



**QUALITY OF LIFE SERVICES**

## HOW TO PLACE YOUR ORDER

Review the menu and choose the foods you would like to order.

**Place your order by dialing ext. 3663  
any time between 6:30 a.m. & 6:30 p.m.**

If you are on a modified or restricted diet,  
your Room Service Operator will assist you with your selections.

Please allow 45 minutes for your order to be delivered.

If you so desire, you may pre-order  
your meals for a specified time.

To do so please inform our Room Service Operator.

Your family can assist with orders by taking a copy of the menu  
home and calling (773) 990-3663.

If you would like to order meals for a visitor  
you may purchase a Guest Tray Voucher.



### About Your Special Diet

Nutrition is important for your health and healing.  
Your doctor may have ordered a diet for you that includes  
some restrictions. The Room Service Operators are here  
to assist you with your selections based on your diet.

Call 3663 to place your order with a Room Service Operator.

## HEALTHY EATING GUIDELINES

Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk  
and milk products. Include lean meats, poultry, fish, beans,  
eggs, nuts and seeds. Consume a diet low in saturated fats,  
trans fats, cholesterol, salt and added sugars.

### **Make your Calories Count:**

Think nutrient-rich rather than 'good' or 'bad' foods.  
The majority of your food choices should be packed with  
vitamins, minerals, fiber and other nutrients and  
lower in calories.

### **Focus on Variety:**

Strive for a rainbow of fruits and vegetables for a wide  
range of vitamins, minerals, fiber and phytochemicals.  
Eat a variety of foods from all the food groups to get  
the nutrients your body needs.

### **Know Your Fats:**

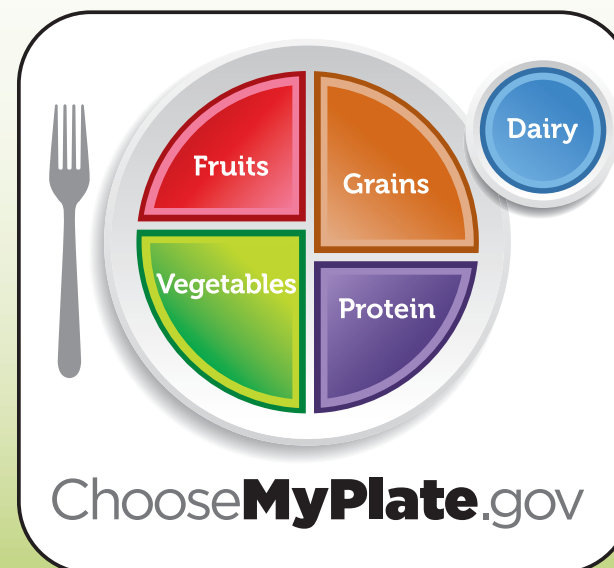
Look for foods low in saturated fats, trans fats, and  
cholesterol to help reduce your risk of heart disease.

### **For Diabetic Management:**

Please notify the nursing staff when your meal arrives  
so we can best help you manage your diabetes.

Timing of blood sugar checks and medications is critical in  
keeping your blood sugar as normal as possible.

We appreciate your assistance with your medical treatment.



# AT YOUR REQUEST

ROOM SERVICE DINING®



Place orders between  
6:30 a.m. & 6:30 p.m.  
Dial 3663 to place your order.

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## BREAKFAST

### FRUIT & YOGURT

Applesauce (15g)  
Pear Slices (15g)  
Peach Slices (15g)  
Banana (22.5g)  
Quartered Orange (15g)  
Fresh Fruit Cup (15g)  
**Yogurt (22.5g):** Vanilla  
Blueberry • Strawberry

### BREADS & BAKERY

Buttermilk Biscuit (18.75g)  
Bagel (41.25g)  
Bran Muffin (22.5g)  
Blueberry Muffin (18.75g)

### COLD CEREALS

Rice Chex® (22.5g)  
Cheerios® (15g)  
Frosted Flakes® (26.25g)  
Corn Flakes® (18.75g)  
Froot Loops® (18.75g)  
Raisin Bran® (33.75g)

