

Liquid Diets

Clear Liquid Diet

Broth - Chicken, Beef or Vegetable ♥
Gelatin ♥

Popsicle ♥
Juice, Coffee,
Tea or Lemonade ♥

Full Liquid Diet

Includes All Clear Liquid Diet items, Beverages and any
*Full Liquid items available throughout menu.

Chips

Baked Lays BBQ ♥ (1.5)
Baked Lays Plain ♥ (1.5)
Baked Tostitos ♥ (1)
Lays Classic (1.5)
Nacho Cheese Dorito (2)
Crunchy Cheetos (2)
Frito Corn Chips (2)

Dessert

Chocolate Chunk Cookie (3)
Sugar Cookie (3)
Vanilla Ice Cream* (1)
Chocolate Ice Cream (1.5)*
Peach Cobbler (2)
Strawberry Ice Cream (1.5)
Orange Sherbet ♥ (1.5)*
Gelatin: Red or Citrus ♥ (1)*
Shortbread Cookies ♥ (1.5)
Rice Crispy Treat (2)
Cheesecake (2.5)
Fruit and Yogurt Items
from Breakfast Menu
*Allowed on Full Liquid Diet

Beverages

Skim Milk ♥ (1)
2% Milk (1)
Whole Milk (1)
Chocolate Milk (2)
Vanilla Almond Milk ♥ (1)
Chocolate Almond Milk (1.5)
Lactose Free Milk ♥ (1)
Orange Juice ♥ (1)
Apple Juice ♥ (1)
Cranberry Juice ♥ (1)
Coffee ♥
Decaf Coffee ♥
Hot Tea ♥
Hot Cocoa (1.5)
Lemonade ♥
Sweet Tea (decaf) ♥
Unsweetened Tea ♥
Powerade (2)
Bottled Water ♥
Coke (1.5)
Diet Coke
Sprite (1.5)
Sprite Zero
Dr. Pepper (1.5)
Diet Dr. Pepper
Ginger Ale (1.5)
Prune Juice ♥ (2)

Condiments

Ketchup
Mustard
Mayonnaise
Margarine
Sugar
Splenda
Sweet & Low
Brown Sugar (1)
Salt
Pepper
Mrs. Dash
Cream Cheese (1)
Jelly
Diet Jelly
Barbecue Sauce (1)
Peanut Butter
Honey (.5)
Honey Mustard
Sauce (.5)
Snack Cheddar
Cheese
Graham Crackers (1)
Syrup (2)
Diet Syrup
Crackers (.5)
Parmesan Cheese
Sour Cream,
Fat Free
Salsa
Raisin Box (1.5)
Tartar Sauce
Hot Sauce Packet

Welcome to Room Service

Room Service meals are available from 6:30 a.m. to 7 p.m.
To place your order, call 6-3463 (DINE) from your room phone
or 501-526-3463 (DINE) from a cell phone.

Food orders may be limited due to diet restrictions from
your care team. Your meal tray will include the food
needed to improve your health.

Ordering Options

- Call the Room Service Line to place your order.
- House meals are available. If you do not wish to
choose your own meals, please let your nurse know.
- If you are not able to place your own order, a patient
ambassador will visit your room and take your order.
Please let your nurse know.
- Patient Caregivers may also place room service orders
for the patient.

Special Diet Considerations

Nutrition Services has access to your allergies, doctor’s
orders regarding food and beverages and any other
dietary restrictions and will be able to assist you.

To assist you in making healthier choices we have placed
a ♥ next to menu items that are heart healthy.

Your nurse will be notified when your meal is delivered so
you can take any medication that should be given with food.

