

# Room Service



## Room Service Dining at Your Request

The department of Culinary & Nutrition Services is pleased to offer you Room Service dining. Room Service allows you to select meals from a restaurant-style menu. Our goal is to provide you with excellent service during your stay. Feel free to let your Room Service Associate know, when your tray is delivered, if we are not exceeding your expectations.

### How to Place Your Order

1. Using your bedside phone, dial 5555 between the hours of 7:00 AM and 7:00 PM.
2. Identify yourself to our Call Center Associate, who will verify your name, room number, and date of birth. Place your order.
3. Your meal will be prepared and delivered to you within 60 minutes of your request.

### For Family Members Ordering for A Patient from Outside the Hospital

You may order for your loved one from home by doing the following:

1. Review the menu.
2. Call (732) 745-8600, extension 5555.
3. You may order up to three meals in advance with one phone call. Please let us know what time you would like each meal delivered.

### Guest Meals

Guest meals are available for purchase for \$8. Guests may select from our Room Service menu. Please ask your Room Service Associate for details.

### Special/Restricted Diets

Our menu is designed by our registered dietitians and culinary team. The items on the menu allow for a variety of healthy options to meet your nutrition needs whether you follow diabetic, renal, cardiac or other special or restricted diets.

Our Call Center Associate will assist you with your meal selection/choices so that they fit into your diet as ordered by your physician or practitioner.

**Gluten Free and Dysphagia Diet (Pureed, Ground, Chopped)**  
Please ask your Room Service Associate for our list of selections.  
Menus are available.

## Quality and Safety Pledge

Your satisfaction is very important to us.

Saint Peter's University Hospital's Culinary & Nutrition Services is committed to providing you with healthy, delicious food and very good service.

You may receive a patient satisfaction survey once you are home. If we have met our pledge to you, our goal is for you to rate your **Meals Experience** as a "5".

# Liquid Diets

## Clear Liquid Diets

Juice - Apple, Cranberry, Grape

Broth - Chicken, Beef, Vegetable

Jello - Strawberry, Orange

Water Ice - ♥Lemon, ♥Cherry, ♥Orange

Tea - Regular, Decaffeinated, Green Tea, Decaffeinated

Green Tea, Herbal Chamomile, Herbal Apple Cinnamon

Soda - Lemon-Lime, Ginger Ale

## Full Liquid Diets

Cereal/Soup - ♥ Cream of Tomato, ♥ Cream of Mushroom,  
♥ Cream of Farina


Pudding - Vanilla, Chocolate, Sugar Free Vanilla,  
Sugar Free Chocolate

Jello - Cherry, Orange, Sugar Free Strawberry, Sugar Free Orange

Ice Cream - Vanilla, Chocolate, Strawberry, ♥ Fat Free Vanilla,  
♥ Fat Free Chocolate

Water Ice - ♥Lemon, ♥Cherry, ♥Orange

Sherbet - ♥Raspberry, ♥Orange

Juice - Apple, Orange, Cranberry, Grape, Prune,  Tomato,  
♥Low Sodium Tomato

Coffee - Regular, Decaffeinated

Tea - Regular, Decaffeinated, Green Tea, Decaffeinated

Green Tea, Herbal Chamomile, Herbal Apple Cinnamon

Hot Chocolate - Regular, No Sugar Added

Milk - ♥Skim, ♥Lowfat (2%), Whole, ♥Fat Free Chocolate,  
♥Lactaid, ♥Soy, ♥Rice

Soda - Cola, Lemon-Lime, Ginger Ale, Diet Cola,  
Diet Lemon-Lime, Diet Ginger Ale, Club

We offer food choices that are heart healthy.

♥ Indicates that each serving contains less than 300 milligrams of sodium and 5 grams of fat.



Indicates items that are high in sodium or have greater than or equal to 350 milligrams of sodium.

