

Mares Campus

Room Service Menu

WELCOME



At Confluence Health | Mares 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.

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 **68142** or **FoodFeedback@confluencehealth.org**. Please take a minute to answer our short room service survey by scanning the QR code to the right with your phone's camera.



BREAKFAST Served From 7:00-10:00 AM

Entrées

Buttermilk Pancake: plain or blueberry^{21-23g}

French Toast: plain^{19g} *add strawberry topping*^{22g}

Biscuit & Gravy^{32g}

Homestyle Breakfast: scrambled eggs and hashbrowns served with your choice of bacon or sausage.

Create Your Own Scramble or

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

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

Salsa, guacamole and sour cream are available

Cereals^{15-35g}

Assorted Cold Cereals^{20-60g}

Oatmeal

Cream of Wheat

Cream of Rice

Available Toppings: *Walnuts, Honey, Brown Sugar^{13g}, Strawberry Topping^{3g}*

Dairy^{1-38g}

Cottage Cheese

String Cheese

Greek Yogurt *vanilla or strawberry*

Greek Yogurt Parfait

Sides

Hardboiled Egg *served cold*

Scrambled Egg or Fried Egg

Hash Browns^{21g}

Bacon

Sausage

Fruit^{8-19g}

Fresh Fruit

Canned Peaches or Pears

Banana

Applesauce

Sliced Apples

Orange

Grapes

Breads^{15g-46g}

sourdough, white, wheat or Gluten Free breads.

Tortilla: *6" corn* *or 10" flour*

English Muffin: *wheat or sourdough*

Bagel: *plain or blueberry*

Biscuit

Beverages

Milk: Skim, 1%, Whole

Non-Dairy Alternatives: Soy, Oat, Almond^{11-24g}

Crystal Light

Hot Chocolate^{15g}

Juice: Apple^{15g}, Orange^{15g},

Cranberry^{12g}, Prune^{20g}

Coffee *Regular or Decaf*

Tea *Green, Chamomile, Mint,*

Black, Iced, Decaf Black Tea

Soda: Cola, Diet Cola, Lemon Lime,

Diet Lemon Lime, Gatorade, Ginger Ale, Diet Ginger Ale or Root Beer^{0-31g}

Chobani Yogurt Drinks: Mixed Berry, Mango, or Strawberry Banana^{17g}

Snacks



Excludes protein and heart healthy plates



Excludes items with crackers

Protein Plate: sliced deli meat, cheese and a hard-boiled egg^{8g}

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

Cheese & Cracker Plate^{11g}

String Cheese

Cottage Cheese & Fruit:

fresh or canned fruit^{14-18g}

Veggies & Dill Sauce^{7g}

Veggies & Hummus^{11g}

Saltine Crackers^{5g}

Graham Crackers &

Peanut Butter^{27g}

Apples and Peanut

Butter^{15g}

Trail Mix^{24g}

Smart White

Cheddar Popcorn^{15g}

Baked Chips^{23g}

Desserts



Excludes cheesecake cup, pudding and gelatin

Cheesecake Cup: add strawberry topping^{20-27g}

House-made Apple Crisp: served

with whipped topping^{35-37g}

House-made Brownie^{35g}

Cookie chocolate chip or sugar^{22g}

Ice Cream chocolate, vanilla or

strawberry^{15-19g}

Sherbet rainbow sherbet^{26g}

Italian Ice strawberry or lemon^{18g}

Fresh Fruit Cup^{8g}

Pudding chocolate or vanilla^{25g} *sugar*

free available

Gelatin berry or citrus^{18g}

sugar free available^{0g}

To Place Your Meal or Snack Orders, Dial extension **68141**

For Non-English Speaking Patients, Dial extension 60020



Gluten Free



Vegetarian

Mares Campus

Room Service Menu



LUNCH & DINNER

Served 11:00 AM-3:00 PM & 4:00 PM-6:30 PM

Entrées

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

Roasted Turkey Dinner with Gravy: served with mashed potatoes^{17g} and green beans. **GF**

BBQ Pulled Pork Sandwich ^{45g}

Herb Grilled Chicken Optionally served with Pesto, Marinara, or house-made dill sauce. ^{0-8g} **GF**

Grilled Salmon Optionally served with house-made dill sauce. ^{0-2g} **GF**

Asian Rice Bowl: fresh sauteed vegetables served over steamed white rice. **GF** Served with your choice of teriyaki, sweet chili, or Thai peanut sauce. Add chicken or pork.

Sides **GF** Excludes macaroni & cheese

Macaroni & Cheese ^{18g}	Mashed Potatoes <i>add</i>
Pasta ^{22g} <i>add Marinara or Pesto</i>	chicken or beef gravy ^{17g}
White Rice ^{20g}	Green beans
Fresh Mixed Vegetables	Broccoli
Coleslaw ^{12g}	Cauliflower
Carrots	

Salads

All salads are available in half portions for a side salad

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

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

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

Southwest Chicken Salad: romaine blend with diced chicken, shredded cheese, red peppers, cherry tomatoes and black beans, topped with tortilla strips. ^{23g}

Dressings: **GF** Apple Vinaigrette ^{6g}, Ranch ^{2g}, Bleu Cheese ^{2g}, Caesar ^{1g}, Chipotle Ranch ^{4g}, Thousand Island ^{6g}, Asian Sesame Dressing ^{11g}, Balsamic Vinaigrette, Lemon Wedge, Oil & Vinegar

Soup

Add crackers, dinner roll ^{17g} or salad

Chicken Noodle Soup ^{15g}

Tomato Soup ^{19g}

Cream of Potato Soup ^{17g}

Broths: chicken, beef, or vegetable **GF**

Grill & Deli

Salisbury Steak: hamburger steak served with sauteed mushrooms and onions served with your choice of gravy. ^{6g}

French Dip: roast beef served on a ciabatta roll served with au jus. ^{47g}

Grilled Cheese: cheddar, Swiss, pepper jack, provolone cheese available. ^{38-48g}

Grilled Burger: your choice of hamburger patty, chicken breast, or a garden burger , served on your choice of bread or bun. Available with lettuce, tomato, pickle, red onion, bacon and cheese.

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.

Sandwiches & Wraps

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

Create Your Own Grilled Sandwich: add tuna, ham, turkey, roast beef, hamburger patty or grilled veggies with cheese onto bread of choice and grilled. ^{38-48g}

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

CHEESE: Cheddar, Swiss, Pepper Jack, Provolone

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

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

MEAL ORDERING INSTRUCTIONS

Before You Call: Have your room number, prescribed diet, and food choices ready. Dial **68141** 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. **GF**

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. We accept Visa, Mastercard, and Discovery.

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 fill your order without the presence of allergens, **we cannot guarantee the total absence of all food allergens** due to shared facility preparation areas.

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Vegetarian