Golisano Children’s Hospital

ROOM SERVICE MENU

Food & Nutrition Services
for General Diets, Heart Healthy Diets and Diabetic Diets

Golisano Children’s Hospital is pleased to offer an expansive ROOM SERVICE menu for patients, offering a wide variety of selections and an easy ordering process.

Once you have made your selections, simply call 7-FOOD (7-3663) to place your order during the hours listed below.

If some items are not allowed on your diet, please allow us to help you select an appropriate alternative.

We will deliver your meal within 45 minutes.

If you are on a special diet, a Registered Dietitian will be happy to explain your diet to you.

Dial 7-FOOD (7-3663) to request a dietitian visit.

DINING HOURS
Please place your orders for:

Breakfast
6:30 a.m. to 9:30 a.m.

Pre-packaged Continental Breakfast
9:30 a.m. to 11:30 a.m.

Lunch
11:30 a.m. to 2:30 p.m.

Box Lunch
2:30 p.m. to 4:30 p.m

Dinner
4:30 p.m. to 8:00 p.m.

Dial 7-FOOD (7-3663)
BREAKFAST

TRADITIONAL BREAKFAST
- ♥ Buttermilk Pancakes (30g)
- ♥ French Toast Sticks (34g)
- ♥ Two Scrambled Eggs
- ♥ Low Cholesterol Eggs

CROISSANT SANDWICHES
Egg, American Cheese and Bacon (26g)
Egg, American Cheese and Sausage (26g)

BUILD YOUR OWN OMELET
- ♥ Low cholesterol eggs available upon request

INGREDIENT CHOICES
- Bacon
- ♥ Onion
- ♥ Peppers
- ♥ Swiss Cheese

SIDES
- Sausage Patty
- Bacon
- Home Fries (22g)
- ♥ Turkey Sausage

LIGHTER FARE
- ♥ Fresh Seasonal Fruit Platter with Fresh Cut Fruit, Cottage Cheese and Two Mini Blueberry Muffins (68g)

BAKED GOODS
- ♥ Cinnamon Roll (37g)
- ♥ Fresh Bagel (58g)
- ♥ Blueberry Muffin (64g)
- ♥ Bran Muffin (54g)
- ♥ English Muffin (34g)
- ♥ Toast (1 slice of white (11g), wheat (11g), seedless rye (16g), 12 grain (15g))
- ♥ Croissant (25g)

CEREALS
- ♥ Oatmeal (15g)
- ♥ Cream of Wheat (18g)
- ♥ Cheerios (14g)
- ♥ Cornflakes (18g)
- ♥ Raisin Bran (27g)
- ♥ Rice Chex (18g)
- ♥ Corn Pops (19g)
- ♥ Lucky Charms (23g)
- ♥ Special K (13g)
- ♥ Rice Krispies (15g)
- ♥ Frosted Flakes (26g)
- ♥ All Bran (37g)
- ♥ Granola (34g)
- ♥ Total (34g)

- ♥ Fresh Fruit Cup (13g)
- ♥ Orange (16g)
- ♥ Apple (20g)
- ♥ Sliced Pears (13g)
- ♥ Banana (23g)
- ♥ Sliced Peaches (13g)
- ♥ Mandarin Orange (9g)
- ♥ Grapes (20g)
- ♥ Fruited Yogurt (22g)
- ♥ Cottage Cheese
- ♥ Pop Tarts (assorted) (38g)

♥ Symbol before a menu item means that it is compliant with the Limited Saturated Fat Diet.
♥ Symbol before a menu item means that it is compliant with the Low Sodium Diet.

2g Grams of Carbohydrate for diabetes diet are shown as a number inside a black oval after a food.

