

# Room Service



*Dysphagia*

## 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 from Outside the Hospital for A Patient

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 Menu

Please ask your Room Service Associate for our list of selections.

## 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

## 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 and Decaffeinated

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

Hot Chocolate - Regular and 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.

TO ORDER MEALS CALL EXTENSION 5555

## Dysphagia Level 1 (Puree)

# Breakfast

*Available all day!*

### Fruits, Yogurts and Cereal

- ♥ Applesauce
- ♥ Peaches
- ♥ Pears
- ♥ Mixed Berry
- ♥ Yogurt-Plain, Lemon
- ♥ Lite Yogurt-Vanilla
- ♥ Farina

### Breakfast Entrées

- Omelette - Regular or ♥Egg White Omelet
- Peach French Toast Custard with Syrup
- Apple French Toast Custard with Syrup
- Banana French Toast Custard with Syrup
- Vanilla Health Shake
- Chocolate Health Shake
- Vanilla Health Shake Free (Sugar free)

### Bakery and Breads

- Waffles with syrup

# Soups

- ♥ Cream of Tomato
- ♥ Cream of Mushroom
- Chicken Broth (Low sodium)
- Beef Broth (Low sodium)
- Vegetable Broth

# 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
- Butter, Margarine
- Jelly - Strawberry, Grape, Diet Berry
- Cream Cheese, Low Fat Cream Cheese
- Creamer, Non-dairy creamer
- Lemon, Honey

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

# Liquid Diets

### Clear Liquid Diets

- Juice - Apple, Cranberry, Grape
- Broth - Low Sodium Chicken, Low Sodium 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

# Beverages

## Dysphagia Level 1, 2 and 3

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

Coffee - Regular and Decaffeinated

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

Hot Chocolate - Regular and 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 and Orange

Bottled Water

# Entrée Salads

 Tuna Salad Platter

# Chef Signature Cuisine

Fish Fillet

Chicken

Roast Beef

Roast Pork

Roast Turkey

Beef Lasagna Souffle

Chicken and Broccoli Souffle

Garden Vegetable Souffle

# On the Side

♥ Mashed Potatoes with Gravy

♥ Peas

♥ Corn

♥ Broccoli

♥ Carrots

♥ Green Beans

# Sweet Treats

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 and ♥ Orange

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## Dysphagia Level 2 (Mechanical Soft)

# Breakfast

*Available all day!*

### Fruits and Yogurts

- ♥ Banana
- ♥ Applesauce
- ♥ Sliced Peaches
- ♥ Sliced Pears

- ♥ Fruit Yogurt - Plain, Lemon, Mixed Berry
- ♥ Lite Yogurt - Vanilla, Strawberry, Blueberry

### Cereal

- Rice Krispies
- Frosted Flakes
- Corn Flakes
- Special K
- ♥ Oatmeal
- ♥ Farina

### Breakfast Entrées

- Scrambled Eggs
- ♥ Low Cholesterol Scrambled Eggs
-  French Toast with syrup
-  Pancakes with syrup

### Omelet Bar

- Regular or ♥ Egg White Omelet
- With your choice of: ground ham, ♥ shredded American cheese, ♥ shredded low fat Swiss

### Bakery and Breads

- Corn Muffin
- Bran Muffin

# Chef Signature Cuisine

- ♥ Oven Roasted Turkey with Gravy (Finely chopped)
- ♥ Grilled Balsamic Chicken Breast (Finely chopped)
- Chicken Marsala (Finely chopped)
- ♥ Garden Meatloaf
- Ground Meatballs in Tomato Sauce
-  Macaroni and Cheese
- Sesame Tilapia (Finely chopped)
- Spinach and Feta Stuffed Tilapia (Finely chopped)

# On the Side

- ♥ Mashed Potatoes
- French Fries
- ♥ Baby Carrots
- ♥ Zucchini Medley
- ♥ Brown Rice
- White Rice
- ♥ Green Beans

# Breads

- Dinner Roll
- White, ♥ Whole Wheat, or Rye

# Sweet Treats

- Cake - New York Style Cheesecake, Chocolate Frosted Cake, Pound Cake
- Apple Pie
- Red Velvet Cupcake
- 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 and ♥ Orange

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# Soups

Low Sodium Beef Broth  
Low Sodium Chicken Broth  
Vegetable Broth

♥ Cream of Mushroom  
♥ Cream of Tomato  
♥ Vegetable

# Side Salads

 Cottage Cheese Scoop  
 Egg Salad Scoop  
 Tuna Salad Scoop

# Entrée Salads

 Cottage Cheese and Fruit Platter  
 Tuna Salad and Fruit Platter  
 Egg Salad and Fruit Platter

# Deli Sandwiches

 Tuna Salad  
 Grilled Cheese  
 American, Swiss, Provolone

 Peanut Butter and Jelly  
 Egg Salad

Choice of: White, ♥ Wheat, or Rye

# Pasta

Penne Pasta, ♥ Whole Wheat Penne Pasta, Linguini  
Cheese Ravioli, Mushroom Ravioli

Sauces: ♥ Marinara, Alfredo,  Rosé

# Soups

Low Sodium Beef Broth  
Low Sodium Chicken Broth  
Vegetable Broth

♥ Cream of Mushroom  
♥ Cream of Tomato

# Side Salads

 Cottage Cheese Scoop  
 Egg Salad Scoop  
 Tuna Salad Scoop

# Entrée Salads

 Cottage Cheese and Fruit Platter  
 Tuna Salad and Fruit Platter  
 Egg Salad and Fruit Platter

# Pasta

Penne Pasta  
♥ Whole Wheat Penne Pasta  
Linguini

Sauces: ♥ Marinara, Alfredo,  Rosé

# Chef Signature Cuisine

Ground Chicken with Gravy      ♥ Garden Meatloaf  
Ground Turkey with Gravy      🍷 Macaroni and Cheese  
Ground Meatballs in Tomato Sauce      ♥ Flaked Fish

## On the Side

Mashed Potatoes  
♥ Baby Carrots  
♥ Green Beans

## Sweet Treats

Cake - New York Style Cheesecake, Chocolate Frosted Cake  
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 and ♥ Orange

## Dysphagia Level 3 (Finely Chopped)

## Breakfast

*Available all day!*

### Fruits and Yogurts

♥ Banana      ♥ Sliced Pears  
♥ Applesauce      ♥ Melon Cup  
♥ Sliced Peaches  
♥ Fruit Yogurt - Plain, Lemon, Mixed Berry  
♥ Lite Yogurt - Vanilla, Strawberry, Blueberry

### Cereal

Rice Krispies      Kix  
Frosted Flakes      Special K  
Corn Flakes      ♥ Oatmeal  
♥ Total      ♥ Farina

### Breakfast Entrées

Scrambled Eggs      Hard Cooked Egg  
♥ Low Cholesterol Scrambled Eggs      🍷 Pancakes with syrup  
🍷 French Toast with syrup

### Omelet Bar

Regular or ♥ Egg White Omelet  
With your choice of: ham, 🍷 shredded American cheese,  
♥ shredded low fat Swiss

### Bakery and Breads

Blueberry Muffin      ♥ Wheat Bread  
Corn Muffin      White Bread  
Bran Muffin      ♥ Rye Bread