

DESSERTS

- Fresh Fruit Salad: ① *cantaloupe, honeydew, orange, pineapple, grapes*
- Chilled Applesauce ①
- Chilled Diced Pears ①
- Chilled Diced Peaches ①
- Jell-O: *regular* ② *or sugar-free*
- Pudding: *chocolate or vanilla* ①
- Sugar-Free Pudding: *chocolate or vanilla* ①
- Low-Fat Ice Cream: *chocolate or vanilla* ①
- Sherbet: *orange or raspberry* ②
- Warm Apple Crisp ③
- Fresh Baked Chocolate Chip Cookie ②
- Lorna Doone Cookies ①
- Blueberry Muffin ②
- Banana Bread ②

BEVERAGES

COFFEE: Regular, Decaf

TEA: Regular, Decaf, Chamomile, Mint, Fresh-Brewed Unsweetened Iced

HOT CHOCOLATE: Regular ①, Sugar-Free ①

MILK: Skim ①, 2% ①, Whole ①, Chocolate ①, Lactaid ①,
Chocolate Soy Milk ②, Vanilla Soy Milk ①, Vanilla Almond Milk ①

JUICE: Orange ①, Apple ①, Grape ①, Cranberry ①, Prune ①,
Low Sodium V-8

SODA: Pepsi ②, Diet Pepsi, Lemon Lime ②, Diet Lemon Lime,
Ginger Ale ①, Diet Ginger Ale

ACCOMPANIMENTS

- Brown Sugar ①
- Butter
- Crackers ①
- Cream Cheese: *regular or light*
- Creamer
- Honey
- Jelly: *regular or sugar-free*
- Ketchup
- Lemon Packet
- Maple Syrup: *regular* ② *or sugar-free*
- Margarine
- Mayonnaise: *regular or fat-free*
- Mrs. Dash
- Mustard
- Peanut Butter
- Pickles
- Raisins
- Relish
- Sour Cream
- Splenda
- Sugar
- Tartar Sauce
- Unsalted Crackers ①

CARBOHYDRATES CHOICE KEY

① = 15 grams Carbohydrates

② = 30 grams Carbohydrates

③ = 45 grams Carbohydrates

Evangelical Community Hospital is pleased to offer

BEDSIDE BISTRO DINING

Freshly prepared meals may be ordered at your convenience and delivered to your room.

HOW TO PLACE AN ORDER

Dial extension **2060** from your bedside phone anytime between 6:30 am and 6:30 pm to place your order.

If you would like to schedule your meal for a specific time, let us know when you place your order. All other orders will be delivered within 45 minutes.

Some foods may need to be modified or restricted if your physician has prescribed a therapeutic diet or if you are undergoing certain tests. The carbohydrates choice key is available if needed.

GUEST MEALS

For family members looking for a healthy meal, The Café, located in the main lobby, is open daily, 7 am–6:30 pm.

If your guest wishes to order Room Service, call **570-522-2060 (outside patient room or cell phone)**. Guest tray orders will be processed after payment is made in full to the cashier in The Café. The cashier will provide a payment voucher to the guest. This payment voucher is given to the Patient Meal Associate when the meal is delivered. There is a \$5 (plus tax) charge for breakfast and a \$7 (plus tax) charge for lunch and dinner which includes one entrée, two sides, a beverage, and dessert or fruit.

*Nutritional Services is committed to making your stay with us as comfortable as possible. Your 100% satisfaction is our number one goal. If, for any reason, you do not find our meal service VERY GOOD, please call us at extension **2060**.*



BEDSIDE BISTRO

Take a moment to make your food selections, then dial extension **2060** to place your order between 6:30 am and 6:30 pm each day.



