

DESSERTS

- Fresh Fruit Salad ①
- Applesauce ①
- Chilled Diced Pears ①
- Chilled Diced Peaches ①
- Jell-O: Regular or Sugar Free ①
- Pudding: Chocolate or Vanilla ①
- Sugar Free Pudding: Chocolate or Vanilla ①
- Nonfat Ice Cream: Chocolate or Vanilla ①
- Ice Cream: Chocolate or Vanilla ①
- Sherbet: Orange or Raspberry ②
- Warm Apple Crisp ②
- Fresh Baked Chocolate Chip Cookie ②

BEVERAGES

COFFEE: Regular, Decaf

TEA: Regular, Decaf, Herbal, Fresh Brewed Iced

HOT CHOCOLATE: Regular ①, Sugar-Free ①

MILK: Skim ①, 2% ①, Whole ①, Chocolate ①, Soy ①, Lactaid ①

JUICE: Orange ①, Apple ①, Grape ①, Cranberry ①, Prune ①

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

ACCOMPANIMENTS

- Sugar
- Splenda
- Creamer
- Honey
- Mrs. Dash
- Lemon
- Butter
- Margarine
- Jelly: *regular, sugar free*
- Peanut Butter
- Mayonnaise: *regular or low fat*
- Mustard
- Ketchup
- Tartar Sauce
- Cream Cheese: *regular or lite*
- Sour Cream
- Crackers ①
- Unsalted Crackers ①
- Maple Syrup: *regular or sugar free*
- Cocktail Sauce

CARBOHYDRATES CHOICE KEY

- ① = 15g Carbohydrates
- ② = 30g Carbohydrates
- ③ = 45g Carbohydrates

Evangelical Community Hospital is pleased to offer BEDSIDE BISTRO DINING

Freshly prepared meals can 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.

GUEST MEALS

For family members looking for a healthy meal, our cafeteria, the O'Keefe Dining Room, is open Monday–Friday, 7 am–6:30 pm and on Saturdays, Sundays, and Holidays from 8 am–6:30 pm.

If your guest wishes to order Room Service, call **570-522-2060**. Guest tray orders will be processed after payment is made in full to the cashier in the O'Keefe Dining Room. The 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**.

EVANGELICAL
COMMUNITY HOSPITAL

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.

EVANGELICAL
COMMUNITY HOSPITAL

BREAKFAST

Available from 6:30 am-6:30 pm

CEREALS

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

MORNING SPECIALTIES

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

BREAKFAST SIDES

- Bacon
- Turkey Sausage
- 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
- Banana ①
- Greek Yogurt ①
Peach, Strawberry, Vanilla
- Lite Yogurt ①
Peach, Blueberry, Strawberry, Vanilla

CREATE YOUR OWN OMELET

Choose Cheese: American or Swiss

Choose up to 3 toppings:

Bacon, Ham, Onions, Bell Peppers, Mushrooms,
Diced Tomatoes

Cholesterol Free Eggs also available

LUNCH & DINNER

Available from 11 am-6:30 pm

SOUPS

- Homestyle Chicken Noodle Soup ①
- Cream of Tomato Soup ①
- Garden Vegetable Soup ①

ENTRÉE SALADS

- **Chef Salad** fresh greens with turkey, ham, cheese, and egg
- **Grilled Chicken Salad** fresh greens with grilled chicken breast
- **Harvest Salad** fresh greens with diced apples, grapes, dried cranberries, and toasted walnuts, served with raspberry vinaigrette ②
- **Fruit and Cottage Cheese Bowl**
made with *cantaloupe, honeydew, pineapple* ①

Choice of Dressings:

Italian, Lite Italian, French, Lite French, Ranch, Fat Free Ranch, Oil and Vinegar, Raspberry Vinaigrette

DESIGN YOUR OWN SANDWICH

Half sandwiches available.

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

PROTEIN: Turkey Breast, Ham, Tuna Salad, Chicken Salad, Egg Salad, Peanut Butter & Jelly

CHEESE: American, Swiss, Provolone, Cheddar

BREAD: Wheat, White, Wheat Sandwich Thin, Wheat Wrap ②

FROM THE GRILL

Lettuce, tomato, onions, pickle, ketchup, mustard, relish, and low fat mayonnaise available upon request.

- **Grilled Chicken Breast Sandwich** served on a roll ②
- **Grilled Cheese** on white or whole wheat ②
- **Grilled Hamburger** with choice of American, Swiss, Provolone, or Cheddar Cheese served on a roll ②
- **Veggie Burger** served on a roll ③
- **Classic BLT** w/bacon, lettuce, tomato on white toast ②

CHEF'S FAVORITES

- **Grilled Chicken Breast** marinated in a mango vinaigrette
- **Oven-Roasted Turkey Breast** sliced thin with gravy
- **Open-Faced Hot Turkey Sandwich** with gravy ①
- **Broiled Salmon** topped with a sweet Bourbon sauce
- **Baked Cod** seasoned with a blend of herbs and lemon
- **Seasoned Tender Roast Beef** sliced and topped with gravy
- **Open-Faced Seasoned Hot Roast Beef Sandwich** served with gravy ①
- **Home Style Meatloaf** with gravy
- **Eggplant Parmesan** served with penne pasta and marinara sauce ②
- **Penne Pasta** with choice of marinara or alfredo sauce ②

ON THE SIDE

- Macaroni and Cheese ①
- Stewed Tomatoes ①
- Broccoli Florets
- Whole Green Beans
- Baby Carrots
- Small Tossed Salad *with choice of dressing*
- Sweet Corn ①
- Oven Roasted Potatoes ①
- Whipped Potatoes/Gravy ①
- Rice Pilaf ①
- Dinner Roll ①

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