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Beverages

Orange Juice (1 Carb)
Apple Juice (1 Carb)
Cranberry Juice (1 Carb)
Grape Juice (1 Carb)
Prune Juice (1.5 Carb)
Tomato Juice (0.5 Carb) S

Cola (1.5 Carb)
Diet Cola (0 Carb)
Ginger Ale (1.5 Carb)
Lemon Lime Soda (1.5 Carb)
Diet Lemon Lime Soda (0 Carb)
Milk: 1%, Skim, Whole (1 Carb)

Low Fat Chocolate Milk (2 Carb)
Soymilk (1 Carb)
Coffee: Regular or Decaf (0 Carb)
Hot Tea: Regular or Decaf (0 Carb)

Iced Tea (0 Carb)
Herbal Hot Tea (0 Carb)
Bottled Water (0 Carb)
Hot Chocolate (1.5 Carb) S
Sugar Free Hot Chocolate (1 Carb) S

Condiments

Non-Dairy Creamer (0 Carb)
Butter (0 Carb)
Margarine (0 Carb)
Cream Cheese (0 Carb)
Sugar (1 Carb)
Sugar Substitute (0 Carb)
Salt (0 Carb)

Herb Seasoning (0 Carb)
Pepper (0 Carb)
Lemon Wedge (0 Carb)
Lemon Juice (0 Carb) S
Peanut Butter
Honey (1 Carb)
Jelly (0.5 Carb)
Diet Jelly (0 Carb)

Syrup (1 Carb)
Diet Syrup (1 Carb)
Barbeque Sauce (0.5 Carb) S
Sweet & Sour Sauce (0.5 Carb)
Lettuce (0 Carb)
Tomato Slice (0 Carb) S
Onion Slice (0 Carb)
Deli Pickle (0 Carb) S

Ketchup (0 Carb)
Mustard (0 Carb)
Mayo (0 Carb)
Tartar Sauce (0 Carb)
Dressing:
Italian (0 Carb) S
Ranch (0 Carb) S
French (0 Carb) S
1000 Island (0 Carb) S
Diet Italian (0 Carb) S
Diet French (0 Carb) S

Full Liquid

Starters
Cream of Wheat (1 Carb)
Pureed/Strained-Chicken Noodle Soup (0.5 Carb) S
Soup of the Day (Variable Carb)
Chicken Broth (0 Carb) S
Beef Broth (0 Carb) S
Vegetable Broth (0 Carb) S

Sweets
Lemon or Vanilla Yogurt (2 Carb)
Vanilla Pudding (1.5 Carb)
Chocolate Pudding (2 Carb)
Lemon Pudding (1.5 Carb)
Baked Custard (1.5 Carb)
Ice Cream (1 Carb)
Sherbet (1.5 Carb)
Vanilla Health Shake (2 Carb)
Gelatin (1 Carb)

Hot Beverages
Coffee: Regular or Decaf (0 Carb)

Hot Tea:
Regular or Decaf (0 Carb)
Herbal Hot Tea (0 Carb)
Hot Chocolate (2 Carb)

Juices
Orange Juice (1 Carb)
Apple Juice (1 Carb)
Grape Juice (1 Carb)
Cranberry Juice (1 Carb)
Tomato Juice (0.5 Carb) S

Milk
Milk: 1%, Skim, Whole (1 Carb)
Low Fat Chocolate Milk (2 Carb)
Soy Milk (1 Carb)

Cold Beverages
Ginger Ale (1.5 Carb)
Lemon Lime Soda (1.5 Carb)
Diet Lemon Lime Soda (0 Carb)
Iced Tea (0 Carb)
Bottled Water (0 Carb)

Condiments
Sugar (1 Carb)
Butter (0 Carb)
Half and Half (0 Carb)
Lemon Juice (0 Carb)

Clear Liquid

Starters
Broth: S
Chicken, Beef or Vegetable (0 Carb)

Sweets
Fruit Ice (2 or 3 Carb)
Gelatin (1 Carb)

Coffee: Regular or Decaf (0 Carb)

Hot Tea:
Regular or Decaf (0 Carb)
Herbal Hot Tea (0 Carb)

Juices
Apple Juice (1 Carb)
Grape Juice (1 Carb)
Cranberry Juice (1 Carb)

Cold Beverages
Ginger Ale (1.5 Carb)
Lemon Lime Soda (1.5 Carb)
Diet Lemon Lime Soda (0 Carb)
Iced Tea (0 Carb)
Bottled Water (0 Carb)

Condiments
Sugar (1 Carb)
Lemon Juice (0 Carb)

Our Goal – To provide wholesome, nourishing, and well-balanced meals in a clean and safe environment that will aid in your treatment and recovery. Huntington Hospital makes every effort to provide nutritious meals prepared to your satisfaction.

