

ANYTIME SNACKS Excludes protein and heart healthy plates

Cheese & Cracker Plate ^{11g}

Veggies & Hummus Plate ^{11g} 

Heart Healthy Plate: hardboiled egg, sliced turkey, cucumber and apple slices ^{11g} 

Veggies & Dill Sauce 

Trail Mix ^{24g} 

Saltine Crackers ^{5g}

String Cheese

Cottage Cheese & Fruit: served with fresh

or canned fruit ^{14-18g} 

Protein Plate: sliced deli meat, cheese and a hard-boiled egg ^{3g} 

Graham Crackers & Peanut Butter ^{27g}

Apples and Peanut Butter ^{15g} 

Smart White Cheddar Popcorn ^{15g} 

Baked Chips ^{23g} 

DESSERTS Excludes pudding and gelatin

Cheesecake Cup: with apple compote or strawberry topping ^{20-27g} 

House-made Apple Crisp: served with whipped topping ^{35-37g}

Ice Cream: chocolate, vanilla or strawberry ^{15-19g} 

Sherbet: rainbow sherbet ^{26g} 

Angel Food Cake: with berries and whipped topping ^{35g}

Pudding: chocolate or vanilla ^{18-20g}
sugar free available ^{11-14g} 

Gelatin: berry or citrus ^{23g} 
sugar free available ^{0g}

Italian Ice: strawberry or lemon ^{17-18g} 

Cookie chocolate chip or sugar ^{22g}

Fresh Fruit Cup ^{8g} 

BEVERAGES

Milk: Skim, 1%, Whole, Non-Dairy Alternatives ^{11-24g}

Chobani Yogurt Drink: strawberry banana, mixed berry or mango ^{17g}

Assorted Juices: Apple, Orange, Cranberry, Fruit Water, Prune or V-8 ^{0-26g}

Assorted Sodas: Pepsi, Diet Pepsi, Lemon Lime, Diet Lemon Lime, Gatorade, Ginger Ale, Dr. Pepper, Diet Dr. Pepper or Root Beer ^{0-31g}

Coffee: Regular or Decaf

Hot Chocolate ^{16g}

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

Condiments

Condiments also offered in a sugar-free or reduced-sugar version marked with *

Salt, Pepper	Syrup*	Mayonnaise
Mrs. Dash (salt sub)	Jelly*	Mustard
Sugar*, Brown Sugar	Peanut Butter	Ketchup
Honey	Cranberry Sauce	BBQ Sauce
Half & Half	Guacamole	Lemon Wedge or Juice
Non-Dairy Creamer	Sour Cream	Dill Sauce
Cream Cheese	Salsa	Walnuts
Butter	Hot Sauce	

 *Gluten Free*

 *Vegetarian*

WELCOME

At Confluence Health | Central Campus, we are pleased to offer room service tailored to your needs. Our menu provides a selection of nutritious meals prepared with care and delivered to your room. Patient satisfaction and safety are our highest priorities. Please let us know how we may assist you during your stay.

Please call 33300 to place your order.

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

Meal Ordering Instructions

- Before You Call:** Have your room number, prescribed diet, and food choices ready. **Dial 33300** to place your order with an Ambassador. Meals arrive in 45-60 minutes, unless a later delivery time requested.
- Special Diets and Tests:** If you are on a restricted diet, menu options may be limited. Your Ambassador will assist you with making appropriate meal selections. Ask to speak with a **Dietitian** if you have any nutritional concerns.
- Allergies & Preferences:** Let your Ambassador know if you have any food allergies or specific dietary needs so we can do our best to accommodate those. See menu for the **Gluten Free** symbol. 
- Medication Timing:** 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.
- Guest Meals:** Guests may dine in the Café (open 6:30 am-7:00 pm) or order a guest meal tray through the Ambassador for \$7.50 with a credit card to be delivered with the patient meal.   
- Meal Limits:** Each meal includes **1 entrée, 1 beverage and up to 6 sides** (e.g., veggies, fruit, soup, salad, snack, dessert.) Still hungry? Ask for more options that fit your diet plan.

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.

We'd Love to Hear From You!

Your feedback helps us serve you better. Whether you enjoyed your meal or have suggestions for improvement, we are listening.

Questions or concerns about your dining experience? Please call us at **33300** or email us at FoodFeedback@confluencehealth.org. Please take a moment to complete our short Room Service survey by scanning the QR code below with your phone camera.



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Form#: 51173

Owner: Food Services

https://confluencehealth.sharepoint.com/sites/GRP_RecipesandPurchasing-Management/Shared Documents/Management/Legacy Y Drive/Regional Menu/CWH English Room Service Menu_v14.docx



Central Campus 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 ^{21-23g}

French Toast: plain ^{19g} *add strawberry topping or apple compote* ^{22-26g}

Egg Whites: substitute egg whites in any scramble or breakfast burrito for a more heart healthy breakfast.

Create Your Own Scramble or Breakfast Burrito: can be served as a scramble or in a tortilla. Choose your ingredients from the list below.

Salsa, guacamole and sour cream are available.

Create Your Own Ingredient Offerings:

Ham	Tomatoes	Black Beans
Sausage	Onions	Mushrooms
Bacon	Bell Peppers	Shredded Cheese

Daily Breakfast Specials

Sunday Pancake ^{21g} and Scrambled Eggs
served with a fresh fruit cup

Monday Oatmeal ^{29g}
served with a hardboiled egg and grapes

Tuesday Southwest Scramble ^{4g}
served with black beans, tortilla and salsa

Wednesday French Toast with Apple Compote ^{26g}
served with a sausage patty and Greek yogurt

Thursday Breakfast Sandwich ^{26g}
toasted English muffin with egg, bacon, and cheddar cheese

Friday Denver Scramble
ham, onions, and peppers tossed with cheese

Saturday Homestyle Breakfast ^{21g}
scrambled eggs and hashbrowns.

