Dear Grand View Hospital Patient,

At Your Request Room Service dining, allows you to order what you want, when you want it. We hope this helps meet your nutritional needs and makes your stay more enjoyable.

1. Place your order by dialing 4444 any time between 7 am and 6:30 pm.
2. Please allow up to 45 minutes for delivery.
3. If you are on a modified or restricted diet, our Room Service Operator will help you with your selections.
4. Please be aware of the following when you call to order: Your room number
   Your prescribed diet order
   The foods you would like to order
5. You may pre-order your meals. To do so, please inform our Room Service Operator when placing your order.
6. Family members may place orders from home if needed.
7. Please order one entrée at a time. If you would like to order a second entrée please feel free to call again and we will be happy to honor your request.

For Diabetic Management:
- Please notify the nursing staff immediately after ordering each meal so we can help you manage your diabetes. As you know, timing of blood sugar checks and medication is critical in keeping your blood sugar as normal as possible.

May we suggest the following meal times:
- Breakfast: 7:30 - 8:30 am
- Lunch: 11:30 am - 12:30 pm
- Dinner: 4:30 - 5:30 pm

We appreciate your assistance with your medical treatment.
- Please note the number of carbohydrate servings are listed after each appropriate item.

If you have nutritional concerns or would like written information about your specific diet, the Grand View Hospital Dietitians will be happy to visit you. Just inform the Room Service Operator of your request or call the Dietitians directly by dialing 4633.

For more information or to schedule an appointment, call 215-453-4194.

Grand View Hospital Nutrition Therapy & Diet Counseling

Grand View Hospital offers experienced nutrition specialists to help you meet your personal diet and nutritional goals. Whether you need weight management, blood sugar control, pregnancy nutritional planning, enhanced sports performance or swallowing disorder management, we can help you to eat wisely, feel better and live a healthier life.

Our staff consists exclusively of Registered Dietitians – the recognized nutrition expert. We provide nutrition education for the special needs of each phase of life from infancy through the senior years.

Services Include:
- Individual weight counseling
- Group weight & lifestyle management programs

Individual Counseling Available For:
- Diabetes management
- Cardiac health
- Gastrointestinal problems
  • Lactose intolerance
  • Irritable bowel syndrome (IBS)
  • Gluten sensitivity
  • Ulcerative colitis
  • Diverticulosis
- Food allergies
- Sports nutrition
- Pregnancy and lactation nutrition
- Vegetarian Meal Planning

For more information or to schedule an appointment, call 215-453-3262 or visit us on the web at www.gvh.org

Grand New You

A weight and healthy lifestyle management program that teaches the individual about healthy food and exercise choices designed to promote weight loss. The program offers non-judgmental and nurturing support.

For more information, call 215-453-3262 or visit us on the web at www.gvh.org

Lifestyle Fitness

Our medical professionals assist you in developing an exercise program to help you reach your goals. We teach you how to use our equipment correctly and monitor your workouts to make sure you are exercising safely. The Lifestyle Fitness Center offers monthly or annual membership options. The first step is to make an appointment for your exercise evaluation.

For more information, call 215-453-3260 or visit us on the web at www.gvh.org

Menu

To Order:
From Inside GVH
Dial extension 4444
From Outside GVH
Dial 215-453-4444

Service Hours:
7 am - 6:30 pm

May we suggest the following service times:
- Breakfast: 7:30 - 8:30 am
- Lunch: 11:30 am - 12:30 pm
- Dinner: 4:30 - 5:30 pm
Beverages

BEVERAGES:
- Milk: Skim™, 2%, Lactaid™, Soy Milk (2 carbs)
- Coffee: Regular, Decaf
- Hot Cocoa (1.5 carbs), Diet Hot Cocoa (0.5 carbs)
- Hot Tea: Regular, Decaf, Herbal Iced Tea: Unsweetened Pepsi®: Regular, Diet Decaf
- Ginger Ale: Regular, Diet
- Sierra Mist: Regular, Diet
- Pink Lemonade
- 8 oz milk (1 carb)
- 8 oz. soft drinks (1.75 carbs)

JUICES:
- Apple
- Cranberry
- Orange
- Prune
- V-8
- 4 oz portion (1 carb)

CEREALS:
- Oatmeal (1 carb)
- Cream of Wheat (1 carb)
- Cream of Rice (1 carb)
- Raisin Bran® (2 carbs)
- Frosted Flakes® (2 carbs)
- Corn Pops® (2 carbs)
- Cheerios® (1 carb)
- Rice Krispies® (1 carb)
- Shredded Wheat* (2 carbs)
- Rice Chex

Gluten free items available upon request.

