



C A F E

*Welcome to*

*Olympic Medical Center's*

## *Room Service Dining*

*Our Hospitality Department is ready to serve you.*

**We are available from 7:30 am - 6:30 pm**

Please have your food selections ready before you call.

Then Dial **63257** (MEALS) to place your order.

Our Room Service Representative will take your order and see that your meal arrives at your bedside within 40 minutes.

She can even advise you on selections best suited to your diet.

*Please plan your meal around your treatment, medications, and insulin.*

*Room Service is for patients only ~ our cafeteria is open from 7:00 to 7:00 for family and friends.*

### **Breakfast**

Orders accepted from **7:30 am to 10:00 am**

#### **Cereals**

Cream of wheat • Cream of rice  
Hot oatmeal • Granola • Raisin bran  
Corn flakes • Cheerios

#### **Fruits**

Blueberries • Bananas • Grapes  
Orange wedges • Apple slices  
Sliced peaches • Mixed fruit cup  
Applesauce • Cantaloupe • Pears • Raisins



### **Morning Favorites**

*Available with*

*Egg Substitute, Hashbrowns & Toast*

#### **Traditional**

Two eggs, served your way with your choice of bacon, ham, or sausage.

#### **Veggie Scramble**

Two eggs scrambled with assorted vegetables (zucchini, onion and tomatoes) & cheddar cheese.

#### **Fluffy Two Egg Omelet**

Choice of cheese, ham, spinach or sautéed vegetables (zucchini, peppers, onions, tomatoes and mushrooms).

#### **Breakfast Burrito**

Scrambled eggs and cheese wrapped in a warm flour tortilla. Served with salsa.

#### **Breakfast Sandwich**

Eggs and cheese served in between an English muffin.

#### **Pancakes, French Toast, Belgian Waffles**

Choose maple syrup or strawberry sauce, and a side of bacon, ham, or sausage.

☞ MORE BREAKFAST FROM



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## Breakfast à la Carte

**Yogurt** ~ Strawberry • Vanilla • Peach

### **Yogurt Banana Split**

Vanilla yogurt topped with strawberries, pineapple and bananas. Sprinkled with granola and served with a cherry on top!

### **Breads**

**Toast** ~ Wheat • 7-grain • white  
sourdough • rye • raisin bread

Bagel • Scone • English muffin  
Rice cakes • Cinnamon roll  
Bran or Blueberry Muffin



## Beverages

**Coffee or tea** (regular, decaf or herbal)  
Hot cocoa • Iced tea

**Milk** ~ Whole • 2% • fat free • chocolate,  
lactaid • soy • buttermilk

**Juices** ~ Orange • Apple • Grape  
Cranberry • Prune • V-8 • Pineapple

Regular and diet soda  
Bottled water • Gatorade  
Lemonade • Milkshake



## Condiments

Salt • pepper • Mrs. Dash • sugar  
brown sugar • Splenda • honey  
peanut butter • lemon wedges  
ketchup • salsa • Syrup (reg/diet)  
creamer • Coffee Mate • jelly  
(reg/diet) cream cheese • Promise • butter

## Lunch and Dinner

*Orders accepted from 10:30 am to 6:30 pm*

## Soups

Chicken Noodle • Cream of Chicken  
Homemade soup of the day  
Cream of Tomato • Cream of Mushroom  
*Broth:* Beef • Chicken • Vegetable

## Create Your Own Deli Sandwich

*Half or whole:*

**Breads** Wheat • White • 7-Grain  
Sourdough • Marbled Rye  
Bagel • Tortilla

**Fillings** Turkey • Ham • Roast Beef  
Tuna • Egg Salad • Chicken Salad  
Peanut Butter and Jelly

**Tasty Extras** Lettuce • Tomato  
Pickles • Mayo • Mustard • Ketchup  
Onions • Peppers • Bacon

**Cheese** Swiss • Cheddar • American

**Sides** Coleslaw • Potato salad  
Baked chips

## The Grill

*Choice of baked chips, baked fries, coleslaw  
or green salad*

### **Classic Hamburger**

Grilled beef patty on a toasted bun. Served  
with mayo, lettuce, tomato and a pickle.  
Ask for our homemade veggie burger!

### **Grilled Cheese Sandwich**

American cheese on white bread, grilled to a  
toasty, golden brown.

### **Grilled Chicken or Fish Sandwich**

Boneless breast of chicken or seasoned  
fish filet with basil mayo, lettuce and tomato  
on a wheat bun.

### **French Dip**

Tender sliced roast beef on a crusty  
French roll. Served with hot au jus

## Entree Salads

**Dressing Options** Ranch • Italian  
French • 1000 Island • Vinegar and Oil

**Light Ranch**

**Fat free Italian**

**Low cal / low sodium Italian • French**

### **Fruit Plate**

A medley of fruit, fresh or canned,  
served with yogurt or cottage cheese.

