

DESSERTS & SNACKS

Available 6:30 am – 7:30 pm

Jell-O **R** ♥ (1 CARB)

Sugar Free Jell-O **R** ♥

Pudding ♥ (2 CARB)

Sugar Free Pudding ♥
(1 CARB)

Pie **R** ♥ (2 CARB)
Fresh Baked Southshore
Deep Dish Apple or
Lemon Meringue

Warm Fruit Crisp **R** ♥
(3 CARB)

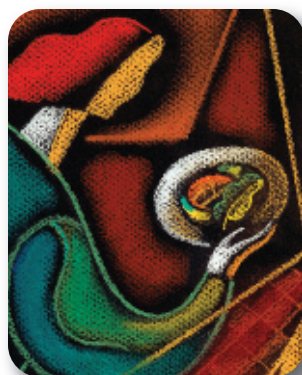
Fluffy Angel Food
Cake **R** ♥ (2 CARB)
with Strawberries (3 CARB)

Fresh Baked Cookie
(2 CARB) Chocolate Chunk
or Oatmeal Raisin

Ice Cream (1 CARB)
Chocolate or Vanilla

Lemon Italian Ice **R**
(2 CARB)

Sherbet **R** (2 CARB)
Raspberry or Orange



You will be receiving your meal through our personalized Dining On Call™ Room Service program. This will allow you the opportunity to choose the items you would like to eat, at the time you prefer to eat. Room service is available daily from 6:30 am to 7:30 pm.

It is important for you to consult with Nursing for the best times to order your meals based on your treatment, procedure, therapy, or medication schedules.

The items on the Room Service Menu have been carefully selected and prepared to offer a variety of foods to meet dietary restrictions and patient preferences.

Special Diets:

Your Nurse will be able to inform you if your Physician has instructions placing you on a modified or restricted diet. If you are on a modified or restricted diet, the following will be helpful in making menu selections that are consistent with your Physician's Diet Order:

♥ Indicates food choices that are lower in cholesterol, fat, and sodium. Please choose these items if you are on a cardiac, low cholesterol, low salt or low fat diet.

Additionally you should eat 3 well-balanced meals daily, including:

- No more than 6 oz. of lean meat daily
- 3-5 teaspoons of fat daily and
- No more than 2 egg yolks per week

R Indicates food choices that are lower in potassium, phosphorus and sodium. Choose these items if you are on a Renal diet.

Additionally you should limit your milk / dairy products to 4 ounces (½ cup) per day. Limit to 1 vegetable per meal, 4 fruit servings per day, and avoid cola beverages and chocolate. While this diet does limit the choices available to you, our goal is to assist your Physician and the Nursing staff in your over all care and treatment.

Diabetic/Calorie Controlled Diets

Try to eat at approximately the same times each day. In addition, try to consume the same amount of food (especially carbohydrate containing foods) at each meal.

Carbohydrate food items include grains, starchy vegetables, fruit, fruit juice, milk and sweets. Portion sizes of the carbohydrate food items are important to control. Examples of high carbohydrate choices include: 1 cup milk; ½ cup pasta; ½ cup oatmeal; ½ cup juice; 1 slice toast; 1 piece of fruit.

Food items on the menu containing carbohydrate are indicated on the menu with the number of carbs listed after each item. As prescribed by your physician, follow one of the diabetic meal patterns below:

	Per meal	Evening snack
1000-1200 calorie	3 carbs	1 carbs
1400-1600 calorie	4 carbs	1 carbs
1800-2000 calorie	5 carbs	1 carbs
2100-2200 calorie	5 carbs	2 carbs
2300-2500 calorie	6 carbs	2 carbs
2600-2800 calorie	7 carbs	2 carbs

Evening Snack is sent to Nursing Units by Food and Nutrition Department.

