

Room Service Menu

Nutritional Information

1 Carbohydrate Choice ★

2 Carbohydrate Choice ★★

½ Carbohydrate Choice ★

Heart Healthy ♥
Gluten Free-GF

Hot Cereal

Oatmeal (1 cup) ♥ ★★

Cream of Wheat ★★

Cream of Rice- GF ★★

Malt-o-Meal ★★

Brown Sugar ★ and Raisins
available

Cold Cereal

Cheerios /Honeynut -GF ★

Raisin Bran GF ★★

Corn Flakes- GF ★

Lucky Charms-GF ★★

Rice Krispies ★★

Special K ★

Frosted Mini Wheats ★★

Fruit & Yogurt

Apple, Orange,

Banana ♥

Fresh Fruit (seasonal) ♥

Applesauce

Lit n Fit Yogurt ♥ ★

Greek Yogurt ♥ ★

Homemade

Granola (1/4c) ★

Breakfast Entrées

2 Egg Omelet

Cheddar Cheese

Ham, Sausage, Bacon, Tomato,
assorted Bell Peppers, Mushroom,
Onion

Eggs made to Order

Cholesterol Free Egg whites ♥

French Toast (1 slice)★

Buttermilk Pancakes (1 each)★

Waffles-★★

Sides

Toast (1 slice)★

Wheat ♥, Raisin or

English Muffin bread

(Choice of Jelly or Peanut butter
GF bread also available)

Breakfast Potatoes

Pork Sausage Links

Bacon Slices

Ham Steak

Lunch/Dinner

The Grill

Grilled Cheese

Grilled Ham & Cheese

Hamburger or Cheeseburger

Black Bean Veggie Burger

Marinated Grilled

Chicken Breast ♥

Chicken Breast Sandwich

Fish of the Day

The Deli

Classic BLT

Chicken Salad, Tuna Salad ♥

Egg Salad Sandwich

Smoked Turkey Sandwich ♥

Sliced Ham Sandwich

*Leaf Lettuce and sliced Tomato
upon request.

All selection accompanied by Potato
Chips, Cottage Cheese, Fresh Fruit, or
side Salad

(Bread/Bun) ★★



Room Service Menu

Garden

Side Salad ♥ Chef Salad ♥
Fresh Fruit &
Cottage Cheese Plate ♥

*Choice of dressing includes: French, Italian,
light Ranch ♥ Ranch, Thousand Island,
Balsamic Vinaigrette, FF Raspberry
Vinaigrette ♥ and Bleu cheese.

Soup

Soup of the Day, Tomato,
Vegetable ★, Chicken Noodle ♥
Vegetable Beef ★, LS Tomato ★★
Cream of Chicken ★
*Soup is served with Crackers and fresh
Baked Roll

Sides

Cottage Cheese- GF ★
Fresh seasonal Fruit ★
Potato Chips- GF
Mashed Potatoes (1/2 cup) ★
Green Beans ♥
Sliced Carrots ♥

Apple, Orange, Banana ★
Side Salad ♥
Lit n Fit Yogurt ♥ ★
Greek Yogurt ♥ ★

Dessert

Ice Cream – GF ★
Chocolate, Vanilla
Strawberry
Sugar Free Chocolate
and Vanilla

Sherbet- GF
Rainbow ♥ ★★
Raspberry ♥ ★★
SF Vanilla or Chocolate
Pudding- GF ★
Flourless Chocolate
Torte- GF ★★

Cookie
Chocolate Chip ★★
Oatmeal Raisin ★★
Sugar
Peanut Butter ★

Beverages

Juice (1/2 cup) ★
Orange, Apple,
Cranberry, V-8
Grape Juice, Prune
Juice, Diet Cranberry,
Tomato, Pineapple

Milk
Skim ♥ GF ★
2%- GF ★
Chocolate-GF ★★
Soda ★★
Ginger Ale, Lemon Lime,
Cola
Diet Soda also available

Coffee or Tea
Regular or Decaf
Hot Chocolate- GF
Regular ★ Sugar Free ★
Hot Tea or
Unsweetened Ice Tea ♥

**** Some items might not be appropriate for your diet.
Please allow us to help you make selections****

