

Welcome to MemorialCare Saddleback Medical Center's Room Service

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


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 a.m. – 8:30 p.m., Saturday and Sunday, 8:30 a.m. – 8:30 p.m.

If you have a guest who would prefer to stay at your bedside, we offer Room Service Guest Meals from this menu – \$10 for breakfast, \$12 for lunch or dinner, offered between 6:45 a.m. and 7 p.m. Call (949) 452-DINE (3463). We accept most major credit cards. You can also pay for guest trays with any Saddleback Café cashier.

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: 6:45 a.m. – 7 p.m.

To coordinate medications with meals, delivery times are more structured for patients receiving insulin and some oral diabetes medications.

Breakfast: 8 – 9:30 a.m.

Lunch: 11:30 a.m. – 1:30 p.m.

Dinner: 4:30 – 6:30 p.m.

Desserts

Ice cream

Vanilla, chocolate or strawberry

Cookies

Lorna Doone®, chocolate chip or oatmeal raisin

Italian ice

Cherry or orange

Gelatin

Red, orange or yellow

Vanilla custard

Beverages

Lemonade

Milk

Nonfat, low-fat, whole, soy or almond

Juice

Apple, orange, cranberry, prune or V8®

Liquid diets

Clear liquid diet

Juices

Apple or cranberry

Gelatin

Red, orange or yellow

Broth

Chicken, beef or vegetable

Italian ice

Cherry or orange

Popsicle®

Coffee

Hot tea

Hot herbal tea

Ice tea

Pudding

Chocolate or vanilla

Hot apple crisp

Brownie bites

Fresh fruit

Banana, grapes, orange slices, apples or seasonal fruit cup

Chilled fruit

Applesauce, diced peaches, diced pears or prunes

Sherbet

Coffee

Hot tea

Hot chocolate

Ice tea

Soda

Ginger ale, Coca-Cola® or Diet Coke®

Full liquid diet

Includes all clear liquid choices plus the following:

Juices

Orange, prune or V8

Cream of Wheat

Creamy tomato soup

Cream of chicken soup

Vanilla custard

Pudding

Chocolate or vanilla

Ice cream

Vanilla, chocolate or strawberry

Milk

Nonfat, low-fat, whole, soy or almond

Yogurt

Vanilla or plain

Room Service Dining Menu



Dial *88 to place your order.
Hours: 6:45 a.m. – 7 p.m.

Breakfast (served daily until 10:30 a.m.)

Cereals

Oatmeal · Cream of Wheat® · Rice Chex™ · Cheerios™
Kellogg's Raisin Bran® · low-fat granola

Additions: raisins, mixed nuts or brown sugar

Breakfast bakery

Toast

White, wheat or sourdough

English muffin

Bagel

Buttermilk biscuit

Muffin

Bran, blueberry or banana nut

Breakfast entrées

All-American breakfast

Scrambled eggs, whole wheat toast and mixed fruit cup

Breakfast burrito

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

Choose: egg or plant-based egg alternative

Homemade pancakes

Golden brown pancakes

Cinnamon French toast

Freshly made French toast

Eggs

Scrambled or hard-boiled

Omelets (made to order)

Additions: bell peppers, onions, tomatoes, spinach, cheddar cheese, mozzarella cheese, bacon or sausage

Breakfast additions

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

Breakfast sides

Breakfast potatoes, bacon or sausage

Fresh fruit

Banana, grapes, orange slices, apples or seasonal fruit cup

Chilled fruit

Applesauce, peach halves, pear halves or prunes

Nonfat Greek yogurt

Vanilla, blueberry or plain

Cottage cheese

Lunch and dinner

Soup kettle

Homestyle chicken noodle

Creamy tomato

Garden vegetable

Cream of chicken

Broth

Chicken, beef or vegetable

Lunch/dinner entrées

Honey mustard chicken

Freshly prepared chicken breast with honey mustard glaze

Grilled lemon herb cod

Seasoned and freshly prepared with a lemon herb sauce

USDA Choice steak

Grilled, seasoned and freshly prepared

Salmon filet

Fresh salmon seasoned with garlic, grilled and poached in white wine

Classic meatloaf

Traditional homestyle meatloaf

Mandarin vegetable stir-fry

Choose: chicken or tofu

Home grilled pork chop

Freshly prepared with a creamy mushroom sauce

Penne pasta marinara with meatballs

Choose: beef or vegan

Side dishes

Steamed broccoli, baby carrots, green beans, zucchini, corn, mashed potatoes, white rice, steamed brown rice, dinner roll, roasted red potatoes, side salad, macaroni and cheese, quinoa, pinto beans or garbanzo beans

Specialty salads and wraps

Served as a salad or wrap

Farm fresh

Mixed greens with tomatoes, cucumbers, shredded carrots and rosemary croutons

Cranberry almond

Mixed greens, dried cranberries and sliced almonds

Additions: chicken breast, tofu, avocado or quinoa

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

Chicken Caesar

Romaine lettuce, grilled chicken, grated Parmesan cheese and Caesar dressing

Small garden salad

Lettuce, tomato and carrot

Snack plates

Roasted red pepper hummus plate

Sliced fresh vegetables with pita bread and hummus

Seasonal fruit plate

Served with cottage cheese, yogurt or sliced cheese

Gourmet panini

Caprese

Mozzarella cheese, sliced tomato and basil with balsamic vinegar

Build your own sandwich

Protein

Turkey, roast beef, chicken breast, tuna salad, chicken salad or peanut butter

Cheese

Cheddar or Swiss

From the grill

Classic hamburger

Veggie burger

Grilled cheese sandwich

Grilled chicken sandwich

Tuna melt

Additions: cheddar cheese, Swiss cheese, lettuce, tomato, pickle, onion, ketchup, mustard, mayonnaise, salsa, sour cream or guacamole

Protein power plate

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

Chicken artichoke

Grilled chicken, marinated artichoke hearts, sun dried tomato pesto and Swiss cheese

Bread

Whole wheat, white, sourdough or whole wheat tortilla

Condiments

Lettuce, tomato, mayonnaise, mustard, pickles or jelly

Cheese quesadilla

Chicken quesadilla

Baked fries

Tater tots

