

ANYTIME SNACKS (V)

Cheese and Cracker Plate: cheese with whole grain crackers ^{7g}

Veggie & Hummus Plate: hummus with fresh vegetables ^{9g} (GF)

Roasted Red Pepper Hummus: with pretzel chips ^{40g}

Trail Mix ^{25g} (GF)

Cottage Cheese Plate: served with fresh or canned fruit ^{16-22g} (GF)

Protein Plate: hardboiled egg, grapes and almonds ^{14g} (GF)

Graham Crackers with Peanut Butter ^{32g}

DESSERTS (V)

Angel Food Cake: with mixed berry topping and whipped cream ^{37g}

Cheesecake: with strawberry topping ^{26g}

Housemade Apple Crisp: served with whipped cream ^{39g}

Ice Cream: chocolate, vanilla or strawberry ^{16g}

Sherbet: orange ^{26g}

Pudding: chocolate or vanilla ^{24g} sugar free available (GF)

Gelatin: berry or citrus ^{22g} sugar free available (GF)

Italian Ice: strawberry or lemon ^{16g} (GF)

Cookie chocolate chip or sugar ^{25g}

Fresh Fruit Cup ^{15g}

BEVERAGES

Milk: Non-Fat ♥, 2%, Almond, Soy or Coconut ^{7-13g}

Assorted Juices: Apple, Orange, Cranberry, Sobe Enhanced Berry Water, Prune or V-8 ^{0-23g}

Assorted Sodas: Cola, Diet Cola, Lemon Lime, Diet Lemon Lime, Lemon Lime Gatorade, Ginger Ale or Root Beer ^{17-47g}

Coffee: Regular or Decaf

Hot Chocolate: Regular or No Sugar Added ^{12-18g}

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

MEAL SIDES

Spinach Pasta Salad ^{19g}

Quinoa Salad ^{20g} ♥

Steamed White Rice ^{18g}

Mashed Potatoes ^{17g}

Buttered Penne Pasta ^{13g}

Vegetable Medley ^{4g}

Steamed Carrots ^{6g}

Green Beans ^{4g}

Macaroni & Cheese ^{17g}

Saltine Crackers ^{5g}

Baked Lays ^{23g}

Wheat Dinner Roll ^{17g}

Condiments

Salt

Pepper

Pinch Perfect

Sugar

Sugar Sub

Brown Sugar

Honey

Half & Half

Non-Dairy Creamer

Lemon Wedge

Syrup

Sugar-Free Syrup

Butter

Jelly

Sugar-Free Jelly

Cream Cheese

Peanut Butter

Cranberry Sauce

Sliced Almonds

Avocado Spread

Mayonnaise

Mustard

Dijon Mustard

Ketchup

Sour Cream

Pico de Gallo

Tapatio Hot Sauce

BBQ Sauce

Tartar 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.

Items with ♥ are a Heart Healthy Option

Items with (V) are Vegetarian Choices (Lacto-Ovo)

Items with (GF) are Gluten Free Options

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. 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.
4. Guests can find a variety of meal choices available in our Cafe from 6:30 am-7:00 pm or by purchasing a guest meal for \$7.50 through the Ambassador which will be delivered with the patient meal.   
5. Once your order is placed, your meal will be delivered in approximately 45 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

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.

Revision Date: 10/15/2020

Form#: 51173

Owner: Food Services

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Central Washington Hospital Room Service Menu

To place your Meal Order, Dial:
extension 33300 or 509-433-3300

For non-English Speaking Patients Dial:
extension 30060

Hours of Service:
7:00 am-7:00 pm

BREAKFAST

Available between 7:00 am and 10:00 am

Honey Wheat Pancake: plain or blueberry ^{20g}

French Toast: plain ^{20g} add strawberry topping ^{3g}

Breakfast Burrito: Includes scrambled eggs with your choice of ham, peppers, onions and cheddar cheese rolled in a wheat tortilla. ^{32g} Pico de gallo and sour cream available

Create Your Own Scramble (GF)

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| Ham | Tomatoes |
| Sausage Crumbles | Onions |
| Cheddar Cheese | Mushrooms |
| Mozzarella Cheese | Bell Peppers |

♥ Try a healthful alternative to any breakfast. Egg whites, black beans, and chicken sausage available!

Breakfast Chef Specials

Sunday (V)	Spinach Frittata ^{5g} served with an English muffin and fresh fruit
Monday (V)	Banana Oatmeal ^{19g} served with walnuts, a hardboiled egg and fresh fruit
Tuesday	Southwest Scramble ^{6g} served with a tortilla and vanilla Greek yogurt
Wednesday	Chicken Sausage Strata ^{24g} served with vanilla Greek yogurt
Thursday	Breakfast Sandwich ^{27g} served with fresh fruit
Friday	Denver Scramble ^{3g} served with hash browns and fresh fruit
Saturday (V)	French Toast Bake ^{25g} served with house-made applesauce and vanilla Greek yogurt

Breakfast Sides

SIDES (GF)