Symbol before an entree means that it is vegan.
**SOUPS AND SALAD**

- **Soup du Jour (13g)**
- **Chicken Broth (18g)**
- **Chicken Noodle Broth (18g)**
- **Beef Broth (18g)**
- **Cream of Tomato (14g)**
- **Vegetable Broth (5g)**
- **Cream of Mushroom (5g)**

**Small Tossed Salad** - Mixed Greens with Cucumber and Tomato

**DRESSINGS**

- **Italian**
- **Fat Free Italian**
- **French**
- **Fat Free French**
- **Ranch**
- **Fat Free Ranch**
- **Balsamic Vinaigrette**
- **Oil and Vinegar**
- **Bleu Cheese**

**SANDWICHES AND WRAPS**

Served with Lettuce, Tomato and Pickle Spear

**Fillings:**

- **Ham**
- **Turkey**
- **Roast Beef**
- **Chicken Salad**
- **Egg Salad**
- **Tuna Salad**
- **Bacon**
- **Hummus**
- **American**
- **Swiss**
- **Provolone**
- **PBJ (18g)**
- **PBJ and Diet Jelly**

**BREADS AND WRAP CHOICES**

- **Breads:**
  - White (24g)
  - Wheat (23g)
  - 12 Grain (29g)
  - 6” Sub Roll (35g)

- **Wraps:**
  - Spinach (52g)
  - Tomato (51g)
  - Wheat (46g) - Choice of Italian, Ranch or Caesar dressing available upon request.

**SPECIALTY SANDWICHES AND BURGERS**

- **BLT** - Bacon, Lettuce and Tomato with Mayonnaise on Toasted White Bread (28g)
- **Grilled Cheese** - American Cheese on Grilled White or Wheat Bread - Ham available upon request (24g)
- **Grilled Chicken** - Marinated Chicken Breast Grilled and Served on a Bun (24g)
- **1/4 lb. Grilled Hamburger** - 4 oz. Grilled Beef - Add your Choice of Cheese (28g)
- **Vegetarian Burger** - Meatless Burger Served on a Multi Grain Roll (37g)
- **Black Bean Burger** - Meatless Black Bean Burger, Served on a Multi Grain Roll (41g)
- **Hot Dog** - Grilled and Served on a Bun (25g)
- **Quesadilla** - Grilled Flour Tortilla filled with Cheese, Onion, Pepper with or without Chicken, Served with a Side of Salsa (31g)

All Burgers and Chicken Sandwiches come with Lettuce and Tomato.
Remember to request any Condiments.

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*Nutritional Values based on average figures and standard product formulation. Actual nutritional values may vary based on a number of factors.*
## ENTREES

- Oven Baked Meatloaf (14g)
- Oven Roasted Turkey Breast with Dressing (21g)
- Fried Chicken Breast (8g)
- Chicken Parmesan with Pasta (50g)
- **Pasta Primavera** - Sautéed Vegetables served with Pasta (36g)
- **Pot Roast**
- **Grilled Chicken Breast**
- **Lemon Glazed Baked Haddock** (11g)
- Pizza - Veggie (76g), Cheese (73g), Sausage (75g), or Pepperoni (73g)
- **Tofu Stuffed Ravioli with Tomato Sauce** (35g)
- **Beans and Rice** (43g)
- Spaghetti Dinner with Marinara (30g) or Meat Balls (38g)
- Chicken Fingers (14g)
- **Vegetarian Chili over Brown Rice** - Beans, Peppers, Vegetables in a Spicy Chili Sauce (55g)
- Fish Sticks with Tarter Sauce (18g)

## SIDES

- **Beef Gravy**
- **Turkey Gravy**
- **Mashed Potatoes** (10g)
- **Baked Potato** (31g)
- **Rice** (20g)
- **Rice Pilaf** (23g)
- **Brown Rice** (20g)
- **French Fries** (29g)
- **Sweet Peas** (14g)
- **Sliced Carrots**
- **Corn** (20g)
- **Broccoli, Cauliflower, and Carrots**
- **Green Beans**

## SNACKS

- **Cheese and Crackers** (13g)
- Veggies and Dip
- **Potato Chips** (15g)
- ** Pretzels** (23g)
- **Fresh Baby Carrots**

## CONDIMENTS

- **Salt**
- **Mrs. Dash**
- **Pepper**
- **Sugar** (3g)
- **Syrup** (30g)
- **Diet Syrup**
- **Sugar Substitute**
- **Butter**
- **Margarine**
- **Sour Cream**
- **Jelly** (9g)
- **Diet Jelly**
- **Hot Sauce**
- **Steak Sauce**
- **Honey Mustard** (10g)
- **Mustard**
- **Barbeque Sauce** (10g)
- **Peanut Butter**
- **Sweet & Sour** (11g)
- **Salsa**
- **Parmesan Cheese**
- **Ketchup**
- **Honey** (12g)
- **Lemon Packet**
- **Mayo**
- **FF Mayo**
- **Soy Sauce**
- **Tartar Sauce**
- **Brown Sugar** (28g)
BEVERAGES

