

## ANYTIME SNACKS

**Cheese & Cracker Plate** <sup>11g</sup>

**Veggie & Hummus Plate** <sup>10g</sup> **GF**

**Roasted Red Pepper Hummus:** with pretzel chips <sup>40g</sup>

**Trail Mix** <sup>15g</sup>

**Cottage Cheese & Fruit:** served with fresh or canned fruit <sup>20g</sup> **GF**

**Protein Plate:** sliced deli meat, cheese and grapes <sup>10g</sup> **GF**

**Graham Crackers & Peanut Butter** <sup>29g</sup>

## DESSERTS

**Angel Food Cake:** with berries and whipped topping <sup>35g</sup>

**Cheesecake Cup:** with cinnamon apple compote <sup>30g</sup>

**House-made Apple Crisp:** served with whipped topping <sup>35g</sup>

**Ice Cream:** chocolate, vanilla or strawberry <sup>17g</sup> **GF**

**Sherbet:** rainbow sherbet <sup>26g</sup> **GF**

**Pudding:** chocolate or vanilla <sup>25g</sup> sugar free available **GF**

**Gelatin:** berry or citrus <sup>18g</sup> sugar free available **GF**

**Italian Ice:** strawberry or lemon <sup>18g</sup> **GF**

**Cookie** chocolate chip or sugar <sup>22g</sup>

**Fresh Fruit Cup** <sup>11g</sup> **GF**

## BEVERAGES

**Milk:** Non-Fat, 2%, Whole, Non-Dairy Alternatives <sup>10-13g</sup>

**Assorted Juices:** Apple, Orange, Cranberry, Fruit Water, Prune or V-8 <sup>0-23g</sup>

**Assorted Sodas:** Cola, Diet Cola, Lemon Lime, Diet Lemon Lime, Gatorade, Ginger Ale, Diet Dr. Pepper or Root Beer <sup>0-26g</sup>

**Coffee:** Regular or Decaf

**Hot Chocolate** <sup>15g</sup>

**Assorted Tea:** Green, Chamomile, Mint, Black Tea or Iced Tea

## MEAL SIDES

Potato Salad <sup>28g</sup>

White Rice <sup>22g</sup> **GF**

Mashed Potatoes <sup>17g</sup> **GF**

Macaroni & Cheese <sup>18g</sup>

Pasta <sup>22g</sup>

Saltine Crackers <sup>5g</sup>

Baked Lays <sup>23g</sup> **GF**

Dinner Roll <sup>16g</sup>

Coleslaw <sup>10g</sup>

Steamed Carrots **GF**

Green Beans **GF**

Cauliflower **GF**

Broccoli **GF**

## Condiments

Salt

Pepper

Mrs. Dash (salt sub)

Sugar

Sugar Sub

Brown Sugar

Honey

Half & Half

Non-Dairy Creamer

Lemon

Syrup

Sugar-Free Syrup

Butter

Jelly

Sugar-Free Jelly

Cream Cheese

Peanut Butter

Cranberry Sauce

Walnuts

Guacamole

Mayonnaise

Mustard

Ketchup

Sour Cream

Pico de Gallo

Hot Sauce

BBQ Sauce

Tartar Sauce

Marinara Sauce




Pesto

## WELCOME

Patient satisfaction and safety are our highest priorities. Please let us know if there is anything we can do to make your stay more comfortable. At Central Washington Hospital we strive to offer patients a menu that features freshly prepared and seasonal ingredients. We partner with our vendors to source quality ingredients to help build a healthy community.

**Please call 33300 or 509-433-3300 to place your order.**

Not all items will be available for modified or restricted diets.

1. After making your selections, dial 33300 to place your order.
2. If you are on a special diet your Ambassador will assist you with the most appropriate meal selections. Please note, there may be certain items not appropriate for your current diet restriction and modifications may need to be made.
3. Inform your Ambassador if you have allergies or dietary preferences. We will do our best to accommodate your needs during your stay. See menu for the Gluten Free symbol **GF**.
4. If you are receiving medication that needs to be taken before or with your meal, please notify your nurse using your call button when your meal arrives.
5. Guests can find a variety of meal choices available in our Cafe from 7:00 am-7:00 pm or by purchasing a guest meal for \$7.50 through the Ambassador which will be delivered with the patient meal.   
6. Once your order is placed, meals are typically delivered in 45-60 minutes unless otherwise specified by your Ambassador.

