon request.

TACO SALAD

Entree (12g)

Crisp lettuce topped with black beans, diced tomato, shredded cheddar cheese, and green onion. Seasoned chicken, sour cream, salsa, guacamole (8g), and Doritos (31g) or Multigrain chips (27g) available upon request. Vegan and vegetarian options available.

CLASSIC CAESAR

Entree (19g) / **Side** (7g)

Chopped crisp romaine lettuce with shredded parmesan cheese and croutons. Chicken breast optional. Lemon wedge garnish.

SESAME CHICKEN SALAD

Entree (28g)

Chicken, chopped cabbage, carrots, red pepper, green beans, tossed with sesame dressing and crispy noodles.

VEGETABLE PLATE

Side (10g)

Fresh vegetable selection of carrots, celery, cucumber, broccoli florets, and cherry tomatoes. Dressing and hummus is available upon request.

EGG SALAD CUP

TUNA SALAD CUP

CHICKEN SALAD CUP

DRESSINGS

Ranch sauce
Oil & vinegar
FF ranch
Thousand island (7g)
FF Raspberry vinaigrette (12g)
Caesar
Bleu cheese
FF Italian
Balsamic vinegar (5g)
Jelly (18g)

Total number of grams (#g) carbohydrates

SOUPS & BROTHS

Saltine (5g) oyster crackers (11g) available upon request. Bowl or cup available.

Beef broth
Vegetable broth
Cream of chicken (7g)
Country tomato (7g)
Chicken broth
Chicken noodle (11g)
Cream of mushroom (7g)

BUILD YOUR OWN SANDWICH

Whole or half sandwich

Carbohydrates are calculated for a whole sandwich. Select from each of the following categories in order from #1 – #5:

1. BREAD

White (48g)
Flour tortilla (30g)
Sourdough (36g)
Whole wheat (38g)
Great seed (40g)
Gluten-free white (32g)

2. PROTEIN

Bacon
Chicken salad
Egg salad
Ham
Roast beef
Tuna salad
Turkey

3. CHEESE

American
Cheddar
Cream cheese
Pepperjack
Provolone
Swiss

4. TOPPING

Cucumber
Lettuce
Pickle chips
Red onions
Tomato

5. SPREAD

Cranberry sauce
Hummus
Ketchup
Mustard
Guacamole
LF mayonnaise
Peanut butter (5g)
Jelly (18g)

FROM THE GRILL

HAMBURGER

Char-broiled hamburger patty on a toasted bun (32g). Lettuce, tomato, pickle chips, red onion, cheese, or bacon available upon request.

VEGGIE BURGER

Grilled veggie patty (23g) on a toasted bun (32g). Lettuce, tomato, pickle chips or red onion available upon request.

GRILLED CHICKEN BURGER

Char-broiled chicken on a toasted bun (32g). Lettuce, tomato, pickle chips, red onion, cheese, or bacon available upon request.

GRILLED SANDWICH

Please refer to the “Build your own sandwich” section for Carbohydrate content.

Grilled cheese • Ham & cheese • Tuna melt

CHEESE QUESADILLA (30g)

Flour tortilla with melted mozzarella, cheddar cheese and cilantro. Chicken or black beans (8g) options are available upon request.

BAKED CHICKEN STRIPS (30g)

Breaded chicken tender strips. Side of sweet & sour (8g), ranch or BBQ (10g) sauces available upon request.

SIDE DISHES

Buttered noodles (39g)
Mashed potatoes (28g)
White rice (28g)
Gluten-free pasta (39g)
Broccoli (6g)
Green beans (6g)
Sweet potato fries (35g)
Black beans (17g)
Wheat roll (31g)
Poultry gravy (6g)
Carrots (6g)
Corn (16g)
White roll (31g)
Brown gravy (5g)

Total number of grams (#g) carbohydrates

ENTREES

PASTA (39g)

Pasta tossed with marinara (10g), pesto or alfredo (8g) sauce. Option to add chicken or veggie crumble (10g). Gluten-free pasta available upon request (39g).

MACARONI & CHEESE (33g)

Macaroni pasta tossed with a creamy cheese sauce. Half portions available (17g).

CHEESE PIZZA (106g)

Seven-inch personal pizza with choice of toppings: bacon, pork sausage, pepperoni, mushrooms, onion, diced tomato, black olives, red peppers. Half pizza available upon request (53g).

MEATLOAF (10g)

Beef meatloaf. Gravy available upon request. Half portions available (5g).

PAN-SEARED SALMON

Wild-caught sockeye salmon served with a lemon-herb butter sauce. Garnished with a lemon wedge. Half portion available.

PAN-SEARED COD

Pan-seared cod filet served with a lemon-herb butter sauce. Garnished with a lemon wedge. Half portion available.

ASIAN STIR-FRY WITH WHITE RICE (57g)

Blend of sautéed vegetables: onions, bell peppers, zucchini, broccoli, and carrots garnished with sesame seeds and served with white rice. Your choice of chicken or veggie crumble (10g).

CHICKEN ADOBO (9g)

Chicken marinated in a savory and sweet sauce made of garlic, onion, sugar, and soy sauce. Half portion available (5g).