

ROOM SERVICE



BREAKFAST

To order dial
1-food (1-3663)

Available from
7:00 am to 10:30 am

At Salem Health, we are committed to providing every patient with fast, quality, and friendly service. If at any time our service does not exceed your expectations, please inform our call center operators who will assist you in selecting items that fit within your wellness plan.

A **consistent carbohydrate** diet is prescribed to control blood glucose levels. High, medium and low carbohydrate ranges (grams per meal) are selected based on your condition. **Low = 45-60 g / Medium = 60-75 g / High = 75-90 g**

A **heart healthy or cardiac** diet is prescribed to manage heart disease and high blood pressure. Daily totals on fat, sodium (**mg Na**) and cholesterol are monitored. Sodium is limited to **1500 mg** or **2000 mg Na** daily.

A **renal** diet is prescribed to limit potassium and sodium consumption. Potassium (**K**) is monitored using a point system. The 2 gm K diet allows **5 K points** per day. Sodium (**Na**) is limited to **2000 mg** per day.

If you need to take medications with food or have your blood sugar checked before eating, please let your nurse know when you have placed your order.

Icons indicate items that are appropriate for common allergens and dietary restrictions.

- Wellness** fits most diets
- Gluten Free** (or can substitute GF bread)
- Dairy Free** (or can be made without dairy)

Nutrition information may vary. Most items available as half portions or can be modified to fit your dietary needs.

Cereals

- Oatmeal** 15 g carbs, 0 K points, 5 mg Na
- Cream of Wheat** 17 g carbs, 0 K points, 6 mg Na
- Cream of Rice** 30 g carbs, 0 K points, 10 mg Na
- Cheerios** 14 g carbs, 0 K points, 95 mg Na
- Rice Chex** 18 g carbs, 0 K points, 160 mg Na

Breads

- Toast** wheat, white, sourdough, or gluten-free 15-20 g carbs, 0 K points, 150-200 mg Na
- English muffin** 25 g carbs, 0 K points, 250 mg Na
- Bagel** whole or half; plain or cinnamon raisin 25-50 g carbs, 0-0.5 K points, 150-300 mg Na
- Banana bread** 32 g carbs, 1 K point, 400 mg Na
- Blueberry muffin** 32 g carbs, 1 K point, 270 mg Na

Breakfast entrées

- Breakfast burrito** with eggs and your choice of cheese, turkey, tomato, onion, or mushrooms 30-40 g carbs, 1 K point, ~800 mg Na
 Wellness: omit the cheese to reduce sodium
- Omelet** eggs and your choice of cheese, turkey, tomato, onion, or mushrooms 5-15 g carbs, 0-2 K point, 500-600 mg Na
- Scrambled eggs** 0 g carb, 0 K points, 225 mg Na
- French toast** 1 or 2 slices, w/ syrup 25-70 g carbs, 0 K points, 1225 mg Na
 Wellness: substitute sugar-free syrup
- English muffin breakfast sandwich** with bacon, egg & cheese 25 g carbs, 0 K points, 1225 mg Na
 Wellness: swap bacon with sliced deli turkey
- Biscuit and country gravy** 44 g carbs, not appropriate for renal, 1111 mg Na

Sides

- Turkey sausage links** 1 g carb, 1 K points, 290 mg Na (per 3 links)
- Bacon** 0 g carbs, 0 K points, 310 mg Na (per slice)
- Hash browns** 20 g carbs, 2 K points, 30 mg Na
- Banana** 27 g carbs, 4 K points, 1 mg Na
- Fruit cup** peaches, pears, mandarin oranges 10-20 g carbs, 1-2 K points, 10-50 mg Na
- Apple slices** 10-15 g carbs, 1 K point, 10 mg Na
- Yogurt cup** vanilla, strawberry, honey greek 15-25 g carbs, 2 K points, 50-110 mg Na
- Cottage cheese** 5 g carbs, 0 K points, 350 mg Na
- Hard boiled egg** 0 g carbs, 0 K points, 70 mg Na

Beverages

- Bottled water** 0 g carbs, 0 K points, 0 mg Na
- Coffee** regular or decaf 0 g carbs, 1 K point, 10 mg Na
- Tea** regular, decaf, herbal, hot or iced 0 g carbs, 0-1 K points, 10 mg Na
- Juice** orange, apple, cranberry, or prune 4 oz: 15-25 g carbs, 1-2 K points, 0-30 mg Na 10 oz: 36-50 g carbs, 2-4 K points, 10-30 mg Na
- Milk** fat-free, low-fat, 2%, or whole 13 g carbs, 2 K points, 130 mg Na
- Soy milk** 3 g carbs, 1-2 K points, 100 mg Na
- Almond milk** 13 g carbs, 1 K points, 160 mg Na
- Hot chocolate** 16 g carbs, 2 K points, 155 mg Na
- Sobe** berry pomegranate 0 g carbs, 0 K points, 10 mg Na
- Soda** cola, lemon lime, ginger ale, root beer; regular or sugar-free 0-45 g carbs, (no cola on renal), 35-65 mg Na
 Wellness: opt for sugar-free version

