



**Catholic
Health Services**
of Long Island
At the heart of health
at St. Francis Hospital
the heart center

Catholic Health Services of Long Island as a ministry of the Catholic Church, continues Christ's healing mission, promotes excellence in care, and commits itself to those in need.

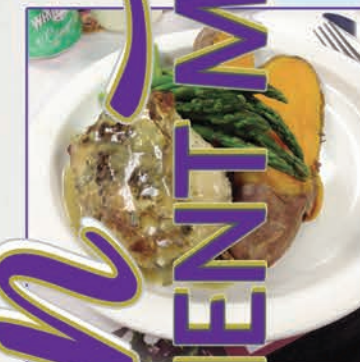
CHSLI affirms the sanctity of life, advocates for the poor and underserved, and serves the common good. It conducts its healthcare practice, business, education and innovation with justice, integrity and respect for the dignity of each person.



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**Please call 5468
to place your order
7:00 AM - 7:00 PM**

Bon Appetit!
PATIENT MENU



Welcome to St. Francis Hospital's Room Service Program

Our Room Service Program has been specially designed to offer you an extraordinary patient experience.

Our goal is to provide you with healthy, fresh meals created by our Certified Executive Chef, approved by our Registered Dietitians, and prepared by our food service professionals.

Please call extension 5468 to place your Room Service order.

If calling from outside the Hospital, please dial (516) 562-6000 ext 5468.

Our Call Center is open between the hours of 7:00 AM – 7:00 PM.

Your meal will be delivered within 45 minutes of your call.

PATIENTS WITH DIABETES

Please contact your Nurse when you place your Room Service order so that we may monitor your blood sugar and provide you with your diabetes medication.

We hope that you enjoy your dining experience.
Our goal is to exceed your expectations.

Thank you for choosing St. Francis Hospital.



A brief explanation of our diets . . .

Upon admission, your doctor will select the appropriate diet for you.

If you are placed on a Regular Diet, you will be able to order any of the items listed on the menu.

*If your doctor has ordered a "Special Diet" for you, you may be asked to make different selections based on the diet you are on.
Here is a brief explanation of our most common diets.*

NPO

This diet means "Nothing By Mouth". It is designed to rest your digestive tract. You may be NPO if you are having certain tests or surgery.

LOW SODIUM

A Low Sodium diet restricts the amount of sodium (salt) consumed. This diet is intended to help prevent fluid retention and may help to control high blood pressure.

LOW FAT/LOW CHOLESTEROL

A Low Fat/Low Cholesterol diet limits foods high in unhealthy fats (saturated and trans fats) and cholesterol.

CARDIAC DIET

(Low Fat, Low Sodium, Low Cholesterol)
This diet is intended to help control fluid retention and to decrease blood cholesterol levels.

A Cardiac Diet is considered a "Heart Healthy" Diet.

LOW FIBER

A Low Fiber diet restricts dietary fiber. Our Low Fiber diet consists of soft, bland foods which are easily digested.

SOFT

This diet provides soft easily digested foods. The soft diet can be used as a transition between liquid and regular diets.

RENAL DIET

This diet restricts sodium, potassium, phosphorous and sometimes fluids to aid in improving your kidney function.

CONSISTENT CARBOHYDRATE DIET

This diet is designed for patients with elevated blood sugar levels. You will be encouraged to order foods high in fiber to increase your glycemic control.

Foods with sugar (concentrated sweets) are discouraged.

DESSERTS

Fruit (1 carb)
Fruit Salad
Canned Fruit
Applesauce, Peaches, Pears

Frozen Treats
Lemon Italian Ice (1.5 carbs)
Sugar Free Fruit Ice (1 carb)
Orange Sherbet (1.5 carbs)
Chocolate Ice Cream (1 carb)
Vanilla Ice Cream (1 carb)

Gelatin
Regular Orange (1 carb)
Diet Strawberry (0 carbs)
Diet Orange (0 carbs)

Pudding
Vanilla, Chocolate or Rice (1.5 carb)
Diet Vanilla, Chocolate or Rice (1 carb)

