

Ordering Information

Presenting complimentary **At Your Request Room Service Dining**, where you can order what you want, when you want it. Please follow these easy steps to order meals:

- Place your order by dialing **ext. 46368** any time between 6:30 a.m. and 7 p.m.
- Please allow 45 minutes for meal delivery
- Please have the following information when you call to order:
 - 1) Your room number
 - 2) The food items you wish to order from this menu.

Diabetes Management

For children who have diabetes, it is important to stay on a consistent meal schedule. Please notify the nursing staff after ordering each meal so that we can best help your child's manage your diabetes. As you know, timing of blood sugar checks and medication is critical to keeping blood sugar as normal as possible. We recommend the following times for your child's meals:

Breakfast 7:30 - 8:30 a.m.

Lunch 11:30 a.m. - 12:30 p.m.

Dinner 5 - 6 p.m.

Please feel free to order up two meals in advance. Please limit your entrée selections to one per meal.

Guest Tray Information

Guests are invited to take advantage of our hospital café food-to-go programs. In-room delivery is also available from this menu at the prices below. A guest tray will consist of one entrée, two side items, one dessert and one beverage.

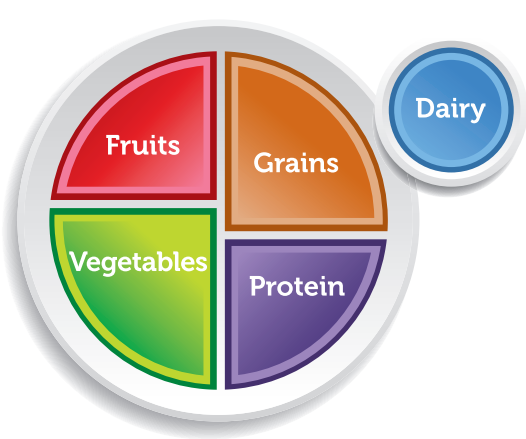
Guest Breakfast: \$7.50 (plus tax)

Guest Lunch or Dinner: \$8.50 (plus tax)

Please dial 46368 (4MENU) to order your meal and request payment details.

Hours of Operation: 6:30 a.m. - 7 p.m.

Choose **MyPlate**.gov



Making food choices for a healthy lifestyle is simple. MyPlate illustrates the five food groups that are the building blocks for a healthy diet. We encourage you to choose nutrient-dense foods and beverages, including fruits, vegetables, whole grains, lean proteins and dairy for your child. Good nutrition is an important part of the recovery process. To request a meeting to discuss your child's nutritional needs with one of our registered dietitians, please speak to your doctor or nurse.

SPECIALTY FOODS

If your child is are on a restricted diet, a Room Service operator will assist you with making selections.

Baby Foods

Stage 2

- Strained Chicken 2g
- Strained Beef 3g
- Strained Green Beans 6g
- Strained Peas 6g
- Strained Carrots 7g
- Strained Peaches 12g
- Strained Applesauce 9g
- Strained Banana 16g
- Strained Pears 11g

Stage 3

- Junior Cereal With Apple and Banana 17g
- Junior Oatmeal With Apple and Cinnamon 16g
- Junior Vegetable Beef 19g
- Junior Vegetable Chicken 20g
- Junior Chicken With Stars 14g
- Junior Turkey Rice Vegetable 21g
- Junior Peaches 17g
- Junior Applesauce 13g
- Junior Banana 22g

Clear Liquid

- Juice (Apple 19g, Cranberry 15g, Grape 21g)
- Broth (Chicken, Beef, Vegetable)
- Fruit Ice 26g
- Gelatin 18g (Cherry, Lime, Orange)
- Gatorade (Regular 21g, G2 10g)

