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# Children's Hospital at Sinai



Name \_\_\_\_\_

Grade \_\_\_\_\_



# For Your Dining Pleasure

## Room Service Menu

To place an order dial extension  
2-FOOD (2-3663) on your phone

For your dining pleasure, room service is  
available from 7 a.m. to 6:30 p.m.

*Our Chefs prepared your meal with care –  
just for you!*

You can expect your meal to be delivered in  
approximately 45 minutes. For your convenience,  
you may also pre-order your meals for the day to be  
delivered at a specified time.

Family members can place your order  
from home by calling **410-601-5725**.

Guest Meals are available for a nominal cost if  
your family members wish to dine with you at the  
bedside. Please check with your Host/Hostess  
for details.

For more information on how to make healthy  
food choices, please ask your health care provider to  
contact one of our Registered Dietitians to set up  
a nutrition consult.

### Information About Your Diet

Our Room Service Menu provides adequate calories,  
protein and nutrients to meet your nutritional require-  
ments. The grams of carbohydrates (gms) per serving  
have been calculated for you to assist those patients  
who need help in controlling blood sugar, maintaining  
or trying to achieve a desirable weight.



# Good Morning, Rise and Shine!

Breakfast is available all day.  
(gms) = Grams of Carbohydrates per serving  
oz= ounce

## Amazing Omelets

All omelets are made with two eggs.



### **Cheese Omelet (0 gms)**

A cheesy choice! Two eggs folded over melted cheddar cheese.

### **Ham & Cheese Omelet (0 gms)**

#### **Serving Size 4 ounce**

Two eggs and ham cubes with melted cheddar cheese.

## Your Favorite Breakfast

### **The Scrambler (0 gms)**

Two light and fluffy eggs, perfectly scrambled.

### **Cakes & Cakes (30 gms)**

Two buttermilk pancakes. Add delicious sweet syrup for an additional 30 gms. Diet syrup an additional 3 gms per packet.

### **Breakfast Sandwich (27 gms)**

Light and fluffy scrambled eggs served with cheese on an English muffin with your choice of bacon, turkey sausage link or pork sausage patty.

### **French Toast (23 gms) per slice**

Tasty cinnamon slices of Texas Toast. Add delicious sweet syrup for an additional 30 gms. Diet syrup an additional 3 gms per packet.



## Dry Cereals (Individual pack)

Corn Flakes (18 gms)  
Frosted Flakes (25 gms)  
Raisin Bran (27 gms)  
Rice Krispies (16 gms)  
Cheerios (14 gms)  
Fruit Loops (18 gms)  
Granola (52 gms)

## Hot Cereals

### 60 oz servings

Grits (23 gms)  
Oatmeal (20 gms)  
Cream of Wheat (20 gms)

## Bakery

White Toast (15 gms)  
Wheat Toast (15 gms)  
Blueberry Muffin (26 gms)  
Plain Bagel (38 gms)  
CinnaRaisin Bagel (39 gms)  
Country Biscuit (30 gms)

## Fruits

### Serving Size 4 oz

Fresh Fruit Cup (12 gms)  
Fresh Apple (20 gms)  
Sliced Peaches (15 gms)  
Sliced Pears (13 gms)  
Applesauce (15 gms)  
Fresh Orange (15 gms)  
Fresh Banana (30 gms)



## Fruit Juice

### 4 oz serving

Apple (15 gms)  
Orange (15 gms)  
Grape (23 gms)  
Cranberry (23 gms)

### Serving Size 8 oz

Light Lemon Yogurt (15 gms)  
Light Vanilla Yogurt (15 gms)  
Light Peach Yogurt (15 gms)  
Light Strawberry Yogurt (15 gms)  
Organic Yogurt (22-24 gms)

## A la Carte

Hard Cooked Egg (0 gms)  
Home Fries (15 gms)  
Scrambled Egg (0 gms)  
Sausage Patty (0 gms)  
Pork Sausage Link (0 gms)  
Bacon Strip (0 gms)



