

# Breakfast *Available All Day*

## Cereals

- Cream of Wheat ♥ (1.5)
- Oatmeal ♥ (1.5)
- Cheerios ♥ (1)
- Rice Krispies ♥ (1)
- Corn Flakes ♥ (1)

## Hot Breakfast Entrees

- Two Eggs, any style  
*One egg available on request*
- Scrambled Egg Substitute ♥
- Buttermilk Pancake (1)
- French Toast (2)
- Breakfast Sandwich (2)
- Biscuit & Sausage Gravy (4)

## On the Side

- Two Bacon Strips
- Ham Slice
- Sausage Patty
- Hash Brown Potatoes ♥ (2)

## Breakfast Bakery

- White or Whole-Grain Toast ♥ (1)
- Blueberry Muffin ♥ (2)
- Fresh Baked Banana Bread ♥ (2.5)
- English Muffin ♥ (2)
- Bagel ♥ (2)
- Tortilla ♥ (1)

- Raisin Bran ♥ (2)
- Rice Chex ♥ (2)
- Granola ♥ (3)
- Brown Sugar (1)
- Raisins ♥ (1)

## The Omelet Station

### Choose from the following:

- Cheese
- Ham
- Low Fat Cheese ♥
- Fresh Mushrooms ♥
- Onions ♥
- Spinach ♥
- Green Peppers ♥
- Diced Tomatoes ♥

## Fruits & Yogurt

- Banana ♥ (2)
- Prunes ♥ (1)
- Applesauce ♥ (1)
- Fresh Fruit in Season ♥ (1)
- Vanilla Yogurt ♥ (2)
- Peach Yogurt ♥ (2)
- Lite Strawberry Yogurt ♥ (1)
- Lite Blueberry Yogurt ♥ (1)

## Beverages

- Whole Milk (1)
- 2% Milk (1)
- Skim Milk ♥ (1)
- Soy Milk ♥ (.5)
- Chocolate Milk (2)
- Orange Juice ♥ (1)
- Apple Juice ♥ (1)
- Grape Juice ♥ (1)
- Cranberry Juice ♥ (1)
- Prune Juice ♥ (1.5)
- Low Sodium V-8 ♥
- Tomato Juice
- Coffee

- Decaf Coffee
- Hot Tea
- Decaf Hot Tea
- Iced Tea
- Decaf Iced Tea
- Hot Chocolate (1)
- Lite Hot Chocolate (.5)
- Coke (2)
- Diet Coke
- Sprite (2)
- Ginger Ale (2)
- Lemon Lime (2)
- Diet Lemon Lime

## Clear Liquid

- Chicken Broth
- Vegetable Broth
- Beef Broth
- Apple Juice ♥ (1)
- Cranberry Juice ♥ (1)

- Popsicle ♥ (.5)
- Sugar Free Gelatin ♥
- Gelatin ♥ (1)
- All Coffee, Hot Teas  
& Iced Teas ♥

## Full Liquid

### All Clear Liquid Items plus the following:

- Tomato Soup ♥ (1)
- Strained Cream Soup (1)
- Milk Shake (4)
- Cream of Wheat ♥ (1.5)
- Pudding ♥ (2)
- Sugar Free Pudding ♥ (1)

- Custard (1.5)
- Ice Cream (1)
- Sherbet ♥ (1.5)
- Vanilla Yogurt ♥ (2)

## Condiments

- Smart Balance Margarine
- Butter
- Miracle Whip
- Mustard
- Mayonnaise
- Relish
- Ketchup
- Lemon Juice
- Lemon Wedge
- Sugar (.5)
- Splenda
- Cream Cheese

- Non Dairy Creamer
- Jelly (1)
- Sugar Free Jelly
- Honey (.5)
- Peanut Butter
- Salsa
- Saltines
- Unsalted Crackers
- Pancake Syrup (2)
- Diet Pancake Syrup (1)
- Lite Cream Cheese