To order your meal, dial **1-Food (1-3663)**



Soups

Chicken noodle (reduced sodium)
5 g carbs, 0 K points, 224 mg Na

Garden vegetable
9 g carbs, 2 K points, 216 mg Na

Clam chowder (Friday only)
13 g carbs, 4 K points, 356 mg Na

Broth chicken, beef, vegetable
2 g carbs, 0-2.5K points, 0-1100 mg Na
Wellness: opt for our reduced-sodium broth

*gluten-free soups available upon request

Salads

Dinner salad 3 g carbs, 2 K points, 10-15 mg Na

Grilled chicken Caesar
10-15 g carbs, 2 K point, 400-1000 mg Na
Wellness: sub fat-free ranch dressing to reduce Na

Chicken berry salad mixed greens topped with chicken, cherry tomato, mozzarella, almonds, croutons and cranberries
20-30 g carbs, 3 K points, 250-275 mg Na

Harvest chicken salad romaine lettuce, chicken, apples, mozzarella, pecans and cranberries
25-30 g carbs, 2 K points, 250-350 mg Na

Hummus plate hummus served with tomato wedges, baby carrots and flat bread
25-30 g carbs, not appropriate for renal, 440-460 mg Na

*All salads served with our house apple honey vinaigrette. Other dressings available upon request 13 g carbs, 0 K points, 90 mg Na

Entrées

Grilled Newport salmon with dill sauce
0 g carbs, 0 K points, 60 mg Na

Meatloaf 10 g carbs, 0 K points, 275 mg Na

Grilled chicken breast with Italian herbs
0 g carbs, 0 K points, 50 mg Na

Three-cheese macaroni
20 g carbs, 0 K points, 350-400 mg Na

Penne pasta with marinara or alfredo sauce and your choice of diced chicken and veggies
40-50 g carbs, 2-4 K points, 250-350 mg Na

Asian rice bowl with chicken, teriyaki sauce and sautéed vegetables 35 g carbs, 2 K, 350 mg Na

Ultimate burrito or quesadilla with rice, chicken, black beans, cheese, lettuce, tomato
50-60 g carbs, 2 K points (no beans), 900-1000 mg Na
Wellness: opt for tacos for a similar flavor and half the sodium!

Tacos your choice of chicken or salmon, lettuce, tomato, onion, cilantro and salsa
35-40 g carbs, 1-2 K points, 175-500 mg Na

Grilled chicken burger on a whole wheat bun with lettuce, tomato, onions, mayo and mustard 30 g carbs, 1-2 K points, 300-400 mg Na

Hamburger or veggie burger on a whole wheat bun with lettuce, tomato, onions, mayo and mustard 30 g carbs, 1-4 K points, 475-650 mg Na

Sandwiches cold & grilled

Grilled flat bread sandwich toasted flat bread with sliced tomatoes, mozzarella, grilled veggies and creamy herb spread *add chicken for more protein
40 g carbs, 2 K points, 600-700 mg Na

Build-your-own sandwich or wrap

- Breads** wheat, white, sourdough, flat bread or lettuce wrap 0-35 g carbs, 0 K points, 0-400 mg Na
- Deli sliced meats** turkey, roast beef
0 g carbs, 0 K points, 200-250 mg Na
- Salad spreads** tuna, chicken
1 g carbs, 0 K points, 125-150 mg Na
- Cheese** cheddar, swiss, cream cheese
0-2 g carbs, 0 K points, 75-175 mg Na
- Vegetables** avocado, spinach, lettuce, tomato, onion, cucumber
0-5 g carbs, 1-3 K points, 0-25 mg Na

Sides

Rice blend 25 g carbs, 0 K points, 10 mg Na

Mashed potatoes 20 g carbs, 2 K points, 125 mg Na

Cottage cheese 5 g carbs, 0 K points, 350 mg Na

Fruit cup peaches, pears, mandarin oranges
10-20 g carbs, 1-2 K points, 10-50 mg Na

Baby carrots 10 g carbs, 1 K point, 90 mg Na

Steamed green beans 10 g carbs, 1 K, 5 mg Na

Whipped butternut squash
12 g carbs, 2 K points, 10 mg Na

Baked potato chips 25 g carbs, 2 K, 180 mg Na

Fresh vegetable plate 6 g carbs, 2 K, 40 mg Na

Dinner roll 16 g carbs, 0 K points, 80 mg Na

Refried beans 15-20 g carbs, 2 K points, 150 mg Na

Desserts

Fresh baked cookie chocolate chip or sugar
25-30 g carbs, 0-1 K points, 125-175 mg Na

Pound cake 18 g carbs, 0 K points, 150 mg Na

Cheesecake 33 g carb, 1 K point, 350 mg Na

Pudding chocolate or vanilla; regular or sugar-free 15 g carbs, 1 K points, 125-200 mg Na

Dark chocolate square 6 g carb, 0 K points, 0 mg

Gelatin regular or sugar-free
2-25 g carbs, 0 K points, 10-50 mg Na

Custard 20 g carbs, 1 K point, 100 mg Na

Ice cream cup vanilla, chocolate, or strawberry
15-30 g carbs, 1-2 K points, 40 mg Na

Rainbow sherbet 26 g carbs, 0 K points, 40 mg Na

Raspberry sorbet 22 g carbs, 0 K points, 10 mg Na

Shaved Ice push-pop cherry, lemon, or strawberry 18-20 g carbs, 0 K points, 15 mg Na