## Condiments

Salt (0 gms)  
Pepper (0 gms)  
Butter (0 gms)  
Margarine (0 gms)  
Cream Cheese (0 gms)  
Light Cream Cheese (0 gms)  
Honey (15 gms/pack)  
Jelly (13 gms/pack)  
Diet Jelly (1 gm/pack)  
Ketchup (1 gm/pack)  
Syrup (30 gms/pack)  
Diet Syrup (3 gms/pack)



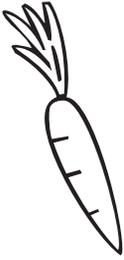
# Appetizing Appetizers



## Oodly Noodly Soup (7.5 gms)

**Serving size 6 oz**

Delicious chicken soup with noodles.



## Broth Bowl (0 gms)

**Serving size 6 oz**

Your choice of chicken, beef, or vegetable broth.

## Tomato Soup (23 gms)

**Serving size 6 oz**

Creamy tomato soup—  
an all-time favorite!



## Veggie Snack Plate (5 gms)

Fresh veggies with ranch dressing.

## Veggie Soup (14 gms)

**Serving size 6 oz**

Veggies in a hearty broth.

## Garden Salad (5 gms)

Fresh garden greens, sliced cucumbers, and tomatoes. Pick your favorite dressing: Italian, Ranch, French, or 1000 Island dressing.

## Chef's Choice Soup

**(grams may vary) Serving size 6 oz**

Our chef gets to pick a favorite soup recipe each day. Ask your Host/Hostess for today's selection and how many grams of carbs are in the soup.

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# Swingin' Sandwiches & Salads

*Lettuce and tomato for sandwiches available—just ask!*

## Ham Sammy (30 gms)

Thinly sliced ham (3 oz) on wheat bread.

## Turkey Sammy (30 gms)

Roasted turkey breast (3 oz) on wheat bread.

## Tuna Salad Sandwich (30 gms)

Just like at home! Homemade tuna salad (3 oz) on white bread.

## Lotsa Beef (30 gms)

Cold roast beef slices (3 oz) on wheat bread.

## PB&J (56 gms)

The All-American favorite! Peanut butter and jelly on wheat bread. Can also be made with diet jelly (30 gms).

## Fruit, Yogurt & Granola Plate (75 gms)

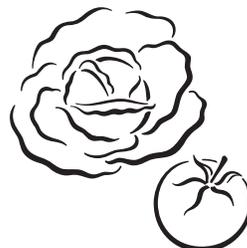
Fresh fruit with creamy yogurt (1/2 cup) and crunchy granola (1 oz)-delicious!

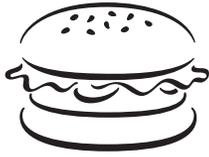
## Chicken Caesar Salad (8 gms)

Strips of grilled chicken breast (3 oz) served on crisp garden fresh Romaine lettuce with croutons and Parmesan cheese and carrots.

## Egg Salad Sandwich (30 gms)

Homemade egg salad on your choice of white or wheat bread.





# Sizzling Grill

*Condiments available: lettuce, tomato, onion, pickle, ketchup, mustard and mayonnaise. Remember to limit your ketchup packets to 2.*

## **Bungee Burger (25 gms)**

Juicy all beef patty (4 oz) on a bun.

## **Cheeseburger (25 gms)**

Juicy all beef patty (4 oz), topped with a slice of American cheese.

## **Crispy Chicken Strips (29 gms)**

Lightly breaded strips of chicken deep fried to golden brown. Served with your choice of dipping sauce.

## **Grilled Cheese (30 gms)**

American cheese (1/2 oz) served on white bread and grilled for a toasty crunch.

## **Hot Gobbler Sandwich (27 gms)**

Delicious thin slices of turkey (2 oz) served open faced on Texas Toast and smothered with gravy.

