

Welcome to Room Service


To place your meal or snack order, simply dial **5165** from your room phone anytime between 7:00 am and 6:30 pm. Your meal or snack will be delivered within 45 minutes of your order.

Breakfast is served 7:00 am - 6:30 pm and lunch/dinner is served from 11:00 am - 6:30 pm.

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 nutrition concerns and wish to speak with one of our Registered Dietitians, please call **5175**.

To assist you in meeting your sodium goals, when you call the Call Center at **5165**, the representative will help you make lower sodium choices. Higher sodium items on this menu are: pickles, biscuits, ham, bacon, sausage, flour tortilla, V-8 juice, macaroni & cheese, cottage cheese, American cheese and pizza.

We have also placed a  next to items that are high in sodium. These items may not be allowed if you are on a low sodium diet.

For Our Patients with Diabetes

Our menu includes the number of carbohydrate grams in parenthesis to help you manage your blood sugars. One serving of carbohydrates equals 15 grams. The average diabetic diet includes three to five carbohydrate servings per meal (or 45-75 grams of carbohydrates per meal). On our menu, if carbohydrates are not listed in parenthesis, the item is less than 5 carbohydrate grams per serving.

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 nursing staff after ordering each meal if you are taking diabetic medication.

Clear Liquid Diet

Broth

Beef Broth
Chicken Broth
Vegetable Broth

Beverages

Apple Juice (14g)
CranGrape Juice (20g)
All Coffee, Hot Teas & Iced Teas
Coke, Sprite, Dr Pepper (24-27g)

Desserts

Popsicle (18g)
Italian Ice (20g)
Gelatin *Orange or Berry* (25g)



Full Liquid Diet

ALL CLEAR LIQUID ITEMS PLUS:

Breakfast

Cream of Wheat (11g)

Soups

Tomato Soup (14g)
Cream of Chicken Soup (15g)
Cream of Potato Soup (24g)

Beverages

Any Beverage

Desserts

Pudding *Chocolate or Vanilla* (20-22g)
Ice Cream *Strawberry, Chocolate or Vanilla* (15-17g)
Orange Sherbet (23g)
Vanilla Yogurt (31g)



If you are on a Clear or Full Liquid Diet, we recommend choosing sugar containing products, even if you have diabetes, to provide needed energy for healing.



INPATIENT ROOM SERVICE

DIAL 5165 TO ORDER

Family members outside of the hospital can place an order on your behalf by calling 580-379-5175.

Breakfast

Cereal

Cream of Wheat (11g) Oatmeal (14g)
Cheerios (14g) Corn Flakes (17g)
Rice Crunchins (17g) Raisin Bran (25g)
Rice Chex - Gluten Free (16g)



Hot Breakfast Entrées

Two Eggs, any style -One egg available on request
Two Low Cholesterol Scrambled Eggs
Two Pancakes (31g)
Two French Toast (25g)
Biscuit & Cream Gravy (23g)



The Omelet Station

Choose from the following: Cheese Ham & Cheese Veggie

On the Side

Two Bacon Strips Sausage Patty Hashbrown Patty (14g)

Breakfast Bakery

English Muffin (25g) Blueberry Muffin (12g)
Tortilla (19g) Wheat Bun (22g)
Texas Toast (23g) White or Wheat Toast (14g)

Fruits & Yogurt

Fresh Fruit Cup (15g) Dried Fruit Mix (23g)
Banana (26g) Peaches (18g)
Applesauce (12g) Pears (18g)
Apple Slices (17g) Mandarin Oranges (18g)
Grapes (20g) Peach Yogurt (33g)
Strawberry Yogurt (33g) Vanilla Yogurt (31g)



Salt Shaker picture indicates high sodium items.
Carbohydrate grams are in parenthesis.