# Room Service Dining



## To Place Orders:

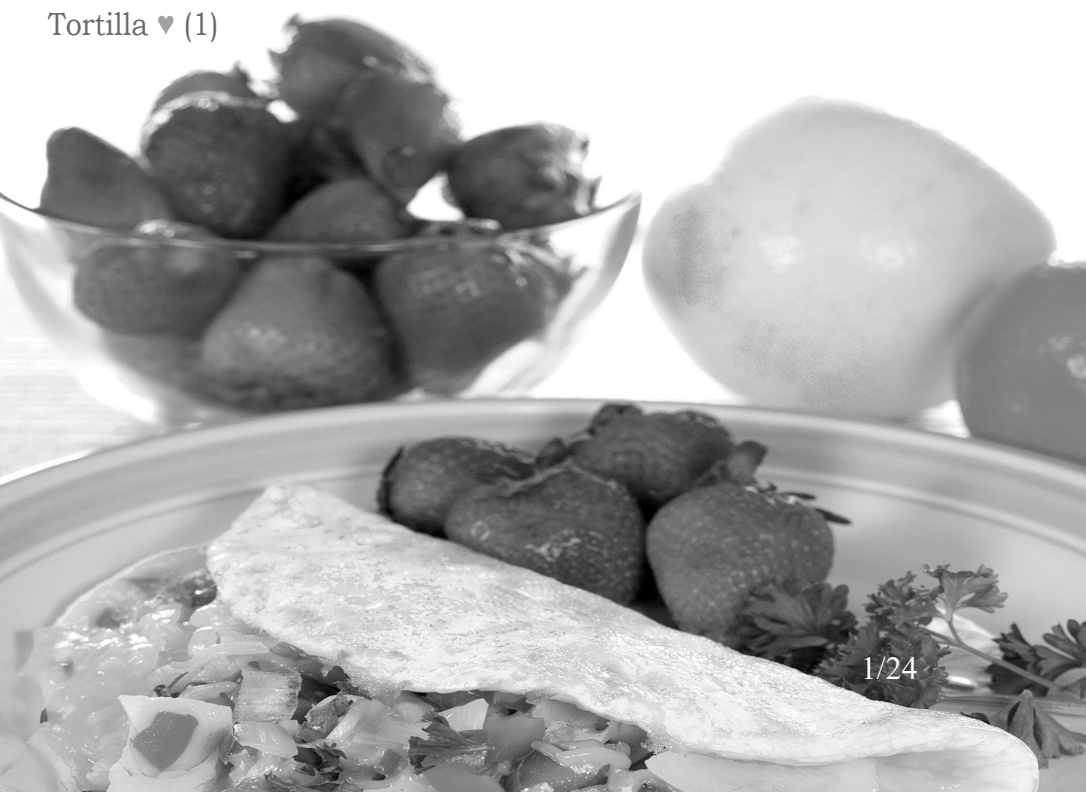
**Inside the Hospital**  
*Dial 2255*

**Outside the Hospital**  
*Dial 308-630-2255*

 **Regional West**  
Medical Center

4021 Avenue B | Scottsbluff, NE 69361 | 308-635-3711 | rwhs.org

FF -0245



# Welcome to Room Service

To place your order, simply dial 2255 from your room phone anytime between 6:45 a.m. and 7:15 p.m. Your meal will be delivered within 45 minutes of the placement of your order. Patients' guests may purchase a meal for a nominal fee.

## Special Diet Considerations

If your physician has placed you on a special diet, or if you have been scheduled for certain tests, you may not be permitted to order from this menu, or your selection may be restricted. The Call Center will be able to assist you in making the appropriate choices. If you have dietary concerns and wish to speak with one of our Registered Dietitians, please dial 2255.

To assist you in meeting your nutrition goals we have listed the number of carbohydrate servings for each menu item in parenthesis, and placed a ♥ alongside certain menu items to denote a Heart Healthy item (lower fat & sodium).

## For our Patients with Diabetes

Our menu includes the number of carbohydrate servings to help you manage your blood sugars. One serving of carbohydrate equals 15 grams. The average diabetic diet includes three to five carbohydrate choices per meal. If you have questions about your diet, please ask when you place your order. **Monitoring blood sugars and administering medications must be timed with food intake to be most effective. For this reason it is important that you notify the nursing staff after ordering each meal.**



## Lunch & Dinner

Available after 11 a.m.