# Pizza Perfecto

## ***Make your own Pizza!***

*A delicious personal pan pizza topped with sauce and fresh ingredients (75 gms).*

*Serving Size 7 inches. Your choice of toppings:*

**Cheese**

**Green Peppers**

**Onions**

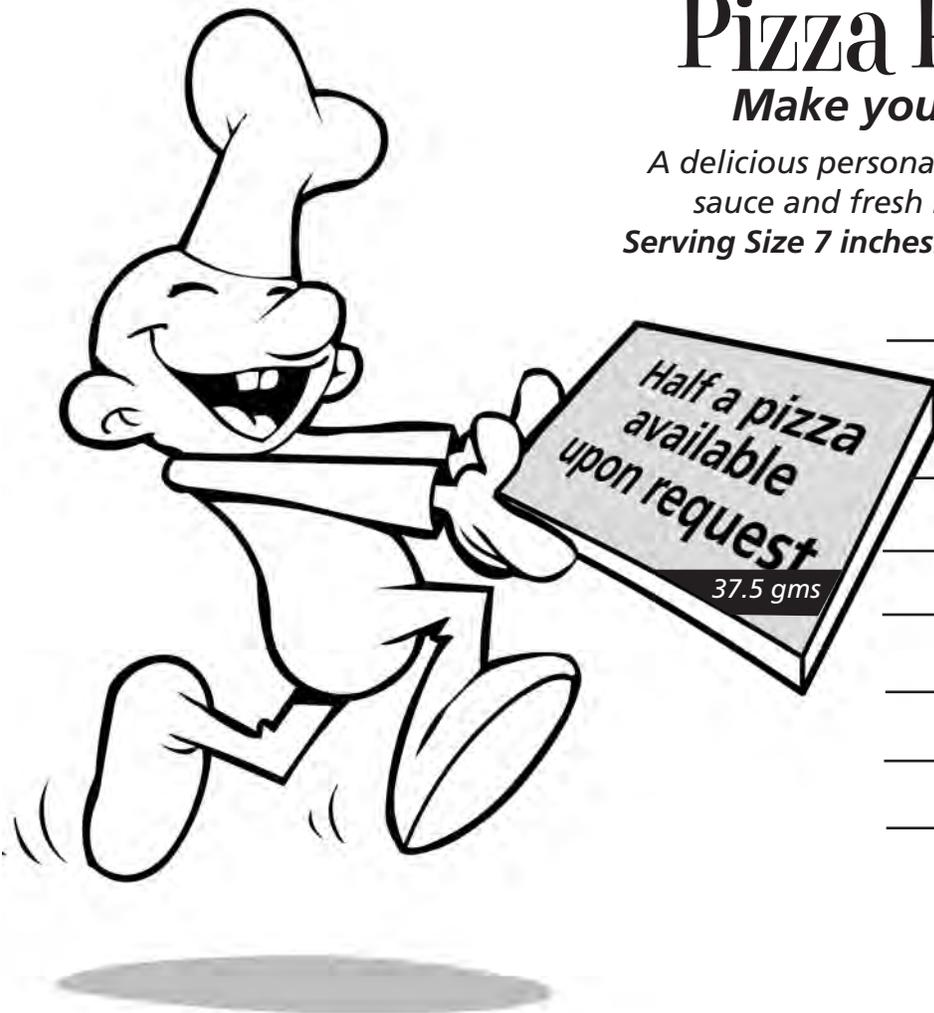
**Mushrooms**

**Tomatoes**

**Pepperoni**

**Sausage**

**Ham**





# The Main Event

## Crunchy Battered Fish (15 gms)

Lightly battered Cod fried to golden brown and served with tartar sauce upon request.

## Saucy Pasta

Penne pasta served with seasoned marinara or meat sauce. Served with Parmesan cheese upon request. **Serving Size 4 oz (15 gms)  
12 oz (45 gms)**

## Grandma's Beef Stew

Roast beef simmered with potatoes, carrots and onions in rich brown gravy.