**HOT BEVERAGES**
- ♥ Hot Cocoa (24g)
- ♥ Diet Hot Cocoa (8g)
- ♥ Skim Milk (6g)
- ♥ Whole Milk (5g)
- ♥ Chocolate Milk (26g)
- ♥ Soy Milk (4g)
- ♥ Lactose Free Milk (11g)

**COLD BEVERAGES**
- ♥ 2% Milk (6g)
- ♥ Apple Juice (13g)
- ♥ Orange Juice (12g)
- ♥ Cranberry Juice (13g)
- ♥ Grape Juice (14g)
- ♥ Unsweetened Iced Tea
- ♥ Raspberry Iced Tea (22g)
- ♥ Coke (31g)
- ♥ Diet Coke
- ♥ Sprite (30g)
- ♥ Ginger Ale (26g)
- ♥ Diet Ginger Ale
- ♥ Lemonade (27g)
- ♥ Orange Soda (32g)

DESSERTS

- ♥ Carrot Cake (32g)
- ♥ Chocolate Cake (78g)
- ♥ Angel Food Cake (33g)
- ♥ Lemon Meringue Pie (44g)
- ♥ Apple Pie (47g)
- ♥ Chocolate Chip Cookie (52g)
- ♥ Sugar Cookie (41g)
- ♥ Peanut Butter Cookie (43g)
- ♥ Oatmeal Raisin Cookie (52g)
- ♥ Apple Crisp (22g)
- ♥ Fig Newton(s) (40g)
- ♥ Frosted Brownie (58g)
- ♥ Cheesecake Fruit Tart (34g)
- ♥ Oreo Cookie (20g)
- ♥ Rice Krispies Treat (29g)
- ♥ Gelatin (25g)
- ♥ Diet Gelatin
- ♥ Chocolate Pudding (24g)
- ♥ Vanilla Pudding (24g)
- ♥ Diet Vanilla Pudding (17g)
- ♥ Diet Chocolate Pudding (17g)
- ♥ Sundae Cone (35g)
- ♥ Ice Cream Bar (24g)
- ♥ Strawberry Ice Cream Cup (16g)
- ♥ Chocolate Ice Cream Cup (25g)
- ♥ Vanilla Ice Cream Cup (16g)
- ♥ Raspberry Sherbet Cup (26g)
- ♥ Lime Sherbet Cup (26g)
- ♥ Lemon Ice (20g)
- ♥ Orange Ice (20g)
- ♥ Banana (23g)
- ♥ Apple (20g)
- ♥ Orange (16g)
- ♥ Grapes (20g)
- ♥ Fresh Fruit Cup (13g)
- ♥ Sliced Peaches (13g)
- ♥ Sliced Pears (13g)
- ♥ Tropical Fruit Salad (18g)
- ♥ Apple Sauce (14g)

GUEST TRAY PROGRAM

Have Guests? Get Their Meal Delivered, Too!

Your visitors can dine with you – right in your room – with our convenient guest tray program. For $5 (plus tax), guests can receive an entrée, side dish, vegetable, dessert and beverage delivered right to your door.

**How it Works:** Guests should purchase meal vouchers in advance at the House of Six Nations Cafeteria, located on the first floor of the hospital (if they plan to dine with you often, they can buy as many as they like – vouchers never expire and are 100 percent refundable.) A cafeteria attendant will staple a receipt to each voucher as proof of purchase.

**Ready to Eat?** Call x7-3663 to place the guest’s order using this room service menu. Be sure to have the voucher number ready when you call. When the nutrition assistant brings your meal (please allow 30 to 45 minutes for delivery), hand them the meal voucher/stapled receipt, then enjoy!
OUR PLEDGE:
Caring is always on our menu

Food and Nutrition Services is committed to making your stay with us as comfortable as possible, by providing you a great tasting meal and courteous service. We strive for Excellence! Your 100% satisfaction is our number one goal. If, for any reason, our service is not meeting your expectations, please call us at extension 5-3425.