

Breakfast

(available all day)

CEREAL

- | | |
|----------------------------|--------------------|
| Cream of Wheat ♥(1.5) | Oatmeal ♥(2) |
| Cheerios ♥(1) | Rice Krispies ♥(1) |
| Corn Flakes ♥(1) | Raisin Bran ♥(2) |
| Special K ♥(1) | Cinnamon ♥ |
| Brown Sugar & Raisins ♥(1) | |

BREAKFAST ENTREES

Two Eggs, any style *One egg available on request*

Two Low-Cholesterol Scrambled Eggs ♥

Two Old-Fashioned Buttermilk Pancakes (2)

The Omelet Station *Choose from the following:*

Cheese Ham & Cheese Veggie ♥

Tex-Mex Breakfast Quesadilla

Flour tortilla, scrambled eggs, smoked ham, melted cheese with Mexican salsa.

Healthy Sampler Platter ♥(4)

Featuring a yogurt parfait, fresh fruit cup and a tasty muffin.

On the Side

2 Bacon Strips Sausage Patty

Seasoned Breakfast Potatoes (2)

BREAKFAST BAKERY

White or Multi-Grain Toast ♥(1)

Blueberry Muffin ♥(2)

English Muffin ♥(2) Bagel ♥(2)

FRUITS & YOGURT

Fresh Cut Fruit Cup ♥(1)

Apple Sauce ♥(1)

Yogurt Parfait ♥(1)

Banana ♥(2)

Sliced Peaches ♥(1)

Sliced Pears ♥(1)

Prunes ♥(3)

Greek Style Low-Fat Yogurt ♥

Beverages

Milk

Whole (1)

2 % (1)

Skim ♥(1)

Chocolate ♥(2)

Hot Chocolate ♥(1.5)

No Sugar Added Hot Chocolate ♥(1)

Coffee(0)

Regular

Decaf ♥

Juice ♥

Orange(1)

Cranberry (1)

Prune (1)

V-8 (SF)(0)

Tea(0)

Hot-Regular/Decaf ♥

Iced-Regular/Decaf ♥

Regular Herbal Varieties

CONDIMENTS

Smart Balance ♥

Butter

Sugar

Splenda

Salt

Pepper

Jelly

Saltines

Raisins

Sugar Free Pancake Syrup

Ketchup

Mustard

Relish

Creamer

Honey

Honey Mustard

Sugar Free Jelly

Brown Sugar

Pancake Syrup

LF Mayo

LF Miracle Whip

LF Cream Cheese

LF Sour Cream

LF Tartar Sauce

Mrs. Dash ♥

Peanut Butter

Unsalted Crackers ♥

CLEAR LIQUID

Chicken Broth

Prune Juice

Popsicle

Gelatin

All Decaf Coffee and Teas Sugar, Splenda, Lemon Juice

Vegetable Broth

Cranberry Juice

Cherry Fruit Ice

Sugar Free Gelatin

Beef Broth

FULL LIQUID

All Clear Liquid Items plus:

Tomato Soup

Strained Cream of Chicken Soup

Cream of Wheat

Milk

Pudding/Reg or Sugar Free

Hot Chocolate

Ice Cream

Sherbet

Creamer

Butter

Honey



ROOM SERVICE MENU

From inside Kirby Medical Center
dial 1908

From outside
call 217-762-1908



We encourage guests to visit our Café. The Apple a Day

Café hours are 6:30-9:30am for breakfast and 11:00am-1:30pm for lunch.

Grab and Go items are available during meal times and also from 9:30-10:30am and 2:00-4:30pm. Guests may also join you in your room by ordering a Guest Meal for a nominal charge of \$6 from your room service menu. Room service meals include an entrée, three sides, 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.

WELCOME TO ROOM SERVICE DINING AT KIRBY MEDICAL CENTER

To place your order, simply dial 1908 from your room phone anytime between 6:15 am and 6:15 pm. 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, you may not be permitted to order from this menu, or your selection may be restricted. Our food service associates 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 1904. To assist you in meeting your nutritional goals we have listed the number of carbohydrates servings for each menu item in parenthesis, and placed a ♥ alongside certain menu items to denote that is a Heart Healthy selection.

FOR OUR PATIENTS WITH DIABETES

Our menu includes the number of carbohydrate servings to help you manage your blood sugars. One serving of carbohydrate equals 15 grams. The average diabetic diet includes three to five carbohydrates per meal.

If you have questions about your diet, please ask when you place your order. Monitoring blood sugars 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.

Soups

Chicken Noodle Soup ♥(1)
Tomato Soup ♥(1)

Entree Salad Plates

Tuna Salad & Fresh Fruit Plate ♥(1)
Cottage Cheese & Fresh Fruit Plate (2)

Salad Dressings

Available in regular or low-fat ♥ varieties

Ranch Italian Balsamic Vinaigrette

Deli Favorites

Tuna Salad Sandwich ♥(2)
Turkey Sandwich ♥(2)
Ham Sandwich (2)
Creamy Peanut Butter and Jelly Sandwich ♥(2)

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 ♥

Our Deli and Grill items are accompanied with lettuce ♥ & tomato ♥

Bacon, Pickle & Onion ♥ are available on request along with your choice of American or Swiss ♥ cheeses

Pizza

5" Personal Pizza (2) with Your Choice of Toppings
Cheese
Pepperoni
Veggie ♥

Entrees

Beef Pot Roast with Gravy ♥
Country Baked Chicken Breast with Gravy ♥
Oven Roasted Turkey Breast with Gravy ♥
Herb Crusted Cod ♥(1)
Grilled Salmon Filet ♥
Vegetable Lasagna ♥(2)

SIDE DISHES

Whole Green Beans ♥
Baby Carrots ♥
Small Side Garden Salad ♥
Mashed Potatoes ♥(1)
Baked Waffle Fries ♥(3)
Baked Potato Chips ♥(2)
Baked Sweet Potato ♥(2)
Dinner Roll ♥(2)
Cottage Cheese

Desserts

Fresh Fruit Cup ♥(1)
Carrot Cake (3)
Chocolate Chip Cookies (2)
Gelatin ♥
Chocolate Pudding Parfait ♥(1)
Double Chocolate Brownie (2)
Vanilla Ice Cream (1)
Caramel Apple Crisp (3)
Popsicle ♥(1)
Orange Sherbet ♥(2)

