



COMPLIMENTARY

# PATIENT ROOM SERVICE MENU

Available Everyday from 6:30AM to 6:30PM



YUMA REGIONAL MEDICAL CENTER  
YOUR HEALTH | YOUR HOSPITAL



*We are pleased to offer At Your Request Room Service Dining for our patients. This innovative dining program allows you to select meals from a wide variety of foods designed to enhance your experience as though you were eating at your favorite restaurant.*

## HOW TO PLACE YOUR MEAL ORDER

When you are ready to make your selections, call us at extension 5500. You may order at any time between 6:30AM and 6:30PM. Your Room Service Representative will help you with your meal order. Your meal will then be delivered to your room within forty-five (45) minutes or less.

If you are on a modified or restricted diet, your Room Service Representative will assist you with your selections. Please note that not all items are available on all diets. Please ask your Room Service Representative about our gluten free options.

Heart Healthy foods are coded with a ♥ to help you choose items lower in fat, cholesterol and sodium. Eating a heart healthy diet can help with the prevention of heart disease, high blood pressure, and weight management.

Your family can place an order for you from home. To place an order from outside the hospital, please call (928) 336-5500.

## GUEST MEAL ORDERS

Family and friends may purchase a guest tray for \$7.00. Guest Meals may be ordered at the same time as the patient's meal. This will allow both meals to arrive together. You may pay for your guest meal over the phone with your credit/debit card.

To order your guest meal select ONE entrée from the following categories on the Patient Room Service Menu:

### **Breakfast:**

- Morning Fare
- Omelet Shoppe

### **Lunch/Dinner:**

- Entrée Salads
- Deli Bar
- Grille Favorites
- American Comforts
- Asian Stir Fry
- Italian Style
- South of The Boarder

Each Entrée comes with your choice of two sides, dessert and beverage for a total of five items.

Guests may also visit the Kiva Café, Daily Grind or Corner Stork Café for additional meal/snack options.

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TO PLACE YOUR ORDER PLEASE CALL

5500

## BREAKFAST

### FRESH FRUITS♥

Apple - Quartered Orange - Banana - Fresh Fruit Cup

### CANNED FRUIT♥

Applesauce - Peach Slices - Pear Slices - Pineapple Chunks

### HOT CEREALS

Cream of Wheat® - Oatmeal♥

### COLD CEREALS♥

Corn Flakes® - Rice Krispies® - Cheerios® - Honey Nut Cheerios® - Raisin Bran® - Rice Chex®

### LOW FAT YOGURT♥

Vanilla - Blueberry - Strawberry - Lemon

### BREADS & BAKERY

Plain Bagel♥ - Buttermilk Biscuit - English Muffin♥ - Blueberry Muffin - Plain Muffin - Bran Muffin♥  
Flour Tortilla♥ & Corn Tortilla♥

### MORNING FARE

Scrambled Eggs - Cholesterol Free Scrambled Eggs♥ - Texas French Toast  
Buttermilk or Whole Wheat Pancake - Biscuits & Gravy - Breakfast Burrito

**Sides:** Hash Brown Potatoes - Bacon Slice - Turkey Sausage link - Pork Sausage Link - Breakfast Ham

### OMELET SHOPPE (Made to Order)

Regular Eggs - Cholesterol Free Eggs♥

**Omelet Extras:** Shredded Cheddar Cheese - Diced Onion♥ - Tomato♥ - Fresh Mushrooms♥  
Chopped Green Pepper♥ - Spinach♥ - Bacon - Diced Ham - Sausage



## LUNCH & DINNER

### BROTHS & SOUPS

**Broth♥:** Vegetable - Beef - Chicken

**Soup♥:** Garden Vegetable - Tomato - Chicken Noodle - Chicken Tortilla Soup

### FROM THE GARDEN

**Side Salads♥:** Garden Salad - Carrot & Celery Sticks - Cucumber Salad - Fresh Fruit Salad

**Entrée Salads:** Fruit & Cottage Cheese Plate♥ - Chicken Caesar Salad♥ - Tex Mex Chopped Salad

**Dressings Reg. & Diet:** Italian♥ - Ranch - Balsamic Vinaigrette♥ - Thousand Island

### DELI BAR

**Breads♥**

Wheat  
White  
Tortilla Wrap  
Sub Roll  
Flatbread

**Garden**

Onion♥  
Lettuce♥  
Tomato♥  
Dill Pickle  
Cucumber♥  
Spinach♥

**Cheeses**

American  
Cheddar  
Provolone  
Swiss  
Low Fat Swiss♥  
Pepper Jack

**Meats & Fillings**

Sliced Ham  
Fresh Roasted Turkey♥  
Roast Beef  
Chicken Salad  
Tuna Salad  
Egg Salad

