

ROOM SERVICE DINING

AT YOUR REQUEST

Meal service available 7:00 AM - 7:00 PM

Please call extension 5468 for your meal selections

**Our room service staff will help you place your order.
Your meal will be delivered to you within 45 minutes of your call.**



**♥ St. Francis Hospital ♥
Roslyn, New York**

BREAKFAST

(AVAILABLE 7:00 AM - 7:00 PM)

STARTERS

	CARBS	♥	KS	R
Assorted Low Fat Yogurts (Strawberry, Peach, Blueberry)	2	♥	KS	
Lite Yogurts with Nutrasweet (Strawberry, Peach, Blueberry, Vanilla)	1	♥	KS	
Fresh Berry Parfait (Vanilla Yogurt, Fresh Berries, Low Fat Granola)	3	♥	KS	
Fruit Cup (Grapes, Pineapple, Melon)	1	♥	KS	
Fresh Fruit (Banana, Orange, Fresh Fruit In Season)	1	♥	KS	

CEREAL

Cheerios, Rice Krispies, Corn Flakes	1	♥	KS	R
Shredded Wheat, Raisin Bran	2	♥	KS	
Oatmeal	1	♥	KS	
Farina, Cream of Rice	1	♥	KS	R
Apple Oatmeal Square	3	♥	KS	

ENTREES

Scrambled Eggbeaters	0	♥	KS	R
Eggbeater Omelets: Made to Order	0	♥	KS	
Your choice of: Green Peppers, Onions, Tomatoes, Mushrooms, Alpine Swiss or Alpine American Cheese				
Hard Boiled Egg or Scrambled Egg	0	♥	KS	R
Golden Pancakes (2)	2	♥	KS	R
Eggbeater French Toast (2)	2	♥	KS	R
Low Fat Cottage Cheese Platter with Canned Peaches and Pears	2	♥	KS	

THE BREAD BASKET

Plain Bagel	2	♥	KS	R
Whole Wheat Roll	2	♥	KS	
Soft Roll	1	♥	KS	R
Blueberry Muffin or Corn Muffin	2	♥	KS	R
Muffin of the Week	2	♥	KS	
Crackers (6), Breadsticks (2), or Plain Rice Cakes (2)	1	♥	KS	R

BEVERAGES

Decaf Coffee/Decaf Tea	0	♥	KS	R
Hot Chocolate	2	♥	KS	
Diet Hot Chocolate	1	♥	KS	
8oz - Skim Milk, 1% Milk, Lactaid, Vanilla Soy Milk	1	♥	KS	
8oz - Whole Milk	1		KS	
4oz - Skim Milk	1/2	♥	KS	R
Juices: Orange, Prune	1	♥	KS	
Apple, Cranberry	1	♥	KS	R
Low Sodium V8	0	♥	KS	
Diet Cranberry Juice	1/2	♥	KS	R
Soft Drinks - Gingerale, Diet Gingerale, Cola, Diet Cola	0	♥	KS	R
Diet Artificially Sweetened Iced Tea				

CONDIMENTS

Margarine/Lite Cream Cheese	0	♥	KS	R
Peanut Butter	0	♥	KS	
Lite Mayo, Mustard, Ketchup	0	♥	KS	R
Jelly, Honey (Reg), Sugar (2 packets)	1	♥	KS	R
Diet Jelly, Non Dairy Creamer, Maple Syrup/Diet Maple Syrup, Sugar Substitute	0	♥	KS	R
Lemon, Mrs. Dash, Pepper	0	♥	KS	R
Salt	0		KS	

LUNCH & DINNER

(AVAILABLE 11:30 AM - 7:00 PM)

STARTER SALADS

	CARBS	♥	KS	R
Tossed Garden Salad	0	♥	KS	
Caesar Salad	1/2	♥		R
St. Francis Fantasia Salad (Mixed Greens, Goat Cheese, Mandarin Oranges, Walnuts with a Lite Raspberry Vinaigrette)	1/2	♥	KS	
Lite Dressings: Italian, French, Ranch, Oil & Vinegar	0	♥	KS	R

THE COPPER POT

Chicken or Vegetable Broth	0	♥		R
Chicken Noodle Soup	1	♥		R
Vegetarian Vegetable Soup	1/2	♥	KS	
Soup of the Week	2	♥	KS	