### Soups

- Vegetable Beef Soup ♥ (1)
- Chicken Noodle Soup ♥ (1)
- Healthy Request Tomato Soup ♥ (1)
- Potato Bacon Soup (1)

### Entree Salad Plates

- Chef Salad (1.5)
- Chicken Caesar Salad (1)
- Chicken Salad Plate ♥ (2)
- Tuna Salad Plate ♥ (.5)
- Cottage Cheese & Fruit Plate ♥ (3)
- Taco Salad (2)

### Salad Dressings

- Ranch ♥
- Italian ♥
- French ♥
- Thousand Island ♥
- Dorothy Lynch

### Deli Favorites

- Chicken Caesar Wrap (2)
- Roast Beef Sandwich ♥ (2)
- Tuna Salad Sandwich ♥ (2)
- Chicken Salad Sandwich ♥ (2)
- Turkey Sandwich ♥ (2)
- Ham Sandwich (2)

- Creamy Peanut Butter and Jelly Sandwich ♥ (3)

### Choice of Breads

- White ♥
- Marble Rye ♥
- Croissant
- Whole Grain ♥

### From Our Grill

- Hamburger ♥ (2)
- Cheeseburger (2)
- Veggie Burger ♥ (3)
- Grilled Chicken Sandwich ♥ (2)
- Grilled Ham & Cheese (2)
- Grilled Cheese (2)

*Our Deli and Grill items are accompanied with lettuce & tomato. Pickle & onion are available on request along with your choice of: American, Swiss, Provolone or Pepper Jack cheeses*

### Pizza

- 7" Personal Pizza with Your Choice of Toppings (3)**
- Pepperoni
- Hamburger
- Fresh Mushrooms
- Green Pepper
- Italian Sausage
- Onion
- Black Olives

### Entrees

- Beef Pot Roast ♥
- Cheese Enchiladas (3)
- Golden Crusted Chicken Breast ♥ (.5)
- Oven Roasted Turkey with Dressing ♥ (1)
- Lemon Baked Cod ♥

- Meat Loaf ♥ (1)
- Vegetable Stir Fry
- Served over Rice ♥ (3)  
*available with chicken if desired*
- Penne Pasta with Marinara ♥ or Alfredo (3)  
*add Meatballs or Chicken if desired*
- Pork Tamale (1)

### Side Dishes

- Broccoli ♥
- Green Beans ♥
- Carrots ♥
- Small Side Garden Salad ♥
- Steamed Rice ♥ (1.5)
- Mashed Potatoes & Gravy ♥ (1)
- Refried Beans ♥ (1.5)

- Whole Kernel Corn ♥ (1)
- Baby Baker Potatoes ♥ (1)
- Baked Potato Chips ♥ (2)
- Cottage Cheese & Peach Cup ♥ (1)
- Relish Plate ♥
- Dinner Roll ♥ (1)
- Macaroni and Cheese ♥ (1)

### Desserts

- Fresh Fruit Cup ♥ (1)
- Custard (1.5)
- Angel Food Cake ♥ (2)
- Cookie (1)
- Chocolate 4 Layer Dessert (3)
- Pumpkin Pie (2)
- Apple or Cherry Pie (3)
- Oreos (.5)
- Vanilla Pudding (2)
- Chocolate Pudding (2)
- Vanilla Ice Cream (1)
- Chocolate Ice Cream (1)
- Strawberry Ice Cream (1)

- Popsicle ♥ (.5)
- Orange Sherbet ♥ (1.5)
- Raspberry Sherbet ♥ (1.5)
- Milk Shake (4)

### No Sugar Added Dessert Offerings

- Vanilla Pudding ♥ (1)
- Chocolate Pudding ♥ (1)
- Vanilla Ice Cream ♥ (1)
- Lemon Italian Ice ♥ (.5)
- Gelatin Parfait ♥