## Your Feedback is Welcome!

As always, we value your feedback. Please tell us what is working well or what we can do better to serve your needs. Should you have any questions or concerns regarding your meal service, please do not hesitate to reach out to us at 509-433-3154 or [FoodFeedback@confluencehealth.org](mailto:FoodFeedback@confluencehealth.org)

## ALLERGEN DISCLOSURE

Although we make every effort to accommodate dietary restrictions, **we cannot guarantee the total absence of all food allergens** due to shared facility preparation areas.

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Form#: 51173

Owner: Food Services

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## Central Washington Hospital Room Service Menu

To Place Your Meal Order, **Call Before 3:00pm:**  
extension 33300 or 509-433-3300

For Non-English-Speaking Patients Dial:  
extension 30060

**Phone Lines Open from 6:45 am-3:00 pm**  
Hours of Meal Service:  
7:00 am-7:00 pm

# BREAKFAST

Available between 7:00 am and 10:00 am

**Pancake:** plain or blueberry<sup>22g</sup>

**French Toast:** plain<sup>20g</sup> add berry topping

**Breakfast Burrito:** Includes scrambled eggs with your choice of ham, peppers, onions and shredded cheese rolled in a tortilla.<sup>36g</sup>

*Pico de gallo, guacamole and sour cream available*

**Create Your Own Scramble** <sup>GF</sup>

Ham	Tomatoes
Sausage	Onions
Bacon	Mushrooms
Shredded Cheese	Bell Peppers

Try a healthful alternative to any breakfast. Egg whites and black beans available!

## Breakfast Chef Specials

<b>Sunday</b>	Pancake and Scrambled Eggs <i>served with a fresh fruit cup</i>
<b>Monday</b>	Oatmeal <i>served with a hardboiled egg and grapes</i>
<b>Tuesday</b>	Southwest Scramble <sup>4g</sup> <i>served with black beans, tortilla and salsa</i>
<b>Wednesday</b>	French Toast with Apple Compote <i>served with a sausage patty and Greek yogurt</i>
<b>Thursday</b>	Breakfast Sandwich <sup>26g</sup> <i>toasted English muffin with egg, bacon, tomato, and cheese</i>
<b>Friday</b>	Denver Scramble <sup>GF</sup> <i>ham, onions, and peppers tossed with cheese</i>
<b>Saturday</b>	Cheese Blintz <sup>42g</sup> <i>Crepe filled with sweetened cheese. Garnished with strawberry couli</i>

## Breakfast Sides

- SIDES** <sup>GF</sup>
- Hardboiled Egg *served cold*
  - Scrambled Egg
  - Fried Egg
  - Hash Browns<sup>22g</sup>
  - Bacon
  - Sausage
- CEREAL** <sup>14g-60g</sup>
- Oatmeal
  - Cream of Wheat
  - Cream of Rice <sup>GF</sup>
  - Assorted Cold Cereals <sup>GF</sup>
  - Choice of Toppings** <sup>GF</sup>  
*Berry Topping, Walnuts, Brown Sugar<sup>13g</sup>, Honey<sup>7g</sup>*

- BREADS** <sup>15g-45g</sup>
- Toasted Breads
  - English Muffin
  - Gluten Free Bread <sup>GF</sup>
  - Bagel:** Plain, Blueberry

- FRUITS** <sup>8-19g</sup> <sup>GF</sup>
- Sliced Apples
  - Sliced Orange
  - Banana
  - Fresh Fruit Cup
  - Grapes
  - Applesauce
  - Canned Peaches
  - Canned Pears
- YOGURT & CHEESE** <sup>1-38g</sup> <sup>GF</sup>
- Cottage Cheese
  - String Cheese
  - Lactose Free Yogurt
  - Greek Yogurt
  - Greek Yogurt Parfait

# LUNCH & DINNER SPECIALS

Gluten free options available upon request <sup>GF</sup>

## Lunch Chef Specials Available between 11:00 am and 2:00 pm

Add a side salad or cup of soup to any meal.

<b>Sunday</b>	Lemon Garlic Chicken served with wild rice <sup>21g</sup> and broccoli
<b>Monday</b>	Homestyle Meatloaf <sup>17g</sup> served with mashed potatoes and green beans
<b>Tuesday</b>	Pasta with Meatballs and Marinara Sauce <sup>30g</sup> served with cauliflower
<b>Wednesday</b>	Hot Open-Faced Turkey Sandwich <sup>24g</sup> served with mashed potatoes and green beans
<b>Thursday</b>	Roasted Pork Tenderloin with Apple Compote <sup>10g</sup> <sup>GF</sup> served with mashed potatoes and broccoli
<b>Friday</b>	French Dip Sandwich <sup>36g</sup> served with au jus and coleslaw <sup>10g</sup>
<b>Saturday</b>	Chicken Vegetable Stew <sup>24g</sup> <sup>GF</sup> served with a wheat roll and carrots

## Dinner Chef Specials Available between 4:00 pm and 7:00 pm

Add a side salad or cup of soup to any meal.

