

Room Service Dining Menu



Breakfast • Lunch • Dinner

Room Service



Dining Menu



1201 South Miller Street
P.O. Box 1887 • Wenatchee, WA 98807-1887
509.662.1511
www.cwhs.com



Welcome to Room Service at Central Washington Hospital

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.

Room Service is available from 7 a.m. to 6:30 p.m. To place your order, dial 33300

To accommodate your laboratory tests, diagnostic imaging, scheduled medications, physical therapy, respiratory treatments and wound care your meals will be served approximately at these times and individualized according to your care plan.

TCU	Breakfast 7:45 a.m.	Lunch 11:45 a.m.	Dinner 5:00 p.m.
5th Floor	Breakfast 8:00-8:30	Lunch 12:00-12:30	Dinner 5:15-5:45
4th Floor	Breakfast 8:15-8:45	Lunch 12:15-12:45	Dinner 5:30-6:00
3rd Floor	Breakfast 8:30-9:00	Lunch 12:30-1:00	Dinner 5:45-6:15
2nd Floor	Breakfast 8:30-9:00	Lunch 12:30-1:00	Dinner 5:45-6:15

Our staff is trained to take your order, answer your questions and suggest alternatives to items that may not be permitted on the diet your doctor has ordered for your recovery.

● **Ordering From Home**

Your family may order meals for you from home by calling (509) 661-3560.

● **Medications and Tests**

You may be requested to notify your nurse when you order so that you can receive your medications and tests correctly. Please ask your nurse if you need assistance with your tray.

● **Guest Meals**

We encourage guests to visit our cafeteria. If they prefer, they may join you in your room by ordering a Guest Meal for a nominal charge of \$6.50 for all meals. A Guest Meal voucher may be purchased in the cafeteria and must be presented when your meal is delivered. Cafeteria hours are 6:30 a.m. to 7:00 p.m.

Clear & Full Liquid Diet

Clear & Full Liquid Diet Available 7 a.m. to 6:30 p.m.

To place your order, dial 33300

Clear Liquid Diet

Juices:

Apple, Cranberry or Grape

Soups:

Beef or Chicken Consommé

Desserts:

Flavored Gelatin: Lemon, Orange or Strawberry (Regular or Sugar Free)
Popsicle: (Regular or Sugar Free)

Beverages:

Coffee:

Regular or Decaf

Tea:

Regular, Decaf, Herbal or Iced

Soda:

Pepsi®, Diet Pepsi®, 7-up® or Diet 7-up®

Full Liquid Diet

Juices: Apple, Cranberry, Grape or Orange

Cereal: Cream of Wheat

Soups: Blended Cream Soup: Tomato or Potato, Beef or Chicken Consommé

Desserts:

Flavored Gelatin: Lemon, Orange, Strawberry (Regular or Sugar Free)

Pudding: Vanilla, Chocolate or Tapioca

Ice Cream: Chocolate, Strawberry or Vanilla, Orange Sherbet

Yogurt: Vanilla

Beverages:

Milk: Non-fat, 1%, 2%, Chocolate or Soy Milk

Coffee: Regular or Decaf

Hot Chocolate: Regular or Sugar Free

Tea: Regular, Decaf, Herbal or Iced

Milkshake: Chocolate, Vanilla, or Strawberry

Soda: Pepsi®, Diet Pepsi®, 7-up® or Diet 7-up®



Lunch & Dinner

Lunch & Dinner Available 11 a.m. to 6:30 p.m.
To place your order, dial 33300

From the Grill

**Hamburger
Garden Burger®
or
Grilled Chicken Breast Burger**
on Whole Wheat Bun

Unless otherwise requested,
above are served with Lettuce,
Tomato and Dill Pickle Chips.

Add Ons:

American, Cheddar, Provolone, Swiss,
Mayonnaise, Regular or Dijon Mustard,
Ketchup, Red Onion.

Hot Sandwiches:

Open-faced Hot Turkey Sandwich

French Dip with Au Jus

Grilled Cheese Sandwich

Cheese Quesadilla

Beverages

Juices:

Orange, Apple, Cranberry, Grape, V-8®,
Low-sodium V-8®, Prune

Milk:

Non-fat, 1%, 2%, Whole, Chocolate,
Vanilla Soy

Soda:

Pepsi® & Diet Pepsi®, 7-up® & Diet 7-Up®

Coffee: Regular or Decaf

Tea:

Black tea, Green Tea, Herb Tea
(decaf also available), Iced Tea

Hot Chocolate:

Regular or Sugar-free

Nutritional Supplements:

Ensure®, Ensure Plus®, Resource® Breeze

Desserts

Milkshake: Chocolate, Vanilla, Strawberry

Cookies: Sugar, Oatmeal Raisin, Chocolate
Chip, Low Sugar Lemon

Ice cream: Chocolate, Vanilla, Strawberry,
Orange Sherbet, Rainbow Sherbet

Pudding: Chocolate, Vanilla
(also sugar-free), Tapioca

Cakes: Orange layered or Carrot Cake

Custard: Regular and sugar-free

Gelatin: Regular and sugar-free



Breakfast

Breakfast Available 7 a.m. to 6:30 p.m.
To place your order, dial 33300

Cereals

Hot:

Hot Oatmeal
Cream of Wheat

Cold:

