

Breakfast (Available all day)

CEREAL

- Cream of Wheat ♥ ⑮ Oatmeal ♥ ② Cheerios ♥ ①
Rice Krispies ♥ ① Corn Flakes ♥ ① Raisin Bran ♥ ②
Special K ♥ ① Brown Sugar & Raisins ♥ ③ Cinnamon ♥

BREAKFAST ENTREES

Two Eggs, Any Style

Low-Cholesterol Eggs, Scrambled ♥
One egg available on request.

Two Old-Fashioned Buttermilk Pancakes ♥ ②

The Omelet Station
Choose from the following:

- Cheese
- Ham & Cheese
- “The Works” (Ham, Veggie, Cheese)
- Veggie ♥

Tex-Mex Breakfast Quesadilla ⑮
8” flour tortilla, scrambled eggs, ham, melted cheese with mexican salsa.

Heart-Healthy Quesadilla ♥ ⑮
8” flour tortilla, low-cholesterol eggs, mexican salsa.

Healthy Sampler Platter ♥ ④
Featuring a yogurt parfait, fresh fruit cup, and tasty muffin.

On the Side

- 2 Bacon Strips ♥ Sausage Patty ♥
Seasoned Breakfast Potatoes ②

BREAKFAST BAKERY

- White ♥ ① or Multi-Grain Toast ♥ ①
Blueberry Muffin ♥ ② Whole English Muffin ♥ ② Bagel ♥ ②

FRUIT & YOGURT OPTIONS

- Fresh-Cut Fruit Cup ♥ ⑮ Banana ♥ ②
Sliced Peaches ♥ ① Applesauce ♥ ①
Sliced Pears ♥ ① Prunes, 3 each ♥ ①
Yogurt Parfait, 5 oz ♥ ① Greek Yogurt ♥ ①
Fresh Seasonal Whole Fruit ♥ ①

BEVERAGES

All hot beverages will be served at 150 degrees F.

Milk

- 2% ①
Skim ♥ ①
Chocolate ♥ ②
Hot Chocolate ♥ ①
No-Sugar-Added Hot Chocolate ♥
Half & Half Creamer

Coffee, Hot Tea, Iced Tea, Herbal Tea (Regular or Decaf ♥),
Pepsi ②, Diet Pepsi, Sierra Mist ♥ ⑮, Diet Sierra Mist ♥

CONDIMENTS

- Smart Balance ♥ Butter
Miracle Whip ♥ Ketchup ♥
Mayo Mustard ♥
Lemon Juice ♥ Sugar, 3 each ♥ ⑤
Raisins ♥ ② Splenda ♥
Tartar Sauce ♥ Brown Sugar ♥ ①
Honey ♥ ① Low-Fat Cream Cheese ♥
Sour Cream Ranch
Honey Mustard ⑤ BBQ Sauce ①
Pepper ♥ Salt
Jelly ♥ ⑤ Mrs. Dash ♥
Maple Syrup ♥ ⑮ Sugar-Free Maple Syrup ♥ ①
Saltine Crackers, 3 pack ① Peanut Butter ♥
Graham Crackers, 1 pack ♥ ① Unsalted Crackers, 3 pack ♥ ①

CLEAR LIQUIDS

- Chicken Broth Beef Broth
Cranberry Juice ① Prune Juice ①
Popsicle ① Sugar-Free Gelatin
All Decaf Coffee and Tea, Regular ② and Diet Soda
Sugar, Splenda, Lemon Juice

FULL LIQUIDS

All Clear Liquid Items, Plus:

- Tomato Soup ① Strained Chicken Soup ①
Cream of Wheat ② Milk ①
Orange ①, Prune ①, V8 Juices ⑤
Pudding ① Hot Chocolate ① Ice Cream ①
Sherbet ② Honey ① Creamer Butter

Juice

- Orange ♥ ①
Cranberry ♥ ①
Prune ♥ ①
Low-Sodium V8 ♥ ⑤



Apple a Day
Café

From inside Kirby Medical Center,
DIAL 1908

From outside,
CALL 217-762-1908

KIRBY MEDICAL
CENTER

WELCOME to Room Service

Thank you for using Kirby Medical Center's Room Service. To place your order, simply dial 1908 from your room phone anytime between 6:15am and 6:15pm. Your meal will be delivered within 45 minutes from the time you place your order.