BREAKFAST

Available from 6:30 am–6:30 pm

CEREALS

- Oatmeal ①
- Cream of Wheat ①
- Raisin Bran ②
- Corn Flakes ①
- Rice Krispies ①
- Rice Chex ①
- Cheerios ①

MORNING SPECIALTIES

- Scrambled Eggs
- Low-Cholesterol Scrambled Eggs
- Two Hard-Boiled Eggs
- Buttermilk Pancakes: one ①, two ②
- French Toast: one ①, two ②
- Whole Grain Waffle: one ①, two ②

BREAKFAST SIDES

- Bacon
- Turkey Sausage
- Seasoned Breakfast Potatoes ①
- Cottage Cheese

BREAKFAST BREADS

- Plain Bagel: whole ②, half ①
- Wheat English Muffin ②
- White English Muffin ②
- Wheat Toast ①
- White Toast ①
- Blueberry Muffin ②
- Banana Bread ②

FRUIT AND YOGURT

- Fresh Fruit Salad: ①
cantaloupe, honeydew, orange, pineapple, grapes
- Banana: whole ②, half ①
- Greek Yogurt: ①
peach, strawberry, vanilla
- Light Yogurt: ①
peach, blueberry, strawberry, vanilla

LUNCH & DINNER

Available from 11 am–6:30 pm

Please choose one entrée per meal.

CHEF'S FAVORITES

- **Grilled Chicken Breast • Broiled Salmon • Broiled Cod**
with choice of seasoning: sweet bourbon sauce ①, BBQ sauce ①, creamy Italian dressing, garlic and herb butter sauce, chicken gravy
- **Rotini Pasta** ②
with choice of protein: grilled chicken breast, broiled salmon with choice of sauce: marinara sauce, alfredo sauce, garlic and herb butter sauce
- **Oven-Roasted Turkey Breast** with gravy
- **Open-Faced Hot Turkey Sandwich** with gravy ①
- **Seasoned Tender Roast Beef** with gravy
- **Open-Faced Seasoned Hot Roast Beef Sandwich** with gravy ①
- **Home-Style Meatloaf** with gravy
- **Eggplant Parmesan** two lightly breaded slices topped with marinara sauce and provolone cheese ②
- **Chicken Parmesan** grilled chicken breast topped with marinara sauce and provolone cheese

FROM THE GRILL

- **Grilled Chicken Breast Sandwich** served on a roll ②
- **Grilled Cheese** on white or whole wheat bread ②
- **Grilled Ham and Cheese** on white or whole wheat bread ②
- **Grilled Hamburger** served on a roll ②
- **Veggie Burger** served on a roll ③
- **Classic Bacon, Lettuce, and Tomato** on white toast ②

Lettuce, tomato, onions, cheddar cheese, American cheese, Swiss cheese, provolone cheese, pickle, ketchup, mustard, relish, regular or fat-free mayonnaise available upon request.

ON THE SIDE

- Macaroni and Cheese ①
- Stewed Tomatoes ①
- Broccoli Florets
- Green Beans
- Baby Carrots
- Small Tossed Salad
with choice of dressing
- Cottage Cheese
- Sweet Corn ①
- Oven Roasted Potatoes ①
- Whipped Potatoes/Gravy ①
- White Rice ①
- Rotini Pasta *with choice of butter, marinara, or alfredo sauce* ①
- Dinner Roll ①
- Baked Chips ①
- Pretzels ①

SOUPS

- Home-Style Chicken Noodle Soup ①
- Cream of Tomato Soup ①
- Vegetable Minestone Soup ①

ENTRÉE SALADS

- **Chef Salad** fresh greens with turkey, ham, cheddar cheese, egg, tomato, carrot, broccoli, and cucumber
- **Harvest Salad** fresh greens with diced apples, grapes, dried cranberries, and toasted walnuts ②
- **Garden Fresh Salad** fresh greens with cheddar cheese, tomato, carrot, broccoli, and cucumber

Choice of Protein for Harvest and Garden Fresh Salads:
grilled chicken, broiled salmon

Choice of Dressings:

Italian, French, ranch, fat-free ranch, oil and red wine vinegar, raspberry vinaigrette ①

DESIGN YOUR OWN SANDWICH

Half sandwiches available.

PROTEIN: turkey breast, ham, tuna salad, chicken salad, egg salad, peanut butter and jelly, bacon

CHEESE: American, Swiss, provolone, cheddar

BREAD: wheat, white: one ①, two ②, wheat wrap ②

Lettuce, tomato, onions, pickle, ketchup, mustard, relish, and regular or fat-free mayonnaise available upon request.

CREATE YOUR OWN OMELET

CHEESE: American, Swiss, cheddar

TOPPINGS (choose up to 3): bacon, ham, onions, bell peppers, mushrooms, diced tomato

Cholesterol-Free Eggs also available.

Some items may not be suitable for patients on restricted diets.

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