We want to hear from you



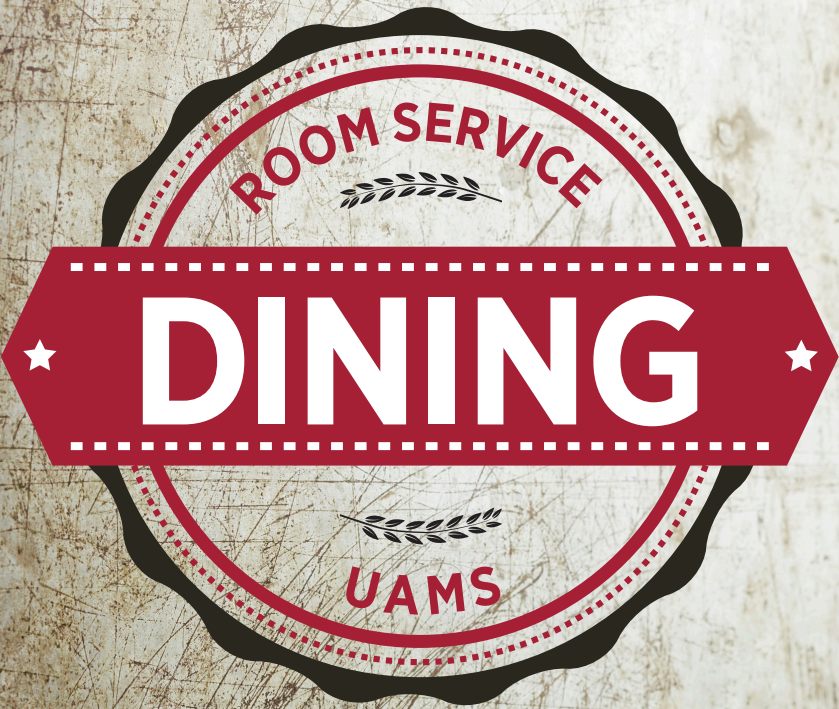
Help us improve our guest satisfaction by
completing a customer survey. Use the camera
on your Smart Phone to scan the QR Code to let
us know how we are doing. Paper surveys are
available upon request.

For our diabetic or carbohydrate
sensitive patients

Our menu includes the number of carbohydrate servings
(1=15 grams) for each item. The average diabetic patient
diet includes 3-4 carbohydrates servings per meal.

Guest Trays

Guest trays are available for \$8. Chef Special trays can be
purchased for \$4. Payment is by credit card only. Please tell
the call center it is a guest meal order when you call. Guest tray
includes: One Entrée, 2 Sides with one beverage. Choice of dessert.
Additional beverages available for an additional cost



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(DINE) from a cell phone.

BREAKFAST

Order from 6:30 a.m. to 9:30 a.m.

Cereal**

Hot	Cold
Oatmeal ♥* (1)	Cheerios ♥ (1)
Cream of Wheat ♥* (1.5)	Corn Flakes ♥ (1)
Grits ♥ (1.5)*	Frosted Flakes ♥ (1.5)
Brown Sugar (1)	CinnToast Crunch ♥ (1.5)
Raisin Box ♥ (1.5)	Honey Nut Cheerios ♥ (1)
<i>*Allowed on Full Liquid Diet</i>	Froot Loops ♥ (1)

Breakfast Favorites

Scrambled Eggs	Two Bacon Strips
Cheesy Eggs	Turkey Sausage Patty ♥
Fried Eggs (two available on request)	Pork Sausage Patty
Boiled Egg	White Rice ♥ (1.5)
Biscuit & Gravy (2.5)	Pancake (1) (two available on request)
Hashbrown Minis (1.5)	French Toast Stick (2.5)
Sausage Gravy (1)	(serving 4 pieces)
Pepper Gravy (1)	Chicken Biscuit (2)

Breakfast Sandwich or Taco

Choose your Bread: Multi-Grain (3), White (3), Croissant or Flour Tortilla (1), Bagel (4), Biscuit (1.5) and English Muffin ♥ (1.5)
Choose your Eggs: Scrambled Eggs, Cheesy Eggs or Fried Eggs
Choose your Meat: Bacon Strips, Turkey Sausage Patty ♥ or Pork Sausage Patty
Choose your Topping: Shredded Cheddar Cup, Shredded Lettuce cup, Avocado, Sour Cream or Salsa Packet

Breakfast Bakery**

English Muffin ♥ (1.5)	Blueberry Bagel (4)
Biscuit (1.5)	Multi-Grain Toast ♥ (1.5)
Blueberry Muffin ♥ (1)	White Toast ♥ (1.5)
Cinnamon Roll (3)	

Fruit & Yogurt**

Fresh Fruit Cup ♥ (1)	Red Grapes ♥ (1)
Fresh Fruit Cup, No Melon ♥ (1.5)	Yogurt, Assorted flavors ♥ (1.5)
Banana ♥ (1.5)	Blueberry Yogurt Parfait ♥ (2)
Applesauce ♥ (.5)*	Chilled Peaches ♥ (1)
Red Apple ♥ (1.5)	Chilled Mandarin Oranges ♥ (1.5)
Orange ♥ (2)	Cottage Cheese ♥ (.5)

**Allowed on Full Liquid Diet*
***Available Light Options*

LUNCH & DINNER

Lunch 10:30 a.m. to 2:00 p.m. ; Dinner 4:00-7:00 p.m.