Cookies (1 carb)
Lorna Doone (100 calorie pack)
Chocolate Chip Cookies (100 calorie pack)
Gluten Free Chocolate Chip Cookie (2 carbs)

Dessert Special (2 carbs)
Homemade Heart Healthy Peach Cobbler
Lemon Angel Food Cupcake

BEVERAGES

Regular or Decaffeinated Coffee or Tea

Hot Chocolate
Sugar-Free Hot Chocolate (1/2 carb)

Soy Milk (1 carb)
Lactose Free Milk (1 carb)

Cola, Ginger Ale
Diet Cola, Ginger Ale (0 carb)

Unsweetened Iced Tea (0 carb)

Apple, Orange or Cranberry Juice (1 carb)
Diet Cranberry (1/2 carb)

Low Sodium V8 Vegetable Juice (1/2 carb)

Prune Juice (1/2 carb)

CONDIMENTS

Sugar, Sugar Substitute, Honey, Non-Dairy Creamers
Margarine, Butter, Lite Cream Cheese, Peanut Butter,
Grape or Strawberry Jelly, Diet Jelly
Lite Mayo, Mustard, Ketchup
Syrup, Diet Syrup
Lemon, Mrs. Dash, Pepper, Salt

Guest trays are available at each meal for the following prices:

Breakfast \$5.00 (Juice or fruit, cereal or healthy start, hot entree, bakery and beverage)

Lunch and Dinner \$15.00 (Soup or appetizer salad, one main dish with starch and vegetable, dessert, beverage)

Guest trays for dinner must be ordered no later than 6:30 PM

Good Morning!

For a balanced diet we recommend no more than 4 to 5 carbs per meal.

HOT BEVERAGES

Regular or Decaffeinated
Coffee or Tea
Green Tea, Chamomile Tea
Hot Chocolate (1 carb)
Sugar Free Hot Chocolate
(1/2 carb)

COLD BEVERAGES

Skim, Whole Milk
(4oz. = 1/2 carb)
Vanilla Soy Milk (1 carb)
Lactose Free Milk (1 carb)

JUICE (1 carb)

Orange
Apple
Prune
Cranberry
Diet Cranberry (1/2 carb)
Low Sodium V8 Vegetable
(1/2 carb)

FRUIT (1 carb)

Fruit Salad
Fresh Apple
Fresh Orange
Fresh Pear
Petite Banana
Applesauce
Chilled Canned Peaches
Chilled Canned Pears

CEREAL (1 carb)

Cheerios
Corn Flakes
Rice Chex
Rice Krispies
Raisin Bran (2 carbs)

A HEALTHY START

Kettle Cooked Oatmeal (2 carbs)
Served with your choice of
raisins, or brown sugar

Cream of Wheat - (2 carbs)

Yogurt Parfait - (2 carbs)
lite vanilla yogurt
mixed berries & granola

Low Sodium Cottage Cheese (2 carbs)
Served with seasonal fresh fruit

Regular or Lite Yogurt (1-2 carbs)
Choice of vanilla, strawberry, blueberry, peach
or plain

Hard Boiled Egg

Omelets (0 carb)

Whole eggs or egg whites

With Choice Of

Alpine Lace Swiss Cheese, Alpine Cheddar Cheese,
Tomato, Peppers, Onions, Mushrooms

Scrambled Eggs (0 carb)

Scrambled Egg Whites (0 carb)

BAKERY SELECTIONS

Kaiser Roll (1 carbs)

Fresh Baked Mini Bagels (2 carb)
Choice of plain, or cinnamon raisin

Fresh Breads (1 slice = 1 carb)
Choice of white, rye, whole wheat,
Gluten Free white bread

Your choice of Fresh Baked Muffins (2 carbs)
Blueberry, Corn or Bran

Gluten Free Muffins (3 carbs)

ACCOMPANIMENTS

Butter, margarine, light cream cheese,
grape, strawberry jelly, sugar-free jelly, peanut butter

HOT ENTREES

French Toast (2 carbs)

Brioche bread batter dipped and cooked golden brown.
Available with apple or mixed berry compote (1/2 carb).
Served with regular or sugar-free syrup

