Room Service Menu

To place a Room Service order, please call extension 44583 anytime between 7:00 a.m. and 7:00 p.m.

Parker Adventist Hospital
+ Centura Health.

"We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities."
Available from 7:00 a.m. – 7:00 p.m.

**Breakfast**

<table>
<thead>
<tr>
<th>Cereals</th>
<th>Breads</th>
<th>Fruits &amp; Yogurts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream of Wheat</td>
<td>English Muffin</td>
<td>Seasonal Fruits</td>
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<tr>
<td>Oatmeal</td>
<td>Toast- White, Wheat</td>
<td>Banana</td>
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<tr>
<td>Cornflakes</td>
<td>Plain Bagel</td>
<td>Orange</td>
</tr>
<tr>
<td>Cheerios</td>
<td>Cinnamon Roll</td>
<td>Stewed Prunes</td>
</tr>
<tr>
<td>Rice Krispies</td>
<td>Blueberry Muffin</td>
<td>Applesauce</td>
</tr>
<tr>
<td>Low Fat Granola</td>
<td>Flour Tortilla</td>
<td>Yogurt, Light</td>
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<tr>
<td>Raisin Bran</td>
<td>Apple Danish</td>
<td>Yogurt, Fruited</td>
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</tbody>
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**Egg-Ceptional Breakfast Entrees**

**Eggs**

Regular and Low Cholesterol Eggs

*(scrambled, hard boiled, or fried — no soft cooked please)*

**Buttermilk Pancakes**

Plain or Blueberry

**Vanilla Scented French Toast**

**Omelet (Build Your Own)**

Choice of Beef Sausage, Turkey Bacon, Mushrooms, Bell Peppers, Onions, Tomatoes and Cheddar Cheese (regular or low fat)

**Breakfast Sides**

Breakfast Potatoes

Turkey Bacon

Beef Sausage

Vegetarian Soy Sausage

♥ Signifies a Heart Healthy selection

<> Signifies a Vegetarian selection

**Diabetic Diets:** Carbohydrates are counted when you place your order. Most menu items can be ordered in moderation.
Homestyle Soups

Soup of the Day (made daily with the freshest ingredients)
Campbell's Chicken Noodle Soup (regular or low sodium)
Campbell's Tomato Soup (regular or low sodium)
Chicken, Beef, or Roasted Vegetable Broth

Garden Fresh Salads

❤️ Garden Salad (Entrée or Side Order)
Mixed Greens, Cucumber and Tomatoes

أتي Caesar Salad (Entrée or Side Order)
Romaine, Parmesan, Croutons, Tomato and Caesar Dressing

❤️ Chicken Club Salad
Chicken Strips, Tomato Wedges, Celery, Turkey Bacon tossed with Light Mayo Dressing

Smoked Turkey Chef Salad
Tossed Greens, Smoked Turkey, Cheddar Cheese, Tomato, Olives and Hard Boiled Egg

Kraft Dressings
1000 Island, Blue Cheese, Italian (regular and low fat), French, Ranch (regular and low fat)

Cutting Board Sandwiches

❤️ Turkey and Cheddar Cheese
Served with Leaf Lettuce and Tomato on 100% Whole Wheat or Country White

أتي Classic PB&J
Creamy Peanut Butter with Grape Jelly on Country White Bread

أتي Tuna Salad Sandwich
Creamy Tuna Salad on Country White or Whole Wheat Bread served with Leaf Lettuce

Chicken Salad Croissant
White Meat Chicken Salad on a Flaky French Croissant
(❤️ On White or Wheat Bread)

Pasta

أتي Fettuccini
Choice of Alfredo or Homemade Marinara Sauce and a side of Parmesan Cheese

أتي Kraft Macaroni & Cheese

أتي Five Cheese Lasagna

❤️ Portobello Mushroom Lasagna
Woodstone Pizzas
Individual Pizza with Choice of Toppings:
♂ Five-Cheese Blend, ♀ Black Olives, ♀ Bell Peppers, ♀ Mushrooms,
♂ Onions, ♀ Tomatoes, ♀ Pineapple, Turkey Ham and Beef Sausage