Soups

Chicken Noodle* (.5)	Vegetable Beef (1)
Tomato* ♥ (1.5)	Cheesy Potato* (2)
Broccoli Cheese* (1.5)	

**Puree variety available for Full Liquid Diets*

Salad Offerings

Tossed Green Salad, Small ♥
Mixed Green Salad, Small ♥
Cottage Cheese & Fresh Seasonal Fruit Cup ♥ (1.5)
Turkey Chef Salad, Small (.5)
Spinach & Quinoa with Feta & Seasonal Fruit, Small ♥ (2)
Apple Walnut Cranberry Feta Salad (4)[†]
[†]Add Chicken Breast

Salad Dressings
Regular: Ranch, Italian, 1000 Island, French and Raspberry
Vinaigrette Dressing Pkt (.5)
Low Sodium Options: FF Ranch and FF French

Deli Favorites

Turkey, Avocado with Chipotle Hummus Wrap (5)
Basil Pesto Hummus Veggie Wrap[†] (5)
(Half portion available)
[†]Add Chicken Breast
Creamy Peanut Butter & Jelly Sandwich (3)
Turkey Sandwich (3)
Ham Sandwich (3)
Chicken Salad Cup (1) or Sandwich
Tuna Salad Cup (.5) or Sandwich

Choice of Bread		
Multi-Grain ♥ (3)	White ♥ (3)	Croissant (1.5)

Choice of Cheese		
American	Cheddar	Swiss

From the Garden				
Lettuce	Tomato ♥	Pickle	Onion	Avocado ♥

From Our Grill

Hamburger (1.5)	Country Fried Steak
Cheese Quesadilla	Sandwich (3)
(add Chicken or Vegetables) (2)	Grilled Ham Sandwich (3)
	Grilled Turkey Sandwich (3)

From Our Grill (cont.)

BLT (3)	Chicken Tenders (1.5)
Grilled Chicken Sandwich ♥ (1.5)	Turkey Burger (1.5)
Grilled Cheese Sandwich (3)	[†] Add Bacon

Choice of White or Wheat Bun

Taco Bar

Choose your Taco: Hard Corn Shell ♥ (.5) or Flour Tortillas (1) (two available on request)
Choose your Meat: Grilled Fajita Chicken, Cajun Catfish or Seasoned Ground Beef ♥
Choose your Topping: Shredded Cheddar Cup, Shredded Lettuce cup, Diced Tomato, Avocado ♥, Sour Cream or Salsa Packet

Pizza Favorites

Cheese (3)
Pepperoni (3)
Veggie (3)
Meat Lovers (Pepperoni, Sausage & Bacon) (3)
Supreme (3)
Southwest Chicken (Chicken, Bacon, Red Onion & Spinach (3)
**Parmesan Cheese packets available upon request*

Entrées

Grilled Chicken Breast ♥	Spaghetti & Meat Sauce (2)
Pot Roast	Country Fried Steak
Cajun Baked Tilapia	with Gravy (2)
Chicken Spaghetti (2)	BBQ Pulled Pork
Spicy Chicken	Sandwich (3)
Drummettes (1)	Chili, Beef with Bean,
Chicken & Dumplings (2.5)	Homemade (2)

Side Dishes

Broccoli ♥ (.5)	BBQ Baked Beans (3.5)
Baby Carrots ♥ (1)	Sweet Potato, Half (2.5)
Green Beans ♥	Baked Potato, Half ♥ (2)
Corn ♥ (1.5)	French Fries (3)
Roasted Vegetable Medley ♥ (.5)	Mashed Potatoes ♥ (1)
Coleslaw ♥ (.5)	Brown Gravy ♥
Macaroni & Cheese (1)	Pepper Gravy ♥ (.5)
White Rice ♥ (1.5)	Wheat Dinner Roll ♥ (1)
Roasted Brussel Sprouts ♥ (.5)	Garlic Bread (1)
	Cornbread Muffin (1)