Whole Wheat Pancakes (2 .5 carbs)
Fluffy whole wheat pancakes available with blueberries.
Served with regular or sugar-free syrup

Lunch & Dinner Selections

Please Select One (1) Entree or Sandwich or Salad

STARTERS

SOUPS

Homemade Chicken Noodle Soup (1/2 carb)
Hearty chicken broth with spring garden vegetables and ditalini pasta

Homemade Vegetarian Vegetable Soup (1 carb)
Tomato base with assorted vegetables

Ask for This Week's Selection

APPETIZER SALADS

Fresh Tossed Garden Salad
With a choice of ranch, Italian, oil & vinegar, raspberry vinaigrette or balsamic vinaigrette

St. Francis Fantasia Salad (1/2 carb)
Fresh garden greens, orange segments, goat cheese and walnuts.
Served with a raspberry vinaigrette

Pita Wedges with Hummus (2 carbs)
Grilled pita with homemade hummus dip

Delì Board Sandwiches

Your Choice Of

Turkey, Roast Beef, Ham, Tuna Salad, Egg Salad, Chicken Salad, Grilled Chicken, Grilled Vegetables, Alpine Swiss Cheese, Alpine Cheddar, Fresh Mozzarella or American Cheese

Served on Your Choice Of

Rustic Roll, White, Gluten Free White, Wheat, Rye, or Tortilla, add Lettuce, Tomato, Onion

Available Sides:

Homemade cole slaw or red-bliss potato salad (1 carb).

ENTREE SALADS

Roast Pear Salad with Grilled Chicken (1 carb)
Mixed greens, roasted pears, toasted almonds, grilled chicken with low fat rosemary vinaigrette.

Mediterranean Salad (1/2 carb)
Baby spinach, tomato, red onion, red bliss potatoes, French green beans, hard-boiled egg, roasted peppers and crumbled goat cheese with low fat herb vinaigrette with your choice of grilled chicken or salmon.

Lunch & Dinner Selections

Please Select One (1) Entree or Sandwich or Salad

ENTREES FROM THE GRILL

Lean Burger (2 carbs)
Char-Broiled home-made beef and turkey burger, on a bun with lettuce, tomato, and choice of cheese added upon request.

Veggie Burger (3 carbs)
on a bun with lettuce and tomato.

Tuscan Grilled Chicken Panini (3 carbs)
Grilled breast of chicken with artichoke pesto, Alpine Lace Swiss, spinach and tomato on panini bread.

Classic Grilled Cheese (2 carbs)
Alpine Lace Swiss cheese, Alpine Cheddar or American grilled on choice of white, rye or whole wheat bread.

Tomato Mozzarella Panini (3 carbs)
Sliced tomatoes, fresh mozzarella and fresh basil drizzled with balsamic glaze on panini bread.

HOT ENTREES

Fire Roasted Atlantic Salmon
With citrus pesto.

Roasted Turkey Breast (0 carb)
Served with pan gravy.

Pan Seared Flounder with Lemon Sauce (0 carbs)

Pan Roasted Chicken Breast (0 carb)
Thyme, rosemary, olive oil, garlic and lemon.
Served with a natural au jus.

Lean Homestyle Meatloaf (1/2 carb)
Mixture of fresh garden vegetables, fresh herbs and ground beef and turkey.
Served with gravy.

PIZZA & PASTA ENTREES

Pasta with Italian Style Meatballs (3 carbs)
Served with tomato sauce and fresh parmesan cheese.

Pasta Primavera (4 carbs)
Penne pasta, cannolini beans, garlic, grape tomatoes, broccoli, fresh basil and parmesan cheese.

Heart Healthy Macaroni & Cheese (4 carbs)
A flavorful alternative to your homestyle favorite made with butternut squash. low-fat Alpine Swiss cheese with an herb crumb topping.

Traditional Pizza (2 carbs)
Choice of plain or with peppers, onions, and mushrooms.

ACCOMPANIMENTS

Mashed Potato (1 carb)
White Rice (1.5 carbs)
Brown Rice (1.5 carbs)
Pasta (1.5 carbs)

Green Beans
Baby Carrots
Roasted Cauliflower
Kale & White Bean Ragout (1/2 carb)