Breakfast Sides

SIDES

Hardboiled Egg *served cold*
Scrambled or Fried Egg
Hashbrowns ^{15g}
Bacon
Sausage

BREADS ^{15g-46g}

served cold sourdough, white, wheat, Gluten Free breads available
Tortilla: 6" corn or 10" flour
English Muffin: wheat or sourdough
Bagel: plain or blueberry

DAIRY ^{1-38g}

Cottage Cheese ^{6g}
Greek Yogurt ^{12-13g} vanilla or strawberry
Greek Yogurt Parfait ^{38g}

CEREAL ^{15g-45g}

Oatmeal
Cream of Wheat
Cream of Rice
Assorted Cold Cereals

FRUITS ^{8-19g}

Sliced Apple
Sliced Orange
Banana
Fresh Fruit Cup
Grapes
Applesauce
Canned Peaches
Canned Pears

Available Toppings

Walnuts, Honey, Brown Sugar ^{13g}, Apple Compote ^{7g}, Strawberry Topping ^{3g}

DAILY LUNCH & DINNER SPECIALS

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

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

Sunday Lemon Garlic Chicken
Served with wild rice ^{21g} and broccoli

Monday Homestyle Meatloaf ^{18g}
served with mashed potatoes^{17g} and green beans

Tuesday Pasta with Marinara Meat Sauce ^{33g}
served with broccoli

Wednesday Chicken Vegetable Stew ^{12g}
served with a dinner roll and carrots

Thursday Roasted Turkey Dinner with Gravy
served with mashed potatoes^{17g} and green beans

Friday BBQ Pulled Pork Sandwich ^{45g}
served with coleslaw ^{10g}

Saturday Roasted Pork Tenderloin with Apple Compote ^{10g}
served with mashed potatoes and zucchini

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

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

Sunday Homestyle Pot Roast ^{4g}
served with potatoes^{23g} and carrots

Monday Chicken Taco Bake ^{17g}
served with zucchini and lime crema

Tuesday Citrus Pork Tenderloin
Served with roasted sweet potatoes ^{26g} and cauliflower

Wednesday Beef Stroganoff ^{7g}
served with white rice ^{22g} and green beans

Thursday Pesto Chicken ^{5g}
served with herbed orzo ^{27g} and zucchini

Friday Beef Lasagna ^{19g}
served with a breadstick ^{21g} and broccoli

Saturday Hot Open-Faced Turkey Sandwich ^{24g}
served with mashed potatoes and green beans

MEAL SIDES

White Rice ^{20g}
Macaroni & Cheese ^{18g}
Pasta ^{22g} *add pesto or marinara sauce*
Dinner Roll ^{17g}

Baked Lays ^{23g}
Mashed Potatoes
add gravy ^{17g}
Cottage Cheese ^{6g} Broccoli

Diced Carrots
Cauliflower
Green Beans

Soups Add crackers, dinner roll or salad

Chicken Noodle Soup ^{15g}
Tomato Soup ^{19g}

Cream of Potato Soup ^{17g}
Chicken, Beef or Vegetable Broth

Gluten Free

Vegetarian

DELI & GRILL MENU

Available between 11:00 am and 7:00 pm

Add a side dish, side salad, or soup to complete the meal.

Deli Sandwiches & Wraps

Sandwiches come in ½ or whole portions, wraps only come in one size.

BREADS: White, Wheat, Sourdough, Rye, Tortilla or Gluten Free ^{34-48g}

CHEESE: Cheddar, Swiss, Pepper Jack, Provolone

CONDIMENTS: Ketchup, Mustard, Mayonnaise, Cream Cheese, Pesto, Guacamole, Cranberry Sauce

FILLINGS:

Turkey	Peanut Butter & Jelly	Red Onion
Ham	Egg Salad	Cucumber
Roast Beef	Tuna Salad	Lettuce
Bacon	Dill Pickle	Tomato

From the Grill

Grilled Burger: your choice of Hamburger, Chicken Breast or Garden Burger
served on a bun, or choice of bread.

Available with lettuce, tomato, pickle, red onion, bacon and cheese.

Grilled Cheese: Cheddar, Swiss, Pepper Jack, Provolone cheese available. ^{38-48g}

Create Your Own Grilled Sandwich: pick a protein or grilled veggies, choose your cheese, and select your bread. ^{38-48g}

French Dip: Roast Beef on a Hoagie served with Au Jus. ^{44g}

Homestyle Meatloaf: a classic favorite made with ground beef and Italian seasoning. ^{18g}

Create your Own Quesadilla: filling choices include shredded cheese, diced chicken, black beans, onions, tomatoes, mushrooms, and bell peppers in a flour tortilla. ^{35g}

Salsa, guacamole, hot sauce, and sour cream available

Healthful Alternatives

Herb Chicken Breast or Grilled Salmon: add a side dish of your choice to complete the meal. Try with our house-made dill sauce.

Salads All salads are available in half portions for a side salad

Garden Salad: romaine blend with cherry tomatoes, cucumbers and shredded carrots. ^{9g}

Chicken Caesar Salad: romaine blend, diced chicken, parmesan cheese and croutons. ^{9g}

Chef Salad: romaine blend with turkey, ham, shredded cheese, cherry tomatoes, cucumber and hardboiled egg. ^{9g}

Dressings: Apple Vinaigrette ^{6g}, Ranch, Bleu Cheese, Caesar, Thousand Island ^{6g}, Asian Sesame Dressing ^{11g}, Oil and Vinegar, Lemon Wedge.

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