<b>Sunday</b>	Homestyle Pot Roast <sup>GF</sup> served with potatoes <sup>23g</sup> and carrots
<b>Monday</b>	Mediterranean Chicken <sup>GF</sup> served with herbed orzo <sup>26g</sup> and zucchini
<b>Tuesday</b>	Citrus Pork Tenderloin served roasted sweet potatoes <sup>26g</sup> and broccoli
<b>Wednesday</b>	Beef Stroganoff <sup>7g</sup> <sup>GF</sup> served with white rice <sup>22g</sup> and zucchini
<b>Thursday</b>	Pesto Chicken <sup>5g</sup> <sup>GF</sup> served with herbed orzo <sup>26g</sup> and cauliflower
<b>Friday</b>	Beef Lasagna <sup>35g</sup> served with a breadstick <sup>23g</sup> and zucchini
<b>Saturday</b>	Roasted Turkey Dinner with Gravy <sup>GF</sup> served with mashed potatoes and green beans



## WELLNESS OPTIONS

Available between 11:00 am and 7:00 pm

**Salmon Parmesan** <sup>GF</sup>  
Baked salmon topped with confetti vegetables and parmesan cheese.

**Apple Whole Grain Salad** <sup>55g</sup> <sup>GF</sup>  
Romaine lettuce with fresh apples, raisins, quinoa, feta cheese, walnuts and apple vinaigrette.

*Chicken available upon request*

# DELI & GRILL MENU

Available between 11:00 am and 7:00 pm

## From the Grill

**Grilled Hamburger:** on a wheat bun.<sup>38g</sup> Available with lettuce, tomato, pickle and red onion. Also available with a chicken breast or a black bean patty<sup>54g</sup>

**French Dip:** roast beef served on a hoagie roll with au jus.<sup>36g</sup>

**Homestyle Meatloaf:** a classic favorite with ground beef with Italian seasoning. Available with mashed potatoes and gravy or an alternate side dish.

**Quesadilla:** filling choices include shredded cheese, chicken, black beans, onions, and bell peppers in a tortilla.<sup>35g</sup>

*Pico de gallo and sour cream available*

**Melt:** choice of tuna, ham, or turkey with cheese on bread of choice.<sup>45g</sup>  
Grilled cheese sandwich also available<sup>42g</sup>

**Healthful Alternatives** <sup>GF</sup>

**Herb Chicken Breast or Grilled Salmon:** add a side dish of your choice to complete the meal.

## Deli Sandwiches

Sandwiches are available in 1/2 or whole portions. Gluten free bread available upon request. <sup>GF</sup>

**BREADS:** White, Wheat, Sourdough, Rye or Tortilla<sup>38-48g</sup>

**FILLINGS:**

Turkey	Egg Salad	Red Onion
Ham	Tuna Salad	Dill Pickle
Roast Beef	Bacon	Cucumber
Chicken Salad	Peanut Butter & Jelly <sup>27g</sup>	Lettuce
		Tomato

**CHEESE:** Cheddar, Swiss, Pepper Jack, Provolone

**CONDIMENTS:** Mustard, Mayonnaise, Dijon Mustard, Guacamole, Cranberry Sauce<sup>14g</sup>

## Salads All salads are available in half portions <sup>GF</sup>

**Garden Salad:** romaine lettuce with cherry tomatoes, cucumbers and shredded carrots.<sup>9g</sup>

**Chicken Caesar Salad:** classic Caesar with romaine lettuce, grilled chicken, parmesan cheese, croutons and Caesar dressing.<sup>11g</sup>

**Chef Salad:** romaine lettuce with turkey, ham, shredded cheese, tomato, cucumber and hardboiled egg.<sup>9g</sup>

**Dressing Choices** <sup>GF</sup>: Apple Vinaigrette<sup>6g</sup>, Ranch, Bleu Cheese, Thousand Island<sup>6g</sup>, Caesar, Asian Sesame Dressing<sup>11g</sup>, Oil and Vinegar

## House-Made Soups Add a dinner roll or salad

Chicken Noodle <sup>15g</sup>	Chicken, Beef or Vegetable Broth <sup>GF</sup>
Tomato Basil <sup>18g</sup>	Soup of the Day
Cream of Potato <sup>36g</sup>	

If you have questions or needs between meal service, contact your Ambassador by dialing 33300.