Lunch & Dinner

Soups

Vegetable Soup (14g) Chicken Noodle Soup (11g)
Tomato Basil Soup (14g)



Entrée Salad Plates

JCMH Chef Salad (15g)
Fajita Salad with Grilled Chicken (15g)
Chicken Caesar Salad (28g)
Chicken, Egg or Tuna Salad & Fresh Fruit Plate (35g)
Cottage Cheese & Fresh Fruit Plate (35g)

Salad Dressings

Available in regular or lighter varieties

Ranch French Vinaigrette Caesar

Deli Favorites

Chicken, Egg, or Tuna Salad Sandwich (30g)
Turkey Sandwich (28g) Ham Sandwich (28g)
Creamy Peanut Butter and Jelly Sandwich (40g)



Choice of Sandwich Breads

White (14g) Wheat (14g) Wheat Bun (22g)



From Our Grill

Hamburger (22g) Cheeseburger (22g)
Grilled Chicken Breast Chicken Strips (12g)
Grilled Ham & Cheese (28g) Grilled Cheese (28g)
Quesadilla with Cheese, Chicken or Pulled Pork (19g)

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

Pizza

One Slice of Pizza with Your Choice of Toppings (43g)
Cheese Pepperoni Veggie



Entrées

Beef Pot Roast with Pan Gravy
Chicken Fried Steak with Cream Gravy (20g)
Golden Crusted Chicken Breast with Gravy (6g)
Oven Roasted Turkey Breast with Gravy
Pulled Pork with Gravy or Barbecue Sauce
Crumb Crusted Cod
Pasta with Marinara Sauce or Meat Sauce (30g)



Side Dishes

Garden Salad Caesar Salad (7g) Coleslaw (12g)
Broccoli (6g) Corn (15g) Carrots (6g)
Green Beans Cottage Cheese (5g) Rice Pilaf (20g)
Baked Potato (34g) Red Potatoes (34g)
Mashed Potatoes (20g) French Fries (22g)
Baked Potato Chips (24g) Macaroni & Cheese (20g)
Noodles (20g) Dinner Roll (14g)
Cream, Beef, or Poultry Gravy



Desserts

Chocolate Chip Cookie (24g) Sugar Cookie (23g)
Angel Food Cake (33g) Chocolate Cake (40g)
Apple Pie Parfait (44g) Berry or Orange Gelatin (25g)
Vanilla Pudding (20g) Chocolate Pudding (22g)
Vanilla Ice Cream (15g) Chocolate Ice Cream (17g)
Strawberry Ice Cream (17g) Orange Sherbet (23g)
Italian Ice (20g) Popsicle (18g)



No Sugar Added Dessert Offerings (SF = Sugar Free)

SF Vanilla Pudding (10g) SF Chocolate Pudding (14g)
SF Berry or Orange Gelatin Fresh Fruit Cup (15g)

Beverages

Whole Milk (11g)	2% Milk (11g)	Skim Milk (11g)
Soy Milk (19g)	Chocolate Milk (26g)	
Orange Juice (15g)	Apple Juice (14g)	V-8 Juice (10g)
CranGrape Juice (20g)	Prune Juice (22g)	Water
Coffee	Hot Tea	Decaf Hot Tea
Decaf Coffee	Iced Tea	Decaf Iced Tea
Gatorade (20g)	Hot Chocolate (15g)	SF Hot Chocolate (10g)
Coke (25g)	Sprite (24g)	Dr. Pepper (27g)
Diet Coke	Sprite Zero	Diet Dr. Pepper

Condiments

Ketchup (3g)	Sugar (4g)	Sour Cream
Mustard	Splenda	Barbecue Sauce (4g)
Mayonnaise	Creamer	Picante Sauce
Miracle Whip	Margarine	Graham Crackers (11g)
Jelly (9g)	Peanut Butter (7g)	Crackers (5g)
SF Jelly (3g)	Honey (7g)	Pancake Syrup (29g)
Lemon Wedge	Mrs. Dash	SF Pancake Syrup (4g)
Tartar Sauce	Parmesan Cheese	

BREAKFAST SERVED 7AM-6:30PM

LUNCH & DINNER SERVED 11AM-6:30PM

DIAL 5165 TO ORDER