Full Liquid

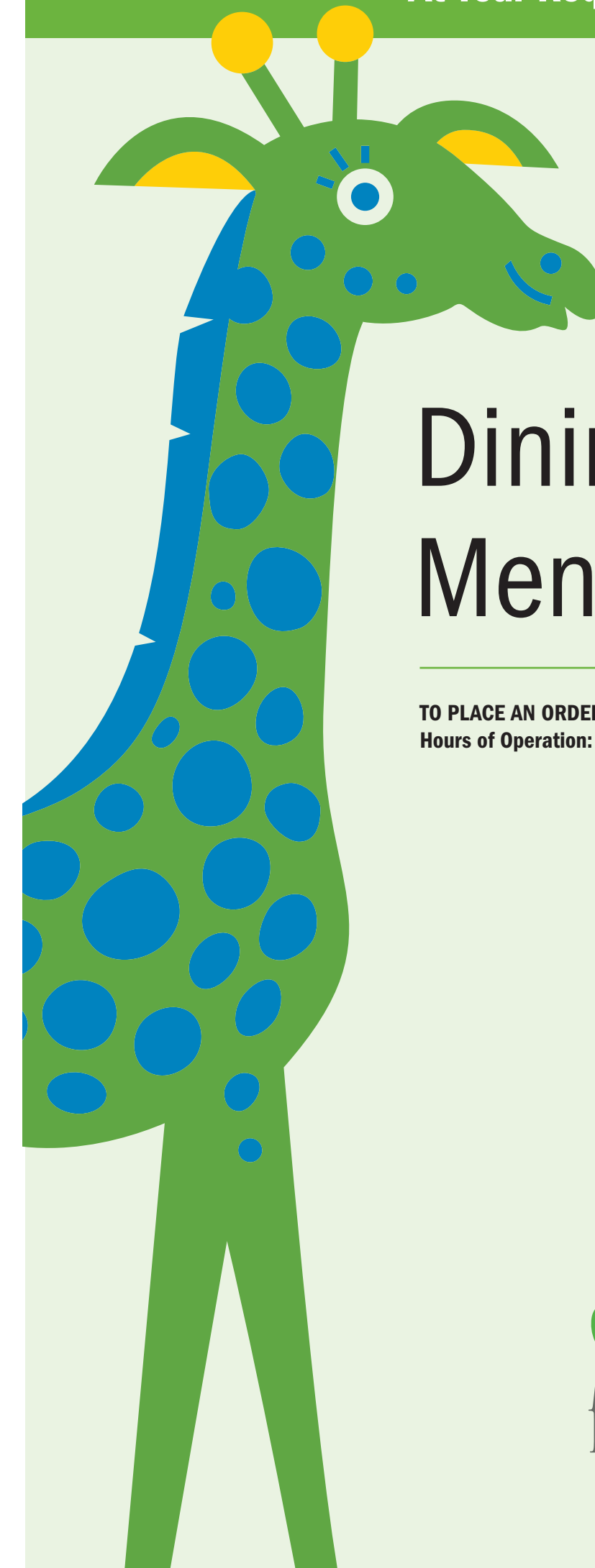
- Carnation Breakfast Essentials 27g
- Tomato Soup 16g (Low Sodium 23g)
- Cream of Potato Soup 12g
- Cream of Chicken Soup 7g
- Pudding (Chocolate 26g, Vanilla 29g)
- Ice Cream (Chocolate 17g, Vanilla 15g, Strawberry 16g)



memorialhermann.org
713.222.CARE

4405137-4/17

At Your Request Room Service®



Dining Menu

TO PLACE AN ORDER, DIAL EXT. 46368 (4MENU)
Hours of Operation: 6:30 a.m. - 7 p.m.



BREAKFAST (Breakfast items are available all day)

The Cereal Bowl

HOT CEREAL:
Cream of Wheat 23g
Cream of Rice 39g
Oatmeal 32g
Grits 35g

COLD CEREAL:
Cheerios 14g
Corn Flakes 16g
Raisin Bran 25g
Frosted Flakes 26g
Froot Loops 18g
Lucky Charms 23g
Frosted Mini-Wheats 23g

Fruit and Yogurt

SEASONAL WHOLE FRESH FRUIT:
Apple 20g, Grapes 15g
Banana 22g, Orange 16g
Strawberries 11g

Seasonal Fresh Fruit Cup 15g
Applesauce 15g
Fruit Cocktail 15g
Peaches 15g
Pears 17g