From the Grill
We proudly serve Certified Angus Beef
Includes lettuce, tomato and kosher dill pickle

♥ Hamburger or Cheeseburger
♥ Grilled Chicken Breast on a Bun
♥ ♀ Boca Burger A Vegan Protein Burger
♂ Grilled Cheese on Country White Bread
♥ ♀ Garden Burger
♥ French Dip with Roast Beef and AuJus

Chef’s Entree Selections
The following menu items are prepared Heart Healthy ♥

Daily Chef’s Special
Ask the Room Service Clerk for Today’s Special

♥ Certified Angus Beef Roast Shoulder Tender
Served with Pan Gravy, Mashed Potatoes & Chef Selected Vegetables

♥ Planked Salmon Filet
Fresh Salmon, Oven-baked on a Cedar Plank served with
Steamed Jasmine Rice and Chef Selected Vegetables

♥ ♀ Asian Vegetable Stir fry
Snap Peas, Zucchini, Carrots, Mushrooms and Water Chestnuts
with Sesame, Garlic and Soy Sauce over Soba Noodles
*May add Chicken Breast or Salmon

♥ Chicken Breast with Woodland Mushroom Sauce
Served with Rice Pilaf and Chef Selected Vegetables

♥ Certified Angus Beef N.Y. Steak
Served with Frizzled Onion, Mashed Potatoes and Chef Selected Vegetables

♥ Rocky Mountain Trout with Cilantro and Lemon
Boneless Trout served with Rice Pilaf and Chef Selected Vegetables

On the Side
Mashed Potatoes, Steak Fries, White Rice, Carrots, Peas,
Corn, Green Beans, White or Wheat Roll
Vegetarian, Beef or Poultry Gravy
Sweets - n- Treats

Ben and Jerry's Ice Cream
Ice Cream
Chocolate, Strawberry, Vanilla

Apple Pie

Sherbet
Orange, Raspberry, Lime

Carrot Cake

Canned Fruit
Peaches, Pears

Grilled Pineapple
with Caramel Sauce

Angel Food Cake
Pudding
Chocolate, Vanilla or Tapioca

Fudge Brownie
Jell-O
Regular and Sugar-Free
Nestle Toll House Cookies

Beverages

Teas
Lipton Black Tea, Earl Grey
Lemon or Orange Spice and English Breakfast

Herbal Decaf Teas
Peppermint and Chamomile

Unsweetened Iced Tea

Nescafé Coffee
Regular and Decaf

From the Barista
Latte, Cappuccino, Americano
or Café Mocha (Vanilla, Hazelnut and Almond Flavoring)

Juices
Orange, Apple
Cranberry, Prune
V-8 and Tomato

Sodas
Coke, Diet Coke, Caffeine Free Coke and Diet Caffeine Free Coke,
Barq's Rootbeer, Sprite, Diet Sprite, and Ginger Ale

Nestle Cocoas
Regular or Sugar Free

Dairy
Whole Milk, 2% Milk,
Fat Free Milk, Chocolate Milk and Soy Milk
Condiments
Mrs. Dash
Sugar
Sugar Substitute
Brown Sugar
Honey
Ketchup
Mustard
Dijon Mustard
Relish
Kraft Mayonnaise
Low fat Mayonnaise
Salsa
Pancake Syrup
Sugar-free Pancake Syrup
Jelly
Sugar-free Jelly
Peanut Butter
Cream Cheese
Fat-Free Cream Cheese
Sour Cream
Crackers
Potato Chips
Baked Potato Chips
Soy Sauce

Guest Trays
Guest trays are available to the family and friends of our patients from 7:00 a.m. – 7:00 p.m. each day. Most meals are $5.00, which includes a beverage, soup or salad, entree and dessert. The Certified Angus Beef Tender, New York Steak and Salmon Dinners are $7.00.

Guest Tray Payment
We accept cash, check, Visa, MasterCard, Discover and American Express. Sorry you may not apply guest tray charges to your hospital bill. No tips accepted. Thank you.

For your dining needs, join us in Café Peakview which is located on the Garden Level.

Thank you,
Chef Dan Skay, Executive Chef

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