Cheerios®, Corn Flakes®, Raisin Bran®,
Froot Loops®, Rice Krispies®, Special K®



Breakfast Bread

Toasted: Bagel, Sourdough,
Rye or Raisin
English muffin, White, or
Whole Wheat

Served with your choice of:
Smart Balance® margarine, Butter, Jelly
(Regular or Sugar-Free), Honey, Peanut Butter,
Cream Cheese (Regular or Fat Free)

Ala Carte

Fresh Fruit Cup, Yogurt,
Fruited Yogurt, Banana,
Orange Sections, Peaches,
Applesauce, Pears, Cottage Cheese,
Sausage link, Bacon,
Shredded Hash Browns

Extras: Non-Dairy Creamer,
Half & Half, Brown Sugar, Sugar,
Sugar Substitute, Syrup, Honey, Diet Syrup,
Peanut Butter, Jam/Jellies, Raisins

EVERYBODY'S FAVORITES



Eggs

(Egg substitute at your request)

**Hard Boiled, Scrambled
or Scramble Omelet:**
Green Peppers, Mushrooms, Onion,
Ham & Cheese

Breakfast Burrito: Ham, Eggs,
Cheese wrapped in Tortilla

TRADITIONAL



Pancakes French Toast Belgium Waffle

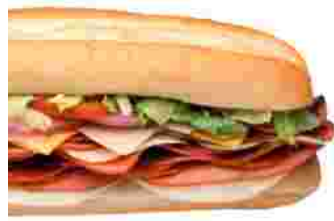
(With regular or sugar-free syrup,
or mixed berries)

Biscuits and Country Gravy

Home-Style flaky biscuits topped
with a rich sausage gravy.

Lunch & Dinner

Lunch & Dinner Available 11 a.m. to 6:30 p.m.
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Create Your Own Sandwich

All sandwiches served with choice of potato chips, coleslaw, potato salad, or fruit.

Bread:

White, Wheat, or Sourdough Bread, French roll, Whole Wheat Bun, Tortilla-style wrap.

Meat:

Ham, Turkey, Roast Beef, Egg Salad, Tuna Salad, Chicken Salad, Peanut Butter.

Cheese:

American, Cheddar, Provolone, Swiss.

Vegetables:

Cucumber, Lettuce, Pickle, Red Onion, Tomato.

Condiments:

Mustard (Regular or Dijon), Mayonnaise, Ketchup, Tartar Sauce, Sour Cream, Salsa, Cream Cheese, Salt & Pepper, Smart Balance® margarine, Lemon Wedges, Jelly/Jam, Honey.



Soups

Beef or Chicken Consommé (Regular and reduced sodium) Chicken Noodle, Tomato, Cream of Potato, Vegetarian Vegetable, Soup of the Day.



Salads

Each salad comes with a choice of Ranch, Italian, Blue Cheese, or French dressing. Low fat varieties of each dressing are available upon request.

Serve as a Main Entree

Chef Salad:

Turkey, Ham, Tomatoes, Eggs, Cucumbers, Green Onions and Cheese. Served on a bed of fresh lettuce and your choice of dressing.

Caesar Salad:

Romaine Lettuce, Parmesan Cheese, Croutons and Caesar Dressing. You may add: Chicken or Shrimp.

Southwest Salad:

Seasoned Beef with Black Beans and Corn served on a bed of Lettuce and topped with Shredded Cheese, Tomatoes, Green Onions and Salsa. Served with tortilla chips. You may add Sour Cream or Guacamole.

Serve as a Side Salad

Garden Salad:

You may add chicken or shrimp.

Fruit & Cottage Cheese Platter:

Fruit in season with creamy Cottage Cheese served on a bed of Lettuce.

Lunch & Dinner

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Vegetables & Sides

Fresh Vegetable Plate, Jasmine Rice, Fiesta Rice, Mashed Potatoes (with or without gravy), Capri Vegetables, Green Beans, Dilled Carrots, Garlic Mashed Potatoes, Refried Beans, Bread Stick, White or Whole Wheat Roll, Corn Tortilla.



Entrees

Stir Fry:

Fresh Vegetables with choice of Chicken, Pork, Shrimp, Beef or Tofu, served over Rice or Noodles (Regular or low sodium sauce).

Pasta Bar:

Create your own pasta dish. Choose between Penne or Fettuccine pasta. Top with Marinara or Alfredo sauce and finish with Chicken, Meatballs, Shrimp or Capri Vegetables.

Pork Roast:

Tender Marinated Pork Loin served with Gravy, Mashed Potatoes and choice of Vegetable.

Pizza:

Your choice of Cheese, Pepperoni or Vegetarian Style Pizza.

Entrees

Macaroni & Cheese:

Macaroni Pasta served in a Creamy Cheese sauce. Served with soft bread stick.

Meatloaf:

Baked and smothered in a rich, Brown Gravy. Served with Mashed Potatoes and Green Beans.

Breaded Parmesan Chicken Breast:

With Italian Cheeses and Marinara Sauce.

Classic Turkey Dinner:

Roasted Breast of Turkey. Served with Mashed Potatoes, Vegetables and Cranberry Sauce.

Grilled Salmon:

Grilled salmon topped with Fresh Lemon and Dill.