FRUIT JUICE:
Orange 19g, Apple 19g,
Cranberry 15g, Grape 21g
V8 Juice 7g

YOGURT:
Strawberry-Banana 33g, Plain 16g,
Strawberry 33g, Peach 33g,
Blueberry 33g, Vanilla 33g

Flippin' Good From the Griddle

Texas-style French Toast 33g
Waffles 32g
Pancakes 33g

Waffle/Pancake Toppings:
Syrup 30g, Diet Syrup 4g,
Strawberry 9g, Blueberry 9g,
Chocolate Chip 10g

The number of grams after certain foods indicates the number of grams of carbohydrates in that item. Your child's nurse, doctor, dietitian or diabetic educator will explain how many grams of carbohydrates your child can eat at each meal. If you have any questions, please ask your nurse to page the dietitian.

From the Bakery

Buttermilk Biscuit 24g
Cinnamon Roll 31g

MUFFINS:
Blueberry 17g
Bran 28g
English 23g

BAGELS:
Plain 51g
Cinnamon-raisin 52g

SLICED BREAD:
White 13g
Wheat 13g
Multigrain 15g
Sourdough Bun 34g

TORTILLAS:
Flour 15g
Corn 12g

Egg-Static Selections

Scrambled Eggs
Hard-boiled Egg 1g

MAKE IT MY WAY OMELET:
Choice of Cheese, Breakfast Meats,
Potatoes 15g, Vegetables

BREAKFAST TACO:
Choice of Tortilla (Corn 12g or Flour 15g),
Eggs, Potatoes 15g, Breakfast Meats,
Cheeses, Breakfast Chop 3g,
Refried Beans 25g

BREAKFAST SANDWICH:
Choice of Bread, Eggs, Breakfast Meats
and Cheese (24-28g, Depending on
selections)

Savory Sides

Sausage Link
Sausage Patty
Turkey Sausage
Breakfast Potatoes 15g
Canadian Bacon
Bacon
Country-style Gravy 5g

LUNCH AND DINNER

Feeling Good Soup

Beef Broth 4g
Chicken Broth 4g
Vegetable Broth 3g
Chicken Noodle 8g
Broccoli Cheese 14g
Garden Vegetable 14g
Cream of Potato 12g
Cream of Chicken 7g
Tomato 16g (Low Sodium 23g)

Salads

Tossed Salad
Chef Salad
Caesar Salad 7g (Optional: Add Chicken)
Fresh Fruit Plate 45g
Fruit and Cottage Cheese 3g

Hummus Pita Plate 15g
With Carrot and Celery Sticks

Dressings:
Italian 1.2g, Ranch 1g, French 5g,
Caesar, Raspberry Vinaigrette,
Oil and Vinegar

Pasta Bowls

Choose one pasta:
Whole Wheat 23g,
Spaghetti 26g
Penne 28g
Rotini 28g

Choose one protein:
Grilled Chicken
Beef Meatballs 6g
Shrimp
Tofu 6g

Add vegetables:
Roasted Vegetables
Mushrooms
Peppers and Onions
Spinach

Choose one sauce:
Bolognese Meat Sauce 7g
Lemon Butter Garlic
Marinara 8g
Pesto

Food We Love to Love

Old-fashioned Grilled Cheese 26g
Hamburger 24g
Veggie Burger 42g
Turkey Burger 28g
Grilled Chicken Sandwich 27g
Fish Sandwich 45g
BBQ Chicken Sandwich 37g
Fish Sticks 22g

PIZZA: (84g before toppings)
Choice of Roasted Squash or,
Pepperoni, Cheese, Tomatoes,
Mushrooms, Onions, Bell Pepper

CHICKEN TENDERS OR NUGGETS 23g:
Sauces: BBQ 3g, Sweet and Sour 12g,
Honey Mustard 27g, Ranch 1g

Signature Entrées

Pan-seared with your choice of spices,
marinades and sauces

Select your protein:
Chicken Breast or Thigh, Flank Steak,
Pork Chop, White Fish, Salmon or Tofu