**Serving Size 4 oz (11 gms)  
8 oz (22 gms)**

## Herbed Baked Chicken (0 gms)

Fresh chicken quarter baked to golden brown and lightly seasoned with herbs.

## Roasted Gobbler Dinner (4 gms)

Tender slow roasted turkey breast served with gravy. Cranberry sauce (adds 6 gms), too, if you want it!

## Meatloaf with Gravy (12 gms)

Ground beef with special seasonings smothered in fresh gravy.



## Sidekicks

Potato Chips (15 gms)

Pretzels (23 gms)

Doritos (17 gms)

Cheetos (15 gms)

## Serving Size 4 oz

Potato Salad (10 gms)

Cole Slaw (8 gms)



## Serving Size 1/2 cup

Seasoned Carrots (5 gms)

Green Beans (5 gms)

Peas (15 gms)

Corn (15 gms)

Macaroni & Cheese (15 gms)

Broccoli (5 gms)

French Fries 1 cup (30 gms)

## Serving Size 1/2 cup

Steamed White Rice (23 gms)

Mashed Potatoes (16 oz) with

Gravy (serving size 2 oz) (20 gms)

Oven Brown Potatoes (15 gms)



## Bread Basket

- Dinner Roll (15 gms)
- Graham Crackers 1 pkg (15 gms)
- Saltine Crackers 1 pkg (5 gms)
- White Bread (15 gms)
- English Muffin (26 gms)
- Wheat Bread (15 gms)
- Country Biscuit (30 gms)
- Corn Muffin (28 gms)

## Condiments

- Salt (0 gms)
- Pepper (0 gms)
- Butter (0 gms)
- Margarine (0 gms)
- Sugar (15 gms)
- Sugar Substitute (0 gms)
- Lemon Wedge (0 gms)
- BBQ Sauce (0 gms)
- Sweet & Sour Sauce (12 gms)
- Italian Dressing (0 gms)
- French Dressing (0 gms)
- 1000 Island Dressing (0 gms)
- Ranch Dressing (0 gms)
- Tartar Sauce (0 gms)
- Ketchup (1 gm/pkg)
- Mustard (0 gms)
- Mayonnaise (0 gms)
- Honey Mustard (1 gm)



## Whet Your Whistle!

### Milk:

- Serving Size 8 oz
- 2% (13 gms)
- Skim (13 gms)
- Whole (13 gms)
- Chocolate 1% (26 gms)



- Serving Size 8 oz
- Bottled Water (0 gms)

- Serving Size 4 oz
- Orange Juice (15 gms)
- Apple Juice (15 gms)
- Cranberry Juice (23 gms)
- Grape Juice (23 gms)

- Serving Size 8 oz
- Iced Tea (0 gms)
- Hot Chocolate (23 gms)
- Diet Hot Chocolate (10 gms)





# Sweets & Treats



## Serving Size 4 oz

- Fresh Fruit Cup (12 gms)
- Applesauce (15 gms)
- Chilled Peaches (15 gms)
- Chilled Pears (13 gms)
- Vanilla Pudding (30 gms)
- Diet Vanilla Pudding (15 gms)
- Chocolate Pudding (30 gms)
- Diet Chocolate Pudding (15 gms)
- Gelatin-Citrus (19 gms)
- Diet Citrus Gelatin (0gms)



## Serving Size 4 fluid oz

- Fruit Ice – Lemon (22 gms), Cherry (24 gms), Orange (24 gms)
- Ice Cream – Chocolate or Vanilla (15 gms)
- Orange Sherbet (23 gms)
- Banana (30 gms)
- Fresh Orange (15 gms)
- Fresh Apple (20 gms)

## Serving Size 0.5 oz bag

- Teddy Grahams (15 gms)

- Chocolate Chip Cookies (38 gms)
- Sugar Cookies (26 gms)
- Chocolate Brownie Cupcake (30 gms)
- Oatmeal Raisin Cookies (46 gms)
- Yellow Cupcake with whipped topping (18 gms)