W132072 032217-Trenton

WELCOME TO ROOM SERVICE AT BEAUMONT HOSPITAL, TRENTON

Beaumont Hospital, Trenton



BEVERAGES

Available 6:30 am – 7:30 pm

Featuring Coca-Cola Products:

Coke Classic ♥, Sprite **R** ♥, Root Beer **R** ♥, Ginger Ale **R** ♥ (2 CARB)
Diet Coke ♥, Diet Sprite **R** ♥, Diet Ginger Ale **R** ♥

Fresh Brewed Coffee: Regular or Decafe **R** ♥

Hot Chocolate: Sugar Free or Regular (1-2 CARB)

Hot Tea: Regular or Decafe **R** ♥

Iced Tea **R** ♥

Juice (1 CARB): Orange ♥, Apple **R** ♥, Cranberry **R** ♥,
Prune **R** ♥, Lemonade **R** ♥

Milk (1 CARB): Whole, 2% **R** ♥, Skim **R** ♥, Chocolate Milk (2 CARB)

Floats: Your Choice of Soda with Vanilla Ice Cream (3 CARB)



Available 6:30 am – 7:30 pm

To order – please dial 840

Non-Dairy Creamer **R** ♥
Half and Half
Sugar **R** ♥ (1 CARB)
Sweet and Low **R** ♥

Salt
Pepper **R** ♥
Mrs. Dash **R** ♥
Mustard
Mayonnaise **R**
Ketchup ♥



Tartar Sauce
BBQ Sauce (1 CARB)
Honey Mustard (1 CARB)

Cream Cheese **R**
Lite Cream Cheese **R** ♥
Jelly **R** ♥ (1 CARB)
Sugar Free Jelly **R** ♥
Syrup **R** ♥ (1 CARB)
Sugar Free Syrup **R** ♥
Honey



Italian Dressing **R**
Ranch Dressing
French Dressing
Caesar Dressing
1000 Island Dressing
Fat Free Ranch Dressing ♥
Fat Free Italian Dressing **R** ♥

CONDIMENTS

Dining on Call Available Daily 6:30 a.m. to 7:30 p.m.
To order – please dial 840

Beaumont



BREAKFAST

Available 6:30 am – 7:30 pm



Scrambled Eggs

Cooked fluffy and light. Regular **R** or Low Cholesterol **R♥**

Southshore Breakfast Sandwich

Made with Regular Scrambled Eggs, American Cheese, and Sausage Patty on an English Muffin (2 CARB)

French Toast

Thick-cut Texas Toast Slice dipped in seasoned Regular **R** or Low Cholesterol **R♥** Eggs (2 CARB)

Hash Brown Patty

Shredded Potato Patty, Deep Fried (1 CARB)

Bacon, Sausage Patty, or Turkey Sausage Links

Create Your Own Omelet

Made with Regular **R** or Low Cholesterol **R♥** Eggs. Add your choice of Green Pepper **R♥**, Onion **R♥**, Mushrooms **♥**, Cheddar or Swiss Cheese, or Ham

FRUIT, BREAD & CEREAL

Seasonal Fresh Fruit Cup **R♥**

(1 CARB)

Whole Fresh Fruit

Banana **♥**(2 CARB)
Apple **R♥** (1 CARB)
Orange **♥** (1 CARB)
Pear **R♥** (1 CARB)

Yogurt

Lite French Vanilla **R♥** (1 CARB)
Strawberry **R♥** (1 CARB)
Mixed Berry **R♥** (1 CARB)
Peach **R♥** (1 CARB)

Sliced Peaches **R♥** (1 CARB)

Applesauce **R♥** (1 CARB)



Bagel **R♥** (2 CARB)

Toast (1 Slice) **R♥** (1 CARB)

English Muffin **R♥** (2 CARB)

Soft Dinner Roll **R♥** (1 CARB)

Southern Style Biscuit **R** (2 CARB)

Muffin

Blueberry, Bran, Corn **R** (2 CARB)

Old Fashioned Oatmeal **R♥**

(2 CARB)

Cream of Wheat **R♥** (1 CARB)

Cereal

Special K **R♥** (1 CARB)
Frosted Flakes **R♥** (2 CARB)
Cheerios **R♥** (1 CARB)
Bran Flakes **♥** (1 CARB)
Rice Krispies **R♥** (1 CARB)
Frosted Mini Wheats **♥** (2 CARB)
Cornflakes **R♥** (1 CARB)
Fruit Loops **R♥** (2 CARB)
Raisin Bran **♥**(1 CARB)
Corn Pops **R♥** (2 CARB)