Choose from the following flavors:
Teriyaki, Lemon Pepper, Blackened,
Chicken Grill Spice, Extra Spice Blend,
Tomato Garlic Sauce, Pesto Sauce,
BBQ Sauce, Tikka Sauce, Curry Sauce,
Herb Garlic Sauce

More Hot Entrées

Homestyle Baked Meatloaf 9g
Fried Chicken Breast Filet 17g
Chicken-fried Steak 20g
Southern-fried Catfish 13g
Oven-roasted Turkey
Grilled Chicken Breast
Teriyaki Chicken
Grilled Fish
Pot Roast

TEX-MEX:
Fajitas (24-36g, Depending on selections)
Tortillas (Flour or Corn)
Meat/Veggies: Chicken, Beef or
Roasted Squash Blend

Grilled Quesadillas (24-36g, Depending
on selections)
Tortillas (Flour or Corn)
Meat/Veggies: Chicken, Beef,
Roasted Squash Blend, Peppers and Onions

LUNCH AND DINNER

Sandwich Factory Favorites

MAIN SELECTIONS:
Ham
Turkey
Roast Beef
Chicken Salad
Tuna Salad
Peanut Butter 5g and Jelly 9g
Almond Butter 3g

Choice of bread:
White 26g, Wheat 26g
Tortilla (Flour 15g, Corn 12g)
Multigrain 30g

Choice of cheese:
Low-fat American 1g, Low-fat Swiss
American 1g, Provolone, Cheddar

Toppings:
Lettuce, Tomato Slices, Red Onion

Condiments: Ketchup 3g, Mustard,
Light Mayonnaise

Sides

Baked Potato 31g
Baked Sweet Potato 28g
Brown Rice 20g
Carrot Sticks
Corn 18g
Corn Muffin 22g
Dinner Roll 17g
French Fries 16g
Goldfish 19g
Hush Puppies 43g
Macaroni and Cheese 17g
Pinto Beans 15g
Potato Chips 23g
Refried Beans 25g
Roasted Potatoes 21g
Spanish Rice 22g
Steamed White Rice 22g
String Cheese 1g
Tater Tots 17g
Whipped Potatoes 16g

Vegetable Sides

Vegetable Medley
Broccoli
Green Beans
Green Peas 13g

Sweet Treats

Fresh Strawberries With Vanilla Yogurt 30g
Angel Food Cake 31g
Lemon Pound Cake 50g
Cupcakes (Chocolate 52g, Carrot 61g)
Peach Cobbler 35g
Animal Crackers 23g
Rice Krispies Treat 31g
Pecan Pie 69g
Teddy Grahams 16g
Gelatin (Cherry, Lime or Orange) 18g
Sherbet (Orange or Lime) 29g

ICE CREAM:
Chocolate 17g, Vanilla 15g, Strawberry 16g
Sugar-free: Vanilla 20g, Chocolate 20g

FRUIT ICE:
Cherry, Lemon, Orange 26g
Sugar-free (Cherry, Lemon) 20g

COOKIES:
Chocolate Chip 23g, Oatmeal Raisin 23g,
Sugar 23g, Vanilla Wafer 23g
Sugar-free (Chocolate Chip 13g,
Lemon 19g)

PUDDING: (Chocolate 26g, Vanilla 29g)
Sugar-free (Chocolate 16g, Vanilla 16g)

Cheesecake Parfait 34g
(Blueberry or Strawberry Glaze 9g)

Beverages

Bottled Water
Hot Chocolate 16g
Sugar-free Hot Chocolate 10g
Crystal Light Lemonade
Iced Tea
Herbal Tea
Coke 39g, Diet Coke
Sprite 38g, Diet Sprite
Cranberry Juice 15g
Gatorade (Regular 21g, G2 10g)
Lemon-lime, Orange

MILK:
Skim Milk 12g
Whole Milk 12g
2% Milk 12g
Chocolate Milk 26g
Strawberry Milk 26g
Vanilla Soy Milk 13g
Lactaid Milk 13g