### **Caesar Salad**

Crisp romaine lettuce, parmesan cheese,  
croutons and Caesar dressing. Grilled  
chicken on request.

### **Chef Salad**

Mixed greens, sliced cucumbers, carrots  
and tomatoes topped with julienne turkey,  
ham, cheese and hard boiled egg.

### **Old Fashion Salad**

Chicken, tuna or egg salad  
with fresh tomato wedges.



## Pasta Plus

### **Spaghetti with Meatballs**

Tender noodles, marinara sauce and tasty  
meatballs.

### **Pasta Primavera**

Tomatoes, carrots, snow peas, mushrooms  
and olives in a fresh lemon vinaigrette  
served over noodles.

### **Stuffed Baked Potato**

Top it your way!

Cheese, Broccoli, Ham, Turkey,  
Salsa, Sour Cream,  
Cottage Cheese, Diced Tomatoes,  
Bacon Bits, Soy Nuts, Flax Seeds

### **Rice & Bean Burrito**

Black beans, corn, rice & Jack Cheese  
in a warm tortilla, topped with  
Sour Cream & Salsa

## The Main Course

Make it a meal with our  
À la Carte Selections on the next page

### **Beef Medallions**

Tenderloin tips in a light  
mushroom sauce.

### **Northwest Salmon**

Salmon filet marinated and grilled  
to a moist, flaky perfection.

### **Classic Meatloaf or Veggie Loaf**

“Mom’s Special” baked and covered  
with a rich savory gravy, or enjoy  
our veggie version!

### **Lemon Crusted Cod**

Oven baked cod with a hint of lemon.  
Moist, flaky and tender.

### **Hearty Beef Stew**

Tender pieces of beef  
& chunky vegetables in a tasty broth.

### **Personal Size Pizza**

Cheese • Pepperoni • Veggie  
(zucchini, mushroom & tomato)

### **Herb Seared Breast of Chicken**

Seasoned with a blend of spices, seared to  
lock in flavor and baked to a golden hue.

### **Crispy Chicken Strips**


Breaded chicken strips baked and served  
with ranch or BBQ dipping sauce.

### **Hot Roast Beef or Turkey Sandwich**

Tender slices of meat in rich, savory gravy  
served open-faced on your choice of bread.

### **Chicken Cheese or Bean Enchiladas**

Tortillas filled with a savory stuffing, topped  
with a mild red chili sauce and  
sprinkled with cheese.

 **63257**  
For Service

À LA CARTE

SELECTIONS & DESSERTS

ARE ON THE NEXT PAGE 

## À la Carte Selections

*Add to your main course!*

Fruit Medley • Garden salad  
Spinach salad • Caesar salad  
Coleslaw • Potato salad  
Whipped or baked potatoes  
Pasta • Baked fries • chips  
Steamed rice • Rice pilaf

### **Vegetables**

Green beans • Broccoli  
Zucchini • Carrots

## Desserts

Angel food cake with fruit sauce  
Apple pie • Lemon meringue pie  
Chocolate, vanilla or tapioca pudding  
Vanilla ice cream • Orange sherbet  
Popsicle  
Cookies: Chocolate chip or peanut butter  
Custard • fudge brownie

### **Low Carb Desserts**

Custard • Jell-O  
Snack Well Devil's Food Cookie  
Chocolate pudding • Cheesecake

*If your Physician has ordered a liquid or transitional diet for you,  
please make your meal selections from the following lists.  
If you don't know your Physician ordered diet, please ask your nurse.  
Our Dietary staff can help you with your selections when you call.*

### **Clear Liquid Diet Menu**


*This diet includes any foods that are  
liquid at room temperature:*

Broth ~ chicken • beef • vegetable  
Juice ~ cranberry • apple • grape  
Jell-O ~ strawberry • orange  
Jell-O diet ~ lemon-lime • orange  
Coffee ~ regular • decaf  
Tea ~ regular, decaf • iced • herbal  
Popsicles ~ cherry • orange • grape

### **Full Liquid Diet Menu**

*This diet includes all clear liquid food items  
to the left **plus** the following items:*

Soups ~ cream of chicken  
mushroom • tomato  
Cream of Rice • Cream of Wheat  
Juice ~ orange • pineapple • prune  
Pudding ~ vanilla • chocolate • tapioca  
Custard • Sherbet • Vanilla ice cream  
Milk ~ whole • 2% • skim • lactose-free  
chocolate • soy  
Yogurt ~ vanilla  
Milkshakes

 **63257**  
For Service

## **BUEN PROVECHO ~ TO YOUR HEALTH!**

Our goal is to exceed your expectations! Tell us how we are doing  
and what more we can do for you.

Complete the comment card and leave for us on your tray.