HOT ENTREES

Grilled Turkey Burger on Wheat Bun and Cole Slaw	2	♥		R
Chicken Parmesan, Penne with Marinara and Italian Green Beans	2	♥		
Stir Fry - Shrimp, Chicken, or Tofu with Fresh Vegetables and Brown Rice	2	♥		R
Individual Cheese Pizza	3	♥	KS	
Vegetable Pizza (Onions, Mushrooms, Green Peppers)	3	♥	KS	
Rotini Asparagara with Asparagus, Tomatos & Peppers in Light Cream Sauce	4	♥	KS	R
Roast Chicken, Mashed Potatoes, Low Fat Gravy, and Roasted Red & Yellow Beets	2	♥		
Catch of the Week, Brown Rice Pilaf and Sauteed Carrots	2	♥	KS	R
Lower Fat Meatloaf, Mashed Potatoes, Low Fat Gravy, and Carrots (Limit to 2 servings per week)	2	♥		

COLD ENTREES

Chef Salad (Turkey, Low Sodium Ham, Alpine Swiss, Lettuce, Tomatoes, Cucumbers)	0	♥		
Lite Dressings: Italian, French, Ranch, Oil & Vinegar	0	♥		
Low Fat Cottage Cheese & Seasonal Fruits	2	♥	KS	
Lite Vanilla Yogurt & Seasonal Fruits	3	♥	KS	
*Chicken Salad Platter	0	♥		R
*Tuna Salad Platter	0	♥	KS	R

GRILLED SANDWICHES

Grilled Alpine Lace Cheese Sandwich (Swiss or American) and Cole Slaw	2	♥	KS	
*Grilled Vegetable Burger Platter	3	♥	KS	
*Grilled Chicken on Peasant Bread Platter	4	♥		R

COLD SANDWICHES (Served with Lettuce, Tomato, and Garden Slaw) (Whole or Half) (Choices of bread: Wheat, White, Rye, Multi-grain, Pita)

Tuna Salad or Chicken Salad	2	♥	KS	R
Sliced Turkey	2	♥		R
Alpine Swiss Cheese or Alpine American Cheese	2	♥	KS	
Peanut Butter and Jelly	3	♥	KS	

* Platters served with Lettuce, Tomato and Cole Slaw

PATIENT MENU SERVICE

Dial **5468** on your telephone and order your meals. The Food & Nutritional Services Department will accept calls between **7:00 AM - 7:00 PM**. It is important to check with your nurse when ordering your meals to work around treatment and therapy schedules. When you are ready to order, you will speak with a Diet Technician who will assist you with your menu selections.

MODIFIED DIETS

♥ Cardiac Diets

Choose Menu items printed with the ♥ symbol

(R) Renal Diets

Choose items printed with **R** (restricted potassium, sodium, phosphorus, protein). Some food items that do not have the **R** can be modified for your diet. Restrict milk to 1/2 cup per day and avoid other dairy products.

(KS) Kosher Style

Since we do not have a kosher kitchen, the Food & Nutritional Services Department offers a “Kosher Style” menu. If you will take the Kosher Style selections, choose items with the KS symbol. If not, alert the Diet Technician and she/he will offer you the sealed Kosher Pack Meals entrees that are available.

Modified Consistency Diets

Clear and Full Liquid; Dysphagia, Pureed, and Mechanical Soft Diets
A Diet Technician will assist you with your menu selections.

Diabetic Diets

Try to eat approximately the same time each day and the same amount. Portion sizes of the carbohydrate food items are important to control. Examples of a carbohydrate choice include: 1 cup milk, 1/2 cup pasta, 1/2 cup oatmeal, 1/2 cup juice, 1 slice toast, 1 piece of fruit. Food items containing carbohydrate are indicated on the menu with the number of carb servings listed after each item.

As prescribed by your physician, the diabetic meal patterns are:

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

Evening Snack Selections - 1 Carb Serving

Lite yogurt (strawberry, peach, blueberry, vanilla, lemon)
1/2 Sandwich (turkey, tuna, alpine cheese, peanut butter & diet jelly)
Fresh Fruit
2 Graham crackers & 4 oz 1% milk
Diet pudding (Vanilla, Chocolate, Rice, Tapioca)

DESSERTS*

	CARBS
Baked Apple	2
Angel Food Cake with Strawberries	2
Homemade Peach Cobbler	2
Vanilla Frozen Yogurt	2
Chocolate Frozen Yogurt	2
Italian Ices (Lemon or Cherry)	1
Sugar Free Italian Ices	0
Pudding (Vanilla, Chocolate, Rice, Tapioca)	1.5
Diet Pudding (Vanilla, Chocolate, Rice, Tapioca)	1
Jello (Orange, Lemon, Cherry)	1
Diet Jello (Orange, Strawberry)	0
Fresh Fruit in Season	1
Canned Fruit (Applesauce, Peaches, Pears, Flavored Applesauce: Strawberry, Peach, Orange/Mango)	1

*ALL OF OUR DESSERTS ARE AVAILABLE FOR
HEART HEALTHY DIETS.

*Weekly Specials
will be offered
by our Room
Service Staff.
Enjoy your meal!*