Breakfast

BREAKFAST SANDWICH
Served on English Muffin (2 carbs) or Bagel (4 carbs) with your choice of: Egg, Low Cholesterol Eggs®, Cheese®, Bacon®, or Sausage

OMELETS: Create your own with Regular or Low Cholesterol Eggs® Choose from the following items: Ham®, Onions, Peppers, Mushrooms, Cheese®, Swiss Cheese

SHORT STACK PANCAKES (2 carbs)

FRENCH TOAST (2 carbs)

EGGS:
- Scrambled Eggs, Hard Boiled, Low Cholesterol

SIDES:
- Sausage Patties®, Bacon®, Homestyle Hash Browns (1 carb)

YOGURT:
- Regular (2 carbs) or Lite (2.75 carbs)
- Blueberry, Strawberry, Vanilla

Bake Shop

Cinnamon Donut (1.5 carbs)
- Cinnamon Roll® (1 carb)
- Cream Cheese Bagel (1 carb)
- Cinnamon Coffee Cake (2 cookies)
- Blueberry Muffin (1 carb)
- English Muffin (2.5 carbs)
- Bagel: Plain (2.5 carbs)

BREAD:
- 1 slice (1 carb)
- Whole Wheat
- Raisin Bread
- White Bread
- Rye Bread

Gluten free items available upon request.

Lunch & Dinner

OVEN ROASTED TURKEY
A traditional favorite

SLICED ROAST BEEF
Always lean and tender

HOMESTYLE MEATLOAF (0.5 carbs)

GRILLED MARINATED CHICKEN BREAST
Lightly seasoned and tender

NORTHERN TAPIOLA
Tapiola fillet baked with lemon juice, parmesan cheese and garlic

CHICKEN BREAST BRUSCHETTA
Grilled chicken breast topped with chopped seasoned tomatoes and basil.

MACARONI AND CHEESE (2.5 carbs)
Homemade and delicious

HOT OPEN FACED SANDWICHES (1 carb)
Turkey®, Ham® or Roast Beef

Topped with Warm and satisfying

NORTH ATLANTIC COD

ASIAN STIR-FRY
Choose from: Beef or Chicken and Vegetable

CHICKEN & VEGETABLE: Broccoli, Carrots, Mushrooms, Onions, Snap Peas

WEEKLY CHEF SPECIAL

From the Grill

CHARROILED HAMBURGER (2 carbs)

PORTOBELLO MUSHROOM BURGER (2 carbs)

HOMESTYLE CHICKEN STRIPS (0.5 carbs) With BBQ® or Honey Mustard Sauce

QUESADILLA (2 carbs)
Your choice of fillings: Beef, Chicken or Cheese grilled in a flour tortilla and served with salsa

STEAK SANDWICH (3 carbs)
Served with your choice of beef or chicken steak, fried onions, peppers or mushrooms.

CHICKEN BREAST SANDWICH (2 carbs)

Grilled Chicken Breast with lettuce and tomato on a fresh bun

CRISP MEXICAN BURRITO

Grilled or shredded beef, chicken, or turkey, with beans and cheese on a flour tortilla

DESSERTS

Create your own sandwhich or wrap

Meats: Turkey Breast, Roast Beef, Ham®, Turkey, Swiss, American®

Fillings: Egg Salad, Chicken Salad, Tuna Salad, Peanut Butter & Jelly

 extras: Lettuce, Tomato, Pickles, Onions

COLD SIDES:

COLD SIDES: (1 carb unless noted) French Fries (2 carbs), Whipped Potatoes, Steamed Rice, Brown Rice®, Macaroni and Cheese, Penne® Corn®, Fresh Broccoli® (0 carbs), Sliced Carrots® (0 carbs), Green Beans® (0 carbs), Vegetable Medley® (0 carbs), Steamed Tomatoes (0 carbs), Baked Potato (2 carbs)

Gluten free items available upon request.