# Breakfast

*Available all day!*

## Fruits and Yogurt

- ♥ Orange
- ♥ Apple
- ♥ Banana
- ♥ Melon Cup
- ♥ Applesauce
- ♥ Sliced Peaches
- ♥ Sliced Pears
- ♥ Stewed Prunes
- ♥ Raisins

## Yogurt

- ♥ Fresh Berry Yogurt Parfait
- ♥ Plain, Fruited Yogurt (Lemon, Mixed Berry)
- ♥ Lite Yogurt - Vanilla, Strawberry, Blueberry


## Cereal

- ♥ Oatmeal
- Rice Krispies
- Frosted Flakes
- ♥ Raisin Bran
- Kix
- Total
- ♥ Farina
- ♥ Cheerios
- Special K
- Farina
- Cornflakes

## Breakfast Entrées

- Scrambled Eggs
- ♥ Low Cholesterol Scrambled Eggs
-  French Toast
-  Pancakes
- Hard Boiled Egg
-  Bacon
-  Pork Sausage
-  Turkey Sausage


## Omelet Bar

- Regular or ♥ Egg White Omelet
- With your choice of: Ham, Onions, ♥ Green Peppers,
-  American Cheese, ♥ Low Fat Swiss, ♥ Tomato

## Bakery and Breads

- ♥ White Grain Bagel
- Plain Bagel
- ♥ Cinnamon Raisin Bagel
- English Muffin
- White Toast
- ♥ Blueberry Muffin
- Corn Muffin
- Bran Muffin
- ♥ Wheat Toast
- ♥ Rye Toast

# Beverages

Juices - Apple, Orange, Cranberry, Grape, Prune,  
 Tomato, ♥ Low Sodium Tomato,  
♥ Diet Cranberry Juice

Coffee - Regular, Decaffeinated

Tea - Regular, Decaffeinated, Green Tea, Decaffeinated Green  
Tea, Herbal Chamomile, Herbal Apple Cinnamon

Hot Chocolate - Regular, No Sugar Added

Milk - ♥ Skim, ♥ Lowfat (2%), Whole, ♥ Fat Free Chocolate,  
♥ Lactaid, ♥ Soy, ♥ Rice

Soda - Cola, Lemon-Lime, Ginger Ale, Diet Cola,  
Diet Lemon-Lime, Diet Ginger Ale, Club

Crystal Lite - Raspberry, Orange

Bottled Water

# Condiments

Ketchup, Mustard

Parmesan Cheese

Sugar, Brown Sugar, Sweet-and-Low, Splenda, Equal  
Salt, Pepper, Low Sodium Seasonings

Barbeque Sauce, Honey Mustard Sauce, Cranberry Sauce

Mayonnaise, Diet Mayonnaise

Syrup, Diet Syrup, Honey

Butter, Margarine

Jelly - Strawberry, Grape, Diet Berry

Cream Cheese, Low Fat Cream Cheese

Creamer, Non-dairy Creamer

Lemon

**Dressings:** Italian, French, Ranch, Caesar, Balsamic,  
Lite French, Lite Italian

# Global Cuisine

**Indian Cuisine** - Call 5555 for the Daily Specials

**Kosher Cuisine** - Call 5555 for the Daily Specials

## On the Side

- ♥ Mashed Potatoes
- ♥ Baked Potato
- ♥ Baked Sweet Potato
- French Fries
- ♥ Corn
- ♥ Baby Carrots
- ♥ Zucchini Medley
- ♥ Brown Rice
- White Rice
- ♥ Rice and Beans
- ♥ Broccoli
- ♥ Fresh Spinach
- ♥ Green Beans

## Breads

Dinner Roll, Crackers, Garlic Bread Stick

## Sweet Treats

- Cake - ♥ Angel Food Cake with Strawberry Topping,  
New York Style Cheesecake, Chocolate Cake,  
Pound Cake, Red Velvet Cupcake
- Apple Pie
- Cookies - Chocolate Chip, Oatmeal Raisin
- ♥ Graham Crackers
- Pudding - Vanilla, Chocolate, ♥ Sugar Free Vanilla,  
♥ Sugar Free Chocolate
- Jello - Cherry, Orange, Sugar Free Strawberry, Sugar Free Orange
- Ice Cream - Vanilla, Chocolate, Strawberry, ♥ Fat Free Vanilla,  
♥ Fat Free Chocolate
- Water Ice - ♥ Lemon, ♥ Cherry, ♥ Orange,  
♥ No sugar added orange
- Sherbet - ♥ Raspberry, ♥ Orange