## LIQUID DIETS

### CLEAR LIQUID DIET

**Broth:**  
Vegetable • Beef • Chicken  
**Juice (15g in 4oz):**  
Apple • Grape • Cranberry  
**\*Gelatin (18.75g):**  
Berry • Citrus  
**Fruit Ice (15g):**  
Cherry • Lemon  
**Coffee:** (Regular or Decaf)  
**Hot Tea:** (Regular or Decaf)  
**Unsweetened Lipton Ice Tea®**  
**Crystal Light®:**  
Lemonade • Fruit Punch  
**Soda (30g):** Lemon Lime • Cola

### HOT CEREALS

Cream of Wheat® (15g)  
Oatmeal (22.5g)

### MORNING SPECIALTIES

French Toast Slice (30g)  
Buttermilk Pancake (7.5g)  
Scrambled Eggs  
Cholesterol-free Scrambled Eggs

Breakfast Potatoes (15g)

Bacon Slice  
Turkey Sausage Patty  
Pork Sausage Link  
Grilled Ham

### OMELET SHOPPE

(Made-to-Order)  
Your Choice of:  
Onion • Diced Tomato  
Cheese • Sliced Mushrooms  
Sliced Green Pepper  
Bacon • Ham • Sausage

### FULL LIQUID DIET

*Includes All Clear Liquid Diet Items  
Plus the following:*

**Tomato Soup (15g)**  
**Cream of Potato Soup (15g)**  
**Cream of Wheat® (15g) • Oatmeal (15g)**  
**Vanilla Yogurt (22.5)**  
**\*Pudding (22.5g):** Vanilla • Chocolate  
**Ice Cream (15g):** Vanilla • Chocolate  
**Sherbet (30g):** Orange • Lime  
**Milk:** Skim (15g) • 2% (15g) • Soy (15g)  
Whole (15g) • Chocolate (22.5g)  
Lactose Free (15g)  
**Juice:** Orange (18.75g) • Prune (22.5g)  
**\*Hot Chocolate (22.5)**

(g) = Grams of Carbohydrate

Condiments available upon request

If your Doctor has prescribed a modified diet, some items may be altered or substituted.

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## LUNCH/DINNER

### SOUPS & BROTHS

**Broth:** Vegetable • Beef • Chicken  
**Soup:** Garden Vegetable (7.5g) • Tomato (15g)  
Cream of Potato (15g) • Chicken Noodle (15g)

### FROM THE GARDEN

Cole Slaw (3.75g)  
Potato Salad (11.25g)  
Cottage Cheese

**Vegetable Plate:** Carrots & Celery Sticks w/Your Choice of Dressing

**Side Salad:** Chilled Crisp Mixed Lettuce with  
Sliced Onion, Tomatoes & Cucumber Slices

**Chef Salad (7.5g):** Mixed Greens, Egg, Tomatoes,  
Cucumber Slices, Provolone Cheese, Cheddar Cheese,  
Julienne Ham & Turkey

**Dressings:** Italian (Regular & FF) • French (Regular & FF)  
Ranch (Regular & FF) • FF Raspberry Vinaigrette

### DELI SELECTS

**BREADS**  
(15g) Per Slice  
White  
Wheat  
Rye  
Dinner Roll

**GARDEN**  
Onion  
Lettuce  
Tomato  
Pickle

**CHEESES**  
American  
Mozzarella  
Cheddar  
Provolone  
Swiss

**MEATS & FILLINGS**  
Shaved Ham  
Shaved Roast Beef  
Shaved Turkey  
Veggie Combo  
Egg Salad  
Tuna Salad  
Chicken Salad

### ITALIAN CUISINE

**Pasta:** Spaghetti (30g) • Fettuccine (22.5g)  
**Sauces:** Marinara (3.75g) • Marinara with Meat (3.75g)  
Alfredo (15g) • Alfredo with Chicken (15g)  
**Sides:** Breadstick (22.5g)  
**Pizza (75g):** Cheese • Onion • Tomato • Green Pepper  
Mushroom • Pepperoni • Sausage  
**1/2 pizza is available (37.5g)**

### STIR-FRY DELIGHTS

**Choices of:** Rice (18.75g) • Pan Noodles (26.25g) • Vegetable Blend  
Chicken • Beef • Sesame Sauce (3.75g) • Sweet N' Sour (22.5g) • Teriyaki (10g)