Patient Services – Your meals are prepared fresh daily ensuring the finest quality. We are committed to doing everything possible to make your mealtime pleasant. We offer a wide range of hot and cold breakfast items as well as a variety of lunch and dinner selections. AT YOUR SERVICE DINING hours of operation are 6:30 a.m. to 7:00 p.m. Please call extension 3663 to place your order, or if you have any questions related to Nutrition Services.

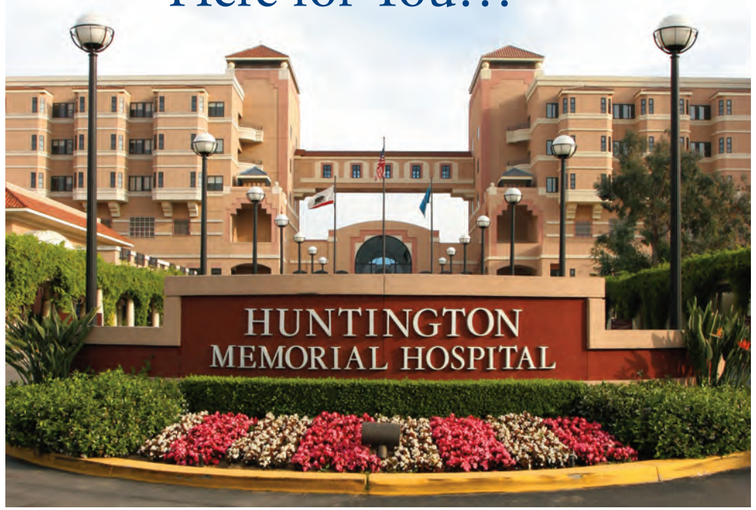
We Welcome your Comments – You may be visited by a representative from Hospitality Services during your stay, inquiring about the service you've received. Your feedback is very important to us so that we can continue to improve or food and environmental services to you. If you do not feel that you can rate our service as very good, please let us know and we will address your concerns immediately.

Menu Choices and Ordering – A restaurant style menu is offered for your dining enjoyment. To order from the menu, simply phone extension 3663. These selections are for the current mealtime and will be delivered to your room within 45 minutes. Please leave the menu in your room for reference when ordering daily meal selections.

Guest and Visitor Services – Meals for your family and guests are available in the cafeteria, located in the Wingate building. The cafeteria is open daily for visitors and staff dining from 6:30 a.m. to 8:00 p.m. & 9:00 p.m. to 2:00 a.m. daily. We offer a wide variety of choices to satisfy your guests' and visitors' dining needs. Guest may order from Room Service AT YOUR SERVICE DINING menu for a fee of $5.00 per breakfast, $9.00 per lunch and dinner. Meal tickets for guest trays are available for purchase in the cafeteria.

Nutrition Consultation – Clinical dietitians are members of the healthcare team who care for your nutrition needs. The dietitians are available to answer questions, provide personalized diet consultations (24-hour notice required) from 7:00 a.m. and 6:00 p.m. Monday through Friday, and 8:00 a.m. and 4:30 p.m. weekends. If you have questions about your special diet, please ask to speak with a member of the clinical nutrition staff.

Here to Stay, Here for You…



Huntington Hospital

100 W. California Blvd. | Pasadena, CA 91105 | 626-397-5000
www.huntingtonhospital.com

Welcome to Room Service

Huntington Hospital is committed to providing appetizing meals through our dining services.

We are pleased to offer the following

Room Service Menu.

Operating Hours: 6:30 a.m. to 7:00 p.m.

May we suggest the following meal times
Breakfast: 6:30 a.m. - 10:00 a.m.
Lunch: 11:00 a.m. - 2:30 p.m.
Dinner: 4:00 p.m. - 7:00 p.m.

Please call extension 3663 to place your order. Please allow 45 min. for tray delivery.

Breakfast Specialties

Cheese Omelet (0 Carb)
An American Classic. Two eggs folded over melted cheddar cheese. Choice of toppings: bell pepper, ham, mushrooms

Heart Healthy Cheese Omelet (0 Carb)
Low cholesterol eggs folded over melted cheddar cheese. Choice of toppings: bell pepper, mushrooms

Scrambled Eggs (0 Carb)
Light and fluffy eggs, perfectly scrambled.