Special Diet Considerations

If your physician has placed you on a special diet, or if you have been scheduled for certain tests, your selections may be restricted. The Diet Office will be able to assist you in making the appropriate choices.

If you have nutritional concerns and wish to speak with our Registered Dietitian, please call 1566.

To assist you in meeting your nutritional goals, we have listed the number of carbohydrate servings for each menu item in a circle and placed a ♥ alongside certain menu items to denote a heart-healthy item.

For Our Patients with Diabetes

Our menu includes the number of carbohydrate choices to help you manage your blood sugar levels. One choice of carbohydrate equals 15 grams. The average diabetic diet includes three to five carbohydrate choices per meal.

If you have questions about your diet, please ask when you place your order. Monitoring blood sugar and administering medications must be timed with food intake to be most effective. For this reason, it is important that you notify nursing staff after ordering each meal by pressing your call button.

Suggested carbohydrate servings per meal:

A carbohydrate choice is a food or beverage serving that contains about 15 grams of total carbohydrates.

CALORIES	BREAKFAST	LUNCH	DINNER	SNACK
1,500	3	3	3	1
2,000	4	4	4	2
2,400	5	5	5	2

Lunch & Dinner

SOUPS

Chicken Noodle Soup ♥ ①

Tomato Soup ♥ ①

ENTREE SALAD PLATES

Tuna Salad & Fresh Fruit Plate ♥ ②

Cottage Cheese & Fresh Fruit Plate ②

Salad Dressings

Ranch Italian French

DELI FAVORITES

Tuna Salad Sandwich ♥ ②

Turkey Sandwich ♥ ②

Ham Sandwich ②

Creamy Peanut Butter & Jelly Sandwich ♥ ③

Choice of Sandwich Breads:

White ♥ Multi-Grain ♥

FROM OUR GRILL

Hamburger ♥ ②

Cheeseburger ②

Garden Burger ♥ ③

Chicken Breast ♥ ②

Grilled Ham & Cheese ②

Grilled Cheese ②

Baked Chicken Tenders, 3 each ②

Our Deli and Grill items are accompanied by lettuce ♥ and tomato ♥

Bacon ♥, pickle, and onion ♥ are available on request along with your choice of American or Swiss ♥ cheese

PIZZA

5" Personal Pizza with Your Choice of Toppings ③

Cheese Pepperoni Veggie

ENTREES

Beef Pot Roast with Gravy ♥

Herb Crusted Cod ♥ ①

Country Baked Chicken Breast with Gravy ♥

Grilled Salmon Filet ♥

Oven Roasted Turkey Breast with Gravy ♥

Vegetable Lasagna ②

Macaroni and Cheese ③

SIDE DISHES

Whole Green Beans ♥

Baby Carrots ♥

Steamed Broccoli ♥

Small Side Garden Salad ♥

Vegetable of the Day* ♥

Mashed Potatoes ♥ ①

Baked Waffle Fries ③

Baked Potato Chips ♥ ②

Baked Sweet Potato ♥ ②

Dinner Roll ♥ ②

Cottage Cheese

DESSERTS

Fresh Fruit Cup ♥ ⑤

Carrot Cake ③

Chocolate Chip Cookies ♥ ②

Milkshake, Chocolate or Vanilla ②

Sugar-Free Gelatin ♥

Chocolate Pudding Parfait ♥ ②

Chocolate Pudding Plain ♥ ①

Double Chocolate Brownie ②

Vanilla Ice Cream ①

Caramel Apple Crisp ③

Popsicle ♥ ①

Orange Sherbet ♥ ②

*Vegetable of the day only available Monday-Friday through Apple A Day Café

Guest Meals

We encourage guests to visit our Café. Our hours are 6:30-9:30am for breakfast and 11am-1:30pm for lunch. Grab and Go items are available from 6:30am-3pm. Guests may join you in your room by ordering a Guest Meal for a nominal charge of \$6 from this room service menu. Room service meals include an entree, three sides, a dessert, and two beverages. Patient satisfaction is our highest priority; please let us know if there is anything we can do to make your stay more comfortable.