ROOM SERVICE DINING

St Joseph's is pleased to offer Room Service Dining to our patients. This innovative dining program allows you to select meals from an expansive menu designed to make you feel as though you were at home or your favorite restaurant. Guest trays are available for purchase. Call extension 3663 (FOOD) for details.

HOW TO PLACE YOUR ORDER

- 1. Please review the menu to make your selections.
- 2. Dial "3663" (FOOD) between 6:00 am 6:00 pm. When calling from an outside line, please dial (973) 754-3663.
- 3. Identify yourself to the Room Service Assistant who will verify your name, room number, and diet.
- 4. Place your order. Alternatives may be suggested to meet your special dietary needs.
- 5. We'll have your meal delivered to your room in a timely manner.

Room Service Dining requests are taken between:

6:00 AM - 6:00 PM

Suggested Serving Times:

Breakfast: 7:00 AM — 9:30 AM Lunch: 11:30 AM — 1:30 PM Dinner: 4:30 PM — 6:30 PM

YOUR DIET GUIDE

Your diet is ordered by your doctor or dietitian and may change due to tests, treatment, or surgery.

Please note that not all menu items are appropriate for all diets. Feel free to let the Room Service Assistant know how we can help you.

FREQUENTLY PRESCRIBED DIETS

Regular: A diet with no restrictions that provides adequate nutrients to meet your nutritional requirements.

Cardiac (Heart healthy): This diet is indicated for prevention and treatment of cardiovascular disease. Saturated fat, cholesterol, sodium, caffeine, and fluid may be restricted as needed.

Diabetic: This diet may be ordered to assist with regulating blood sugar in people with diabetes or hyperglycemia.

Renal: This diet provides specific amounts of protein, sodium, potassium, phosphorus, and/or fluid. It is used for patients with kidney disease.

NPO: This diet means "Nothing by Mouth," therefore, no food or drinks are allowed. You may be NPO for certain tests or surgery.

Clear Liquid: A short term, very restricted diet that is limited to "see-through" liquids and semi-liquids.

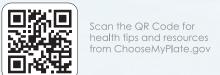
Full Liquid: A short term diet that allows all liquid and semi-liquids.



Room Service

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To place your order, dial: "3663" (FOOD) or (973) 754-3663







Breakfast

FRUIT & YOGURT

Whole Fruit – apple (1½ carb), banana (2 carb), or orange (1½ carb)

Freshly Cut Seasonal Fruit (2 carb)

Fruit in Natural Juice – peaches (1½ carb), pineapple (1½ carb),

fruit cocktail (1 carb), or applesauce (1 carb)

Yogurt – plain or fruited (1 carb)

CEREALS & PASTRIES

** Available toppings: Cinnamon, Brown Sugar, Raisins

Oatmeal (1½ carb) **

Cream of Wheat (1½ carb) **

Cream of Rice (1½ carb) **

Grits (1½ carb) **

Cheerios – plain (1 carb) honey nut (1½ carb)

Corn Flakes (1 carb)

Raisin Bran (2 carb)

Frosted Flakes (1½ carb)

Rice Krispies (1 carb)

Bagels – plain (2 carb)

whole wheat (2 carb)

Sliced Breads – white (1 carb)

wheat (1 carb) rye (1 carb)

Muffins – blueberry (2 carb) corn (2½ carb)

Glazed Donut (high carb content)

English Muffin (2 carb)

Biscuit (2 carb)

MORNING SPECIALTIES

Scrambled Eggs (egg whites available)

Hard Boiled Egg

Omelet Bar (egg whites available)

with choice of mushrooms, peppers, onions, and/or cheese (Swiss, American s, or Provolone s)

Buttermilk Pancakes (2 carb)

French Toast (2 carb)

ON THE SIDE

Breakfast Potatoes (1 carb) Cottage Cheese (½ carb)

Beef Bacon

Turkey Sausage

Beverages

Coffee – regular or decaf

Hot Tea – regular, decaf or chamomile

Hot Chocolate – regular or sugar-free

Milk – whole, skim, lactose free (fat free), soy or chocolate

Unsweetened Iced Tea

Juices – orange, apple, cranberry or fruit punch (1 carb)

prune (1½ carb) or diet cranberry

Soda – cola, diet cola, ginger ale, diet ginger ale or lemon lime

Lunch and Dinner

Kosher and Halal Meals available upon request

SOUPS

Broth: Chicken, Beef, or Vegetable

Home-style Chicken Noodle (1 carb)

Garden Vegetable (1 carb)