Buttermilk Pancakes (2.5 Carb)
Two buttermilk pancakes with delicious traditional (1 Carb) or diet (0 Carb) syrup.

French Toast (1 slice = 1.5 carb & 2 Slices = 3 Carbs)
Slices of bread fresh dipped in egg & milk mixture. Served with delicious traditional (1 carb) or diet (0 carb) syrup.

Fresh Fruit, Yogurt & Granola Parfait (3 Carb)
Fresh fruit of the season layered with creamy yogurt and crunchy granola.

Ham, Egg & Cheese Sandwich (2 Carb)
Light and fluffy scrambled eggs served with ham and cheese on an English muffin.

Porridge similar to Cream of Rice (1 Carb)
Traditional Chinese breakfast item served plain or with minced chicken. Garnished with green onions and wonton straws.

A la Carte
All cereals served with milk. (1 Carb)

Corn Flakes (1 Carb)
Rice Krispies (1.5 Carb)
Cheerios (1 Carb)
Special K (1 Carb)
Raisin Bran (2 Carb)
Granola (2 Carb)
Oatmeal (1 Carb)
Cream of Wheat (1 Carb)
Apple Sauce (1 Carb)

Pears (1 Carb)
Peaches (1 Carb)
Orange (1 Carb)
Banana (1 Carb)
Fresh Fruit Cup (1 Carb)
Yogurt:
Lemon (2 Carb)
Strawberry (2 Carb)
Lite Peach (1 Carb)
Lite Vanilla (1 Carb)

Muffins:
Blueberry (2 Carb)
Corn (2 Carb)
Raisin Bran (2 Carb)
Plain Bagel (2 Carb)
Biscuit (1.5 Carb)
Soft Roll (1 Carb)
Bacon (0 Carb)
Sausage Links (0 Carb)
Home Fries (1.5 Carb)

Hard Boiled Eggs
Flour Tortilla (2 Carb)
Salsa
Prunes (2 Carb)
Light Cream Cheese
Cream Cheese
Brown Sugar
Raisins (2 Carb)
Plain Croissant (1.5 Carb)

Starters

Chicken Noodle Soup (0.5 Carb)
Hearty version of this classic soup.

Chicken Noodle Soup – low sodium (0.5 Carb)
A low sodium version of this classic soup.

Wonton Soup (2 Carb)
Chicken broth soup, lightly seasoned with soy sauce, served with chicken wontons, napa cabbage, and topped with scallions.

Tomato & Mozzarella Cheese with basil
Slice of tomato and mozzarella drizzled with olive oil and balsamic vinegar and topped with shredded fresh basil.

Soup of the Day (Variable Carb)
Prepared fresh each day by our chef. Ask the room service attendant for today's selection.

Mixed Garden Salad (0 Carb)
Fresh garden greens with sliced cucumbers and tomatoes served with your choice of salad dressing.

Clear Broth – low sodium (0 Carb)
Your choice of beef, chicken or vegetable broth.

Seasonal Fresh Fruit Cup (1 Carb)
Fresh fruit of the season served chilled.

Veggie Snack Plate (0.5 Carb)
Fresh seasonal vegetables with ranch dip or diet Italian or diet French dressing.

Signature Sandwiches and Salads

Chinese Chicken Salad (1.5 Carb)
Marinated grilled chicken breast on bed of salad with carrots, mandarin oranges, water chestnuts, crispy noodles, bell peppers, served with sesame ginger dressing.

Tuna Salad on a Kaiser Roll (2 Carb)
Homemade tuna salad on a Kaiser roll.

Peanut Butter & Jelly (3.5 Carb with diet jelly)
The All-American favorite! Peanut Butter and Jelly on white bread.

Pita Pocket & ½ Salad Plate (3 carb)
Pita bread filled with oven baked sliced turkey, roasted vegetable with a side of fresh salad

Roast Beef on Whole Wheat Bread (2 Carb)
Thinly sliced roasted top round of beef served on whole wheat bread.

Roast Turkey on Multi-Grain Bread (2 Carb)
A combination of roast turkey and Swiss cheese served on our multi-grain bread.

Assorted Fruit and Cheese Plate (3.5 Carb)
Fresh fruit of the season served with sliced cheddar and Swiss cheese.

Soft Fruit & Cottage Cheese Plate (3 Carb)
Sweet peaches, pears and mandarin oranges served with creamy cottage cheese.