### GRILLE FAVORITES

Grilled Cheese - Hamburger - Cheeseburger - Veggie Burger♥ - Chicken Tenders

Grilled Chicken Breast Sandwich♥

### AMERICAN COMFORTS

Meatloaf - Pot Roast - Baked Macaroni & Cheese - Fresh Roasted Turkey Breast♥

Lemon Sage Chicken Breast♥ - Citrus Herb Tilapia♥

### ASIAN STIR-FRY (On Steamed White Rice or Brown Rice)

Vegetable♥ - Beef - Chicken♥ - Tofu♥

**Sauces:** Sweet N' Sour - Teriyaki



## LUNCH & DINNER

### ITALIAN “STYLE”

**Choice of Pasta♥:** Spaghetti - Rotini - Whole Wheat Penne

**Choice of Sauce♥:** Marinara♥ - Meat - Meatballs

**Personal Pan Pizza:** (Made to Order) Cheese - Green Peppers♥ - Onions♥ - Fresh Mushrooms♥  
Tomatoes♥ - Pepperoni - Sausage - Ham, Pineapple - Spinach♥

### SOUTH OF THE BORDER

**Quesadillas:** Cheese - Chicken♥ - Roasted Vegetable♥

**Tacos:** Seasoned Ground Beef - Chicken♥ - Taco Salad

**Enchilada:** Chicken - Cheese

**Select Additional Toppings:** Cheese - Lettuce♥ - Tomatoes♥ - Onions♥ - Fresh Salsa♥ - Sour Cream  
Low Fat Sour Cream♥

### ACCOMPANIMENTS♥

Sliced Carrots - Green Beans - Yellow Corn - Chef's Cut Medley

### ON THE SIDE

Steamed White or Brown Rice♥ - Spanish Rice - Whipped Potatoes - Baked Potato♥

Roasted Red Potatoes♥ - Steak Fries - Refried Beans - Bread Dressing

### COMPLIMENTS

Wheat♥ or White Dinner Roll - Biscuit - Flour or Corn Tortilla♥ - Regular or Baked♥ Potato Chips

Regular or Low Sodium Crackers



## BEVERAGES

### HOT

Coffee (reg & decafe♥)

Tea♥ (reg & decafe)

Hot Herbal Tea♥

Hot Chocolate (reg & SF♥)

### COLD

**Milk:** Fat Free♥ - 2% Low Fat - Whole  
Chocolate - Soy Milk♥

**Juices♥:** Grape - Orange - Apple  
Cranberry - Prune

**Cold Drinks:** Lemonade (reg & diet♥)  
Iced Tea (reg & decafe♥)  
Sierra Mist® & Diet Sierra Mist®♥  
Pepsi® & Diet Pepsi®  
Dr Pepper® & Diet Dr Pepper®

## DESSERTS

### COOKIES

Oatmeal Raisin - Sugar - Chocolate Chip

### YUMMY DELIGHTS

Apple Pie - Carrot Bundt Cake

Rice Krispy Treats - Chocolate Brownie

### PUDDING (reg & diet♥)

Vanilla - Chocolate - Butterscotch  
Chocolate Mousse

### GELATINS (reg & diet♥)

Berry - Citrus

### FROZEN DESSERTS

Vanilla Ice Cream - Chocolate Ice Cream  
Orange Sherbet - Lemon Fruit Ice



## CONDIMENTS

Salt - Pepper - Herb Seasoning - Sugar Sweet & Low - Equal - Splenda - Non-Dairy Creamer

Lemon Wedge - Butter - Margarine Peanut Butter - Jelly - Diet Jelly - Cream Cheese

Honey - Raisins - Ketchup - Mustard Mayo - Relish - Syrup Diet Syrup - Sour Cream - Tartar Sauce

Salsa - Soy Sauce - Cranberry Sauce - Parmesan Cheese



## BUILD A HEALTHY PLATE

Before you eat, think about what goes on your plate or in your cup or bowl. Be sure to cut back on foods high in solid fats, added sugars, and salt and eat the right amount of calories for you. Foods such as vegetables, fruits, whole grains, low-fat dairy products and lean protein foods contain the nutrients you need without too many calories. Try some of these options.



### FRUITS

Eat at least 6 servings of fruits everyday. Include those high in vitamin C and A to help improve skin health and repair.

### GRAINS

Eat at least 6 servings of grains everyday. To help obtain more trace nutrients needed to heal, choose whole unprocessed grains such as brown rice, and whole grain breads, tacos, crackers, and cereals.



### VEGETABLES

Eat at least 6 servings of vegetables everyday. Veggies and fruits high in vitamin C include peppers, tomatoes, berries, citrus fruit, kiwi, kale, broccoli, and papaya. Veggies and fruits high in vitamin A include carrots, sweet potatoes, kale, spinach, and winter squash.

### PROTEINS

Eat foods high in protein at least twice a day. Protein will help heal wounds and infections faster. Protein food sources include meat, poultry, fish, eggs, beans, and dairy products.



### DAIRY

Include 2 to 3 dairy servings or the equivalent food such as a non-dairy milk to obtain calcium, vitamin D and protein.