Soup of the Day 🗟

ENTRÉE SALADS

Fruit & Cottage Cheese Platter (3½ carb)

Caesar (1½ carb) or Garden Salad with choice of one: Grilled Chicken, Tuna Salad, Tofu, V or Egg Salad V

Salad Dressings:

Caesar , *French, *Italian, *Ranch *Fat-free options available

CHEF SPECIALS

Please ask about customizing your order and alternative options available for your special dietary needs

Grilled Chicken Breast (2 carb)

Grilled chicken breast, mashed potatoes, and steamed broccoli, drizzled with a lemon butter sauce

Baked Tilapia (2 carb)

Tilapia baked to perfection with oven roasted bliss potatoes and steamed baby carrots

Chicken Française or Marsala (2 carb)

Sautéed chicken breast with choice of lemon butter sauce or mushroom marsala sauce, served with spaghetti and broccoli florets

Homemade Meatloaf (2 carb)

All beef homemade meatloaf with a side of mashed potatoes and sautéed green beans

Mediterranean Vegetable Platter (4 carb)

Grilled tomatoes on a bed of fresh grilled seasonal vegetables, a side of hummus and pita bread

Roasted Turkey (2 carb)

Golden oven roasted turkey breast, mashed sweet potatoes and sautéed green beans

Spaghetti and Meatballs (4½ carb)

Spaghetti in a tomato basil sauce accompanied with meatballs (or meatless meatballs) and steamed broccoli

Baked Cod (2 carb)

Oven baked cod topped with lemon butter sauce, white rice and vegetable

Arroz con Pollo (1½ carb)

Roasted bone-in chicken served with Spanish style yellow rice and green beans

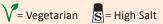
Flank Steak (1½ carb)

Grilled flank steak topped with demi-glace sauce, asparagus and mashed

OTHER SIDES *high carb content

Broccoli Florets French Fries* Carrots (½ carb) Sweet Plantain* Green Beans Baked Potato (2 carb) Side Salad Potato Chips (1½ carb) Pretzels (1 carb) Brown Rice (2 carb)

Cole Slaw (1 carb) Macaroni Salad (1½ carb) Mac & Cheese (2½ carb) Dinner Roll (1½ carb) Biscuit (2 carb)





Carbohydrate counts per serving are listed in parentheses ()

CREATE YOUR OWN DELI SANDWICH

Choice of – Tuna Salad, Chicken Salad, Egg Salad, Roast Beef, Turkey or Peanut Butter & Jelly

Bread options (2 carb)

White Wheat Rye Kaiser Roll

Cheese options

Swiss American s Provolone s

FROM THE GRILL

Burgers:

Beef (2 carb) Turkey (2 carb) Veggie (4 carb)

Chicken Tenders (1 carb) \$\sqrt{s}\$

Grilled Chicken Sandwich (2 carb) Grilled Cheese Sandwich (2 carb)

Chicken Fajitas (1½ carb) Chicken Quesadilla (2 carb)

Sandwich & Grill Extras

Lettuce, Tomato, Onions, Beef Bacon , Pickle

PERSONAL PIZZA (3 carb) S - Cheese, Meat, or Veggie

Desserts –

*high carb content

Freshly Cut Seasonal Fruit (2 carb)

Cakes & Pie angel food cake (2 carb) s, carrot cake (2 carb) s,

chocolate cake (2 carb), pound cake (2 carb), *apple pie

Cookies *chocolate chip, sugar-free chocolate chip (1 carb), graham crackers (½ carb), *shortbread, *oatmeal

Gelatin strawberry, orange (sugar-free options available) **Pudding** chocolate, vanilla (diet options available - 1 carb)

Ice Cream *chocolate, *vanilla, diet vanilla (1 carb) Fruit Ice *cherry, *lemon, diet lemon (1 carb)

Liquid Diet Menus

CLEAR LIQUID:

Entrée broth (chicken, beef, or vegetable)

Beverages coffee (regular or decaf), hot tea (regular or decaf), ice tea, juice (apple, cranberry, or fruit punch), soda

(ginger ale or lemon lime)

Desserts gelatin, fruit ice

FULL LIQUID:

Entrée broth (chicken, beef, or vegetable), pureed soup,

hot cereal, plain yogurt

Beverages coffee (regular or decaf), hot tea (regular or decaf),

ice tea, juice (apple, orange, cranberry, or fruit punch), soda (ginger ale or lemon lime), milk, hot chocolate

gelatin, fruit ice, ice cream, pudding **Desserts**