To order – please dial 840

LUNCH

Available 10:30 am – 7:30 pm



THE SANDWICH BOARD

Build your own fresh to order deli style sandwich

Bread (2 CARB) (Choose 1):	Meat (Choose 1):	Cheese (Choose 1):
Deli Multi Grain R♥	Roasted Turkey Breast R♥	American Cheese
Deli Whole Wheat ♥	Deli Style Ham	Swiss Cheese
Deli White R♥	Slow Roasted Beef R♥	Provolone Cheese
Deli Marble Rye R♥	Homemade Tuna Salad R	
Croissant R♥	Homemade Chicken Salad R	
Pita Pocket R♥	Homemade Egg Salad R	
Onion Roll		

Other Items: Leaf Lettuce, Sliced Tomato, Sliced Onion, Pickles, Mild Pepper Rings

THE GRILL LUNCHEON ENTRÉES (Choose One)

Macaroni and Cheese – Homemade with Cheddar Cheese Sauce (2 CARB)

Hamburger

Choice of Bun: Traditional or Onion **R** (2 CARB)

Cheeseburger

Choice of Cheese: American or Swiss and
Choice of Bun: Traditional or Onion (2 CARB)

Garden Burger

Choice of Bun: Traditional or Onion (2 CARB)

Hot Dog

– All Beef (2 CARB)

Grilled Cheese

– Served on White or Wheat bread (2 CARB)

Fish Sandwich

– Served on a Bun **R** (2 CARB)

Grilled Chicken Sandwich

Choice of Bun: Traditional or Onion **R♥** (2 CARB)

Breaded Chicken Sandwich

Choice of Bun: Traditional or Onion (2 CARB)

Bistro Personal Pizza (3 CARB)

Topped with Your Choice of: Cheese, Pepperoni, Green Pepper, Onion, Mushroom, or Ham



To order – please dial 840

Soup & Side ITEMS

Available 10:30 am – 7:30 pm

Low Sodium Clear Broth

Chicken, Beef, or Vegetable **R♥**

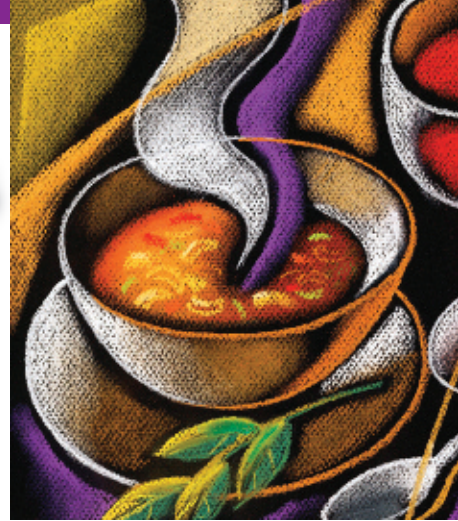
Low Sodium Cream of Tomato Soup (1 CARB)

Low Sodium Vegetable Soup **R♥** (1 CARB)

Homemade Southshore Chicken Noodle Soup (1 CARB)

Chef's Select Homemade Soup of The Day (1 CARB)

Chef's Select Homemade Roadhouse Chili (1 CARB)



Cottage Cheese **R♥**

add Diced Peaches (1 CARB)

Potato Chips (1 CARB)

Baked Potato Chips (1 CARB)

French Fries (1 CARB)

Side Garden Salad **R♥**

DINNER ENTRÉES

To order – please dial 840

Available 4:00 pm – 7:30 pm

(Choose One)

Roasted Turkey Breast **R♥**

Hot Open Face Sandwich

Turkey **R♥**, Roast Beef **R♥**, or Meatloaf **R♥** (1 CARB) with Gravy (2 CARB)

Chicken Breast Tenders (1 CARB)

Homemade Meatloaf **R♥**

Marinated Grilled Chicken Breast **R♥**

Mama's Angel Hair Pasta

with Butter and Parmesan Cheese **R♥** (2 CARB)

Crumb Top Cod Filet **R♥** (1 CARB)

Herb Roasted Cod Filet **R♥**



ENTRÉE SALADS

Available 10:30 am – 7:30 pm

Chicken Caesar Salad **R♥** (1 CARB)

Chef Salad (1 CARB)

See condiment list for other salad dressing options

Side Dishes

Carrot Coins **R♥**

Garden Rice **R♥** (1 CARB)

Green Beans **R♥**

Whole Kernel

Corn **R♥** (1 CARB)

Chicken Gravy (1 CARB)

Beef Gravy (1 CARB)

Mashed Potatoes **R♥** (1 CARB)

Homestyle Dressing **R♥**

(1 CARB)