## Soups

- ♥ Chicken Noodle
- ♥ Vegetable
- ♥ Lentil
- ♥ Cream of Tomato
- ♥ Cream of Mushroom
- Chicken Broth (Low Sodium)
- Beef Broth (Low Sodium)
- Vegetable Broth (Low Sodium)

## Side Salads

- ♥ Garden Salad
- ♥ Celery and Carrot Sticks
-  Cottage Cheese
- Hummus with Pretzels
- Cole Slaw

## Entrée Salads

-  Caesar Salad
- ♥ Garden Salad
- ♥ Fresh Spinach Salad
- With choice of: ♥ Grilled Chicken,  Tuna Salad,  Egg Salad
-  Cottage Cheese and Fruit Platter


## Sandwiches Create your own specialty sandwich

### Sliced Meat

- Turkey
- Ham
- Roast Beef

### Cheeses

-  American
- Swiss
- Provolone

 Peanut Butter and Jelly Available

### Salads

-  Tuna
-  Egg

### Breads

- White
- ♥ Wheat
- Rye
- ♥ Whole Wheat Kaiser
- ♥ Multi-grain

# From the Grill

♥ Chicken Breast on a Bun

🍷 Cheeseburger on a Bun

♥ Turkey Burger on a Bun

Eggplant Portobello on a Roll

Hamburger on a Bun

🍷 Garden Burger on a Bun

🍷 Grilled Cheese Sandwich

**Toppings:** 🍷 American Cheese, Provolone, Swiss, Mozzarella,

♥ Roasted Red Peppers, ♥ Spinach

**Accompaniments:** Tomato, Lettuce, Sliced Onion, Pickle, Chips, ♥ Baked Potato Chips, 🍷 Pretzels, Mayonnaise, Ketchup, Mustard

**Quesadillas:** Shredded Cheddar Cheese and ♥ Chicken

**Choice of:** Tomato, Onion, ♥ Green Pepper, ♥ Mushroom, Salsa and Sour Cream

# Pizza and Pasta

## Make Your Own Pizza

**Choice of Toppings:** Pepperoni, ♥ Mushroom, Onion,

♥ Green Pepper

Penne Pasta

Cheese Ravioli

Linguini

♥ Whole Wheat Penne Pasta

Mushroom Ravioli

**Sauces:** ♥ Marinara, Alfredo, 🍷 Rose Sauce

**Toppings:** 🍷 Meatballs

# Chef Signature Cuisine

## ♥ Oven Roasted Turkey

Seasoned, sliced all white meat turkey breast roasted to perfection and finished with a home-style sauce.

## 🍷 Macaroni & Cheese

Our blend of creamy cheddar cheese sauce gently folded together with macaroni pasta baked en casserole.

## 🍷 Chicken Fingers

Tender, juicy all white meat chicken, freshly breaded, and lightly fried

## ♥ Garden Meatloaf

Our own signature blend of ground turkey and beef folded together with fresh garden herbs and vegetables, topped with savory brown gravy.

## Stir-Fry: ♥ Chicken, ♥ Vegetable, ♥ Tofu

A fresh blend of broccoli, snow peas, red bell pepper, mushrooms, water chestnuts, onions and your choice of chicken or tofu, pan-fried and gently glazed with a sesame ginger sauce.

## Sesame Ginger Tilapia

Tilapia marinated in our blend of soy, sesame and ginger, perfectly roasted and topped with sesame seeds.

## 🍷 Spinach and Feta Stuffed Tilapia

Lightly seasoned tilapia stuffed with crumbled feta, chopped baby spinach and herb seasoned ricotta, oven roasted and finished with a squeeze of lemon.

## ♥ Chicken Marsala

Pan-seared tender breast of chicken with wild mushrooms and herbs, finished with a Marsala wine sauce.

## ♥ Grilled Balsamic Chicken Breast

Tender chicken breast marinated in balsamic vinegar, fresh herbs, garlic, and olive oil, grilled to perfection.

## 🍷 Eggplant Rollatini

Our seasoned eggplant, filled and rolled with fresh Italian herbs, ricotta cheese, lemon, and honey, baked and served with homemade marinara sauce.