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.

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

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Clear & Full Liquid Diet
Clear & Full Liquid Diet Available 7 a.m. to 6:30 p.m.
To place your order, dial 33300

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**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®

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**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

Lunch & Dinner Available 11 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
Breakfast Available 7 a.m. to 6:30 p.m.
To place your order, dial 33300

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)

Breakfast Burrito: Ham, Eggs, Cheese wrapped in Tortilla

EVERYBODY’S FAVORITES

Eggs
(Egg substitute at your request)

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

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.

From the Grill

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

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

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

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.

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.

Entrees

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

Meatloaf:

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.

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.