

Welcome to MemorialCare Saddleback Medical Center's Room Service

...freshly prepared meals ordered at your
convenience and delivered to your room.

Please review this menu. It is also available on the Get Well Network. Please ask your Room Service Host or your Nurse for another menu if it becomes misplaced.

If you prefer to have your meal arrive at a specific time, please let us know when you place your order. Our staff is trained to take your order, answer questions and suggest alternatives. Some items may not be permitted on your nutrition order. Our staff can offer selections for your special nutritional needs.

Your family or designee can order meals on your behalf off-site by calling 949.452.DINE (3463) or on-site by dialing *88 from the room phone. To view this menu online, visit our website at memorialcare.org/sbroomservice.

Guests are invited to dine in the Saddleback Café located on the basement level Monday through Friday, 6:45 am - 8:30 pm, Saturday and Sunday, 8:30 am - 8:30 pm.

If you have a guest who would prefer to stay at your bedside, we offer Room Service Guest Meals from this menu - \$8 for breakfast, \$10 for lunch or dinner, offered between 6:45 am and 7 pm. Call 949.452.DINE (3463). We accept most major credit cards.

We hope you enjoy your dining experience. If, for any reason, you are not satisfied with your meal service, please call *88. Patient satisfaction is our highest priority.

 **Dial *88 to place your order.**
Hours of operation: 6:45 am - 7 pm

To coordinate medications with meals, delivery times are more structured for patients receiving insulin and some oral diabetes medications.
Breakfast 8 - 9:30 am, Lunch 11:30 am - 1:30 pm,
Dinner 4:30 - 6:30 pm

Desserts

Ice Cream (vanilla, chocolate or strawberry) · **Cookies** (chocolate chip or oatmeal raisin) · **Italian Ice** (cherry or orange) · **Gelatin** · **Pudding** · **Vanilla Custard** · **Hot Apple Crisp** · **Brownie Bites** · **Fresh Fruit** (banana, grapes, orange slices, apples, seasonal fruit cup) · **Chilled Fruit** (applesauce, diced peaches, diced pears, prunes) · **Sherbet**

Beverages

Coffee (regular, decaf) · **Hot Tea** · **Hot Chocolate** · **Juice** (apple, orange, cranberry, prune, V8) · **Milk** (non-fat, 1%, whole, soy, almond) · **Iced Tea**

Liquid Diets

Clear Liquid Diet

Juices

apple or cranberry

Gelatin

red, orange, green, yellow

Broth

chicken, beef, vegetable

Italian Ice

cherry or orange

Popsicle

Coffee and Hot Tea

regular or decaf

Hot Herbal Tea

Iced Tea

Full Liquid Diet

Includes all clear liquid choices plus the following:

Juices

orange, prune, V8

Cream of Wheat

Creamy Tomato Soup

Cream of Chicken Soup

Vanilla Custard

Pudding

vanilla or chocolate

Ice Cream

vanilla, chocolate or strawberry

Milk

non-fat, 1%, whole, soy, almond

Yogurt

vanilla or plain

Room Service Dining Menu



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Breakfast

Cereals

Cream of Wheat · Total · Rice Chex · Cheerios · Raisin Bran · low-fat granola · oatmeal

Additions: raisins, mixed nuts, brown sugar

Breakfast Bakery

Toast (white, wheat, sourdough, gluten-free, english muffin, bagel)

Buttermilk biscuit

Muffin (bran muffin, blueberry muffin, banana nut muffin)

Breakfast Entrees

All-American Breakfast

scrambled eggs, whole wheat toast, mixed fruit cup

Breakfast Burrito

whole wheat tortilla filled with scrambled eggs, potatoes, red and yellow bell peppers and cheddar cheese

Homemade Pancakes

golden brown pancakes

Cinnamon French Toast

freshly made French toast

Eggs

scrambled, hard-boiled

Omelettes (Made to Order)

filling options: bell peppers, onions, tomatoes, spinach, cheddar cheese, mozzarella cheese, bacon, sausage

Breakfast Additions

margarine, butter, syrup, sugar-free syrup, honey, jelly, sugar-free jelly, peanut butter, low-fat cream cheese, salsa, sour cream, guacamole

Breakfast Sides

breakfast potatoes, bacon, sausage

Fresh Beginnings

(available with breakfast, lunch and dinner)

Fresh Fruit

banana, grapes, orange slices, apples, seasonal fruit cup

Chilled Fruit

applesauce, diced peaches, diced pears, prunes

Nonfat Greek Yogurt

vanilla, blueberry, plain

Cottage Cheese

Small Garden Salad



Lunch & Dinner

Soup Kettle

Homestyle chicken noodle

Creamy tomato

Garden vegetable

Cream of chicken

Broth: chicken, beef or vegetable

Snack Plates

Roasted Red Pepper

Hummus Plate

sliced fresh vegetables with pita bread and hummus

Protein Power Plate

sliced cheese, hard-boiled egg, bakery fresh roll, natural peanut butter and seasonal fruit

Seasonal Fruit Plate

served with cottage cheese, yogurt or sliced cheese

Specialty Salads and Wraps

(Served as a Salad or Wrap)

Farm Fresh

mixed greens with tomatoes, cucumber, shredded carrots and rosemary croutons

Chicken Caesar

romaine lettuce, grilled chicken, grated parmesan cheese and Caesar dressing

Cranberry Almond

mixed greens, dried cranberries and sliced almonds

Add to it!: chicken breast, tofu, avocado, quinoa

Dressings: balsamic vinaigrette, creamy Italian, ranch, honey mustard, Caesar, olive oil

Gourmet Panini

Caprese

mozzarella cheese, sliced tomato and basil with balsamic

Chicken Artichoke

grilled chicken, marinated artichoke hearts, sun dried tomato pesto and swiss cheese

Build Your Own Sandwich

Protein

turkey, roast beef, chicken breast, tuna salad, chicken salad, peanut butter

Bread

whole wheat, white, sourdough, gluten-free, whole wheat tortilla

Cheese

cheddar, swiss

Condiments

lettuce, tomato, mayonnaise, mustard, pickles, jelly

Lunch/Dinner Entrees

Honey Mustard Chicken

freshly prepared chicken breast with honey mustard glaze

Mandarin Vegetable Stir Fry

(chicken or tofu available upon request)

Grilled Lemon Herb Cod

seasoned and freshly prepared with a lemon herb sauce

Home Grilled Pork Chop

freshly prepared with a creamy mushroom sauce (sauce is optional)

USDA Choice Steak

grilled, seasoned and freshly prepared

Classic Penne Marinara

pasta served with marinara sauce (option: add meatballs)

Salmon Filet

fresh salmon filet seasoned with garlic, grilled and poached in white wine

Each entrée is served with your choice of a vegetable side: steamed broccoli · baby carrots · green beans · zucchini · corn

Side Dishes (choose one):

mashed potatoes · white rice · steamed brown rice · dinner roll · roasted red potatoes · side salad · macaroni & cheese · quinoa

From the Grill

add to any grill item: cheddar, swiss, lettuce, tomato, pickle, onion, ketchup, mustard, mayonnaise, salsa, sour cream, guacamole

Classic Hamburger or Veggie Burger

Tuna Melt

Grilled Cheese Sandwich

Baked Fries

Grilled Chicken Sandwich

Cheese Quesadilla

(chicken available on request)