Chicken Caesar Salad (1 Carb)
Strips of grilled chicken breast served on crisp garden fresh Romaine lettuce with croutons and Parmesan cheese.

Pizza
A delicious personal sized pizza topped with sauce and fresh ingredients.

Your choice of: **Cheese** (5 Carb) **Veggie** (5 Carb) **Pepperoni** (5 Carb)

Hot Off the Grill

Classic Hamburger (2 Carb)
Juicy all beef patty on a bun.

Cheeseburger (2 Carb)
Juicy all beef patty, topped with American cheese.

Garden Burger (3 Carb)
Delicious vegetarian burger served on a bun.

Grilled Chicken Sandwich (1.5 Carb)
Perfectly grilled chicken breast on a whole wheat bun.

Crispy Chicken Strips (1 Carb)
Lightly breaded strips of chicken breast deep fried to a golden brown. Served with your choice of BBQ (0.5 Carb) or Sweet & Sour (0.5 Carb) sauce.

Cheese Quesadilla (2 Carb)
Warm flour tortilla stuffed with melted American Cheese.

Hot Dog (1.5 Carb)
An all beef hot dog served on a bun. Served with your favorite condiments.

Grilled Vegetables on French Roll (3 Carb)
Grilled eggplant, red peppers, red onion, zucchini with gouda cheese & balsamic vinaigrette.

Grilled Cheese Sandwich (2 Carb)
Grilled Swiss or American cheese on choice of bread.

= Heart Smart Choice
= Items may not be appropriate for salt restricted diet

CERTAIN ITEMS MAY NOT BE APPROPRIATE ON SOME DIETS

Main Fare Choices

Baked Cod (1 carb)
Lightly baked cod seasoned with herbs and lemon.

Old Fashioned Beef Stew (1.5 Carb)
Roast beef, potatoes, carrots and onions simmered in a rich brown gravy.

Roast Turkey with Gravy (0 Carb)
Tender slow roasted turkey breast served with our delicious poultry gravy. Cranberry sauce (0.5 Carb) available upon request.

Four Cheese Pasta/ Tomato Casserole (2 carbs)
Vegetarian home style casserole.

Penne Marinara (3 or 4 Carb)
Penne pasta served with a delicately seasoned marinara (4 Carb) or Meat Sauce (3 carbs) and White Wine Cream Sauce (3 carb).

Pot Roast (0 Carb)
Seasoned tender beef slices roasted with herbs.

Chicken Teriyaki Stir Fry (0 Carb)
An array of vegetables and chicken strips, wok-seared in a soy-ginger sauce.

Baked Salmon with Dill sauce (0 Carb)
Lightly grilled salmon filet brushed with herbs and topped with dill sauce.

Sides

Potato Salad (1 Carb)
Coleslaw (0.5 Carb)
Potato Chips (1 Carb)
Seasoned Carrots (0 Carb)
Seasoned Green Beans (0 Carb)
Buttered Penne pasta (1 Carb)
Macaroni & Cheese (1 Carb)
Jasmine Rice (1.5 Carb)
Rice Pilaf (1.5 Carb)
Stuffing (1.5 Carb)
Mashed Potatoes (1 Carb)
Gravy (0 Carb)
Roasted Vegetables (0.5 Carb)
Seasoned Broccoli (0 Carb)
Squash (0.5 Carb)

Bread Basket

Dinner Roll (1 Carb)
Crackers, 3 pkg (1 Carb)
Unsalted Crackers, 3 pkg (1 Carb)
Croissant (1 Carb)
Garlic Bread (1.5 Carb)
White Bread (1 Carb)
Wheat Bread (1 Carb)

Desserts

Fresh Fruit Cup (1 Carb)
Gelatin (1 Carb)
Diet Gelatin (0 Carb)
Vanilla Pudding (2 Carb)
Chocolate Pudding (2 Carb)
Tapioca Pudding (2 Carb)
Whole Banana (1 Carb)
Fresh Orange (1 Carb)
Fresh Apple (1 Carb)
Applesauce (1 Carb)
Chilled Peaches (1 Carb)
Chilled Pears (1 Carb)
Chocolate Chip Cookie (2 Carb)
Sugar Cookie (1.5 Carb)
Carrot Cupcake (1.5 Carb)
Chocolate Cupcake (2 Carb)
Peach Cobbler (2.5 carb)
Ice Cream (1 Carb)
Sherbet (1.5 Carb)