- Hardboiled Egg *served cold*
- Scrambled Egg ♥
- Hash Browns ^{26g}
- Bacon
- Chicken Sausage ♥
- Pork Sausage Patty

BREADS ^{16g-45g} (V)

- Toasted Breads
- English Muffin
- Blueberry Muffin
- Gluten Free Bread (GF)
- Bagel:** Plain, Blueberry

YOGURT & CHEESE ^{6-37g} ♥ (GF) (V)

- Cottage Cheese
- String Cheese
- Lactose Free Yami Yogurt
- Greek Yogurt – Vanilla, Fruited
- Greek Yogurt Parfait

CEREAL ^{19g-60g} ♥ (V)

- Oatmeal
- Cream of Wheat
- Cream of Rice (GF)
- Assorted Cold Cereals (GF)
- Choice of Toppings** (V) (GF)
- Strawberry Topping ^{3g}, Sliced Almonds,
- Brown Sugar ^{13g}, Honey ^{12g}

FRUITS ^{11-30g} ♥

- Grapes
- Sliced Apples
- Sliced Orange
- Banana
- Fresh Fruit Cup
- Applesauce
- Canned Peaches
- Canned Pears

LUNCH & DINNER SPECIALS

Lunch Chef 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 Pasta ^{20g} served with a fresh vegetable medley
Monday	Homestyle Meatloaf ^{18g} ♥ served with mashed potatoes and broccoli
Tuesday	Penne with a Marinara Meat Sauce ^{31g} served with green beans
Wednesday	Hot Open-Faced Turkey Sandwich ^{24g} served with mashed potatoes and green beans
Thursday	Herb Roasted Pork Loin ^{8g} (GF) served with house-made applesauce & garden salad
Friday	Herb Baked Cod ^{11g} (GF) served with wild rice pilaf and a zucchini medley
Saturday	Chicken Vegetable Stew ^{13g} served with a wheat roll and garden salad

Dinner Chef 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 (GF) served with roasted potatoes and carrots
Monday	Mediterranean Chicken (GF) served with herbed orzo and a zucchini medley
Tuesday	Citrus Pork Loin (GF) served with butternut mac n' cheese (V) and broccoli
Wednesday	Salmon Parmesan (GF) served with citrus rice and a fresh vegetable medley
Thursday	Pesto Chicken ^{5g} (GF) served with a 5-grain pilaf and green beans
Friday	Chicken Fajitas ^{16g} served with pinto beans and a fajita vegetables
Saturday	Roasted Turkey Dinner with Gravy ^{4g} (GF) served with a plant based stuffing and green beans



WELLNESS OPTIONS

Available between 11:00 am and 7:00 pm

Salmon Parmesan ♥ (GF)
Served with a Fresh Vegetable Medley

Apple Whole Grain Salad ^{64g} ♥ (GF)
Romaine Lettuce with Fresh Apples, Craisins, Quinoa, Feta Cheese, Sliced Almonds 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. ^{34g} Served with lettuce, tomato, pickle and red onion. Also available with a chicken breast ♥ or a black bean patty ^{21g} (V)

Quesadilla: your choice of chicken, cheese, peppers and onions in a wheat tortilla. ^{32g} Pico de gallo and sour cream available (V)

Melt: your choice of tuna, ham or turkey on whole wheat bread with cheese. ^{45g} Grilled cheese sandwich also available ^{42g} (V)

Healthful Alternatives ♥ (GF)

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

Deli Sandwiches

All sandwiches are served with green leaf lettuce and sliced tomato. Sandwiches are available in ½ or whole portions. Gluten free bread available upon request. (GF)

BREADS: White, Wheat, Sourdough, Rye or Wheat Tortilla ^{36-50g}

FILLINGS:

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| Turkey | Egg Salad | Onion |
| Ham | Tuna Salad | Dill Pickle |
| Roast Beef | Bacon | Cucumber |
| Chicken Salad | Peanut Butter & Jelly ^{78g} | |

CHEESE: Cheddar, Swiss, Pepper Jack, Provolone

CONDIMENTS: Mustard, Mayonnaise, Dijon Mustard, Cranberry ^{16g}, Avocado Spread

Salads All salads are available in half portions

Garden Salad: romaine lettuce with cherry tomatoes, cucumbers and shredded carrots. ^{8g} ♥

Chicken Caesar Salad: classic Caesar with romaine lettuce, grilled chicken, parmesan cheese, croutons and Caesar dressing. ^{13g}

Chef Salad: romaine lettuce with turkey, ham, cheddar, tomato, cucumber and hardboiled egg. ^{12g}

Dressing Choices: Apple Vinaigrette ^{11g} ♥ (GF), Ranch ^{3g}, Bleu Cheese, Thousand Island ^{6g}, Caesar ^{3g}, Light Italian Dressing ^{5g}, Oil and Vinegar (GF)

Soups Add a dinner roll or salad

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| Chicken Noodle ^{17g} ♥ | Chicken, Beef or Vegetable Broth (GF) |
| Homestyle Tomato Basil ^{14g} | Soup of the Day ^{variable} |
| Cream of Potato ^{32g} | |

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