Bread Basket

Gluten free items available upon request.

Salads

FRESH FRUIT & COTTAGE CHEESE PLATE (2.5 carbs)

GRILLED CHICKEN CAESAR SALAD
Crisp mixed greens with grilled chicken and fresh vegetables

CHICKEN SALAD (1 carb)
Ham, turkey, swiss cheese, boiled egg

ITALIAN SIDES

Dressings: Italian, Ranch, French

BLUE CHEESE, CAESAR, OIVE OIL and Balsamic Vinaigrette, Lite Italian, Lite French

Soups

Create your own sandwhich or wrap

Meats: Turkey Breast, Roast Beef, Ham®, Turkey, Swiss, American®

Fillings: Egg Salad, Chicken Salad, Tuna Salad, Peanut Butter & Jelly

extra: Lettuce, Tomato, Pickles, Onions

DELI

Create your own Italian specialty. If you like, add parmesan cheese!

Choice of Pasta: Bow Tie, Penne, Spaghetti

Choice of Sauce: Marinara, Meat Sauce, Pesto

Personal Pizza (5 carbs)

Seven inch pizza with choice of toppings

Pepperoni, Onions, Mushrooms, Green Peppers

Choices: Cheese grilled in a flour tortilla and served with salsa

Breading Basket

1 slice (1 carb)

Gluten free items available upon request.

FRESH FRUIT & COTTAGE CHEESE PLATE (2.5 carbs)

GRILLED CHICKEN CAESAR SALAD
Crisp mixed greens with grilled chicken and fresh vegetables

CHICKEN SALAD (1 carb)
Ham, turkey, swiss cheese, boiled egg and tomato on a bed of fresh greens

ITALIAN SIDES

Dressing: Italian, Ranch, French

BLUE CHEESE, CAESAR, OIVE OIL and Balsamic Vinaigrette, Lite Italian, Lite French

SOUPS

Create your own sandwhich or wrap

Meats: Turkey Breast, Roast Beef, Ham®, Turkey, Swiss, American®

Fillings: Egg Salad, Chicken Salad, Tuna Salad, Peanut Butter & Jelly

extra: Lettuce, Tomato, Pickles, Onions

DELI

Create your own Italian specialty. If you like, add parmesan cheese!

Choice of Pasta: Bow Tie, Penne, Spaghetti

Choice of Sauce: Marinara, Meat Sauce, Pesto

PERSONAL PIZZA (5 carbs)

Seven inch pizza with choice of toppings

Pepperoni, Onions, Mushrooms, Green Peppers

COLD SIDES: (1 carb unless noted) French Fries (2 carbs), Whipped Potatoes, Steamed Rice, Brown Rice®, Macaroni and Cheese, Penne® Corn®, Fresh Broccoli® (0 carbs), Sliced Carrots® (0 carbs), Green Beans® (0 carbs), Vegetable Medley® (0 carbs), Steamed Tomatoes (0 carbs), Baked Potato (2 carbs)

Gluten free items available upon request.

FROZEN TREATS

Create your own Italian specialty. If you like, add parmesan cheese!

Choice of Pasta: Bow Tie, Penne, Spaghetti

Choice of Sauce: Marinara, Meat Sauce, Pesto

PERSONAL PIZZA (5 carbs)

Seven inch pizza with choice of toppings

Pepperoni, Onions, Mushrooms, Green Peppers

COLD SIDES: (1 carb unless noted) French Fries (2 carbs), Whipped Potatoes, Steamed Rice, Brown Rice®, Macaroni and Cheese, Penne® Corn®, Fresh Broccoli® (0 carbs), Sliced Carrots® (0 carbs), Green Beans® (0 carbs), Vegetable Medley® (0 carbs), Steamed Tomatoes (0 carbs), Baked Potato (2 carbs)

Gluten free items available upon request.

GLUTEN FREEitem available upon request.

Whole Wheat®, White, Rye, Tortilla®, Garlic Bread, Steak Roll (3 carbs), Saltines/Low Sodium Crackers® (0 carbs)

This is a heart healthy food choice.