### SOUTH OF THE BORDER

**Quesadilla (15g):** Cheese • Chicken  
**Crisp Taco (Corn Tortilla Shell) (15g):** Chicken • Seasoned Ground Beef  
**Soft Taco (Flour Tortilla Shell) (15g):** Chicken • Seasoned Ground Beef  
**Enchilada (33.75g):** Cheese • Chicken • Seasoned Ground Beef  
**Taco Salad Bowl (33.75g):** Chicken • Seasoned Ground Beef  
**Add-Ons:** Cheese • Shredded Lettuce • Diced Tomato  
Taco Sauce • Salsa • Sour Cream

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## LUNCH/DINNER

### GRILL FAVORITES

*The Following are Served with Your Choice of:  
White Bread, Wheat Bread, Rye Bread, Hamburger Bun  
American Cheese, Mozzarella Cheese, Cheddar Cheese, Provolone Cheese, Swiss Cheese*

**Grilled Cheese (30g)**  
**Jumbo Hot Dog (26.25g)**  
**Hamburger (26.25g)**

**Cheeseburger (26.25g)**  
**Veggie Burger (45g)**  
**Chicken Tenders (18.75g)**  
**Grilled Chicken Sandwich (60g)**

### AMERICAN COMFORTS

**Baked Macaroni & Cheese (41.25g)**  
Macaroni Baked with Creamy  
Mild Cheddar Sauce & Toasted  
Bread Crumb Topping

**Meatloaf (7.5g)**  
Traditional Homestyle Meatloaf  
with Green Peppers, Onions,  
Garlic & Tomato Sauce

**Pot Roast**  
Tender Slow Roasted Beef Pot Roast

**Roast Turkey Breast**  
Oven Roasted to Perfection

**Chicken Pot Pie (37.5g)**  
Tender Pieces of Chicken &  
Vegetables Blended in a  
Creamy Chicken Sauce Topped  
with Puff Pastry

**Lemon & Herb Chicken Breast**  
Marinated in Lemon & Herb

**Crispy Baked Whitefish (10g)**  
Whitefish Coated with Seasoned  
Crumbs & Baked until Crispy

### VEGETABLES & SIDES

Steamed White Rice (18.75g) • Steak Fries (26.25g)  
Whipped Potatoes (18.75g) • Cornbread Dressing (15g)  
Corn (18.75g) • Green Beans • Carrots • Broccoli  
Bread Slice (15g): White, Wheat, Rye • Dinner Roll (15g)

## BEVERAGES

### HOT

**Coffee:** (Regular or Decaf)  
**Hot Tea:** (Regular or Decaf)  
**\*Hot Chocolate (15g)**

### COLD

**Lemon Lime (30g) • Diet Lemon Lime  
Cola (30g) • Diet Cola  
Caffeine-Free Diet Cola  
Unsweetened Lipton Ice Tea®  
Crystal Light®:**  
Lemonade • Fruit Punch  
**Juice (4oz):** Orange (15g) • Apple (15g)  
Grape (15g) • Cranberry (15g)  
Prune (22.5g) • V8® (7.5g)  
**Milk:** Skim (15g) • 2% (15g) • Soy (15g)  
Whole (15g) • Chocolate (22.5g)  
Lactose Free (15g)

## DESSERTS

**Vanilla Wafers (15g)**  
**Sugar Cookie (22.5g)**  
**Chocolate Chip Cookie (22.5g)**  
**Oatmeal Raisin Cookie (22.5g)**

**Apple Crisp (30g)**  
**Chocolate Cake (22.5g)**  
**Carrot Cake (37.5g)**

**Yogurt (15g):** Vanilla  
Blueberry • Strawberry

**Pudding (22.6g):**  
Vanilla • Chocolate

**Gelatin (18.75g):** Berry • Citrus  
**Fruit Ice (15g):** Cherry • Lemon

**Ice Cream (15g):**  
Vanilla • Chocolate  
**Sherbet (30g):** Orange • Lime

Condiments available upon request

If your Doctor has prescribed a modified diet, some items may be altered or substituted.