

Modified  
Textures

# ROOM SERVICE

To order, dial  
1-food (1-3663)



ALL MEALS

Available from  
7:00 am to 7:00 pm

At Salem Health, we are committed to providing every patient with fast, quality, and friendly service. If at any time our service does not exceed your expectations, please inform our call center operators who will assist you in selecting items that fit within your wellness plan.

**Pureed:** Foods served pureed. May be used if you are not able to bite or chew food.

**Minced & Moist:** Food is prepared soft and moist, can be easily mashed with a fork; minimal chewing required.

**Soft & Bite-sized:** Food is served in soft, tender, and moist bite-sized pieces; can be easily mashed with a fork.

If you need to take medications with food or have your blood sugar checked before eating, please let your nurse know when you have placed your order.

## BREAKFAST

Available from 7:00 am to 10:30 am

### Cereals *\*available all day*

Oatmeal

Cream of Wheat

Cream of Rice

### Breakfast entrées

**Breakfast scramble** eggs, sausage & gravy

Scrambled eggs

Cheese scramble

French toast w/ syrup

Biscuit and country gravy

### Breakfast Sides

Turkey sausage links

Banana

Fruit cup peaches, pears

Yogurt cup vanilla, strawberry, or honey greek

Cottage cheese

Applesauce

## LUNCH & DINNER

Available from 11:00 am to 7:00 pm

### Soups

Cream of chicken

Tomato vegetable

Broth chicken, beef, or vegetable

### Entrées

**Grilled salmon** with dill sauce, squash and carrots

**Meatloaf** with mashed potatoes and carrots

**Grilled chicken breast** with mashed potatoes and carrots

**Three-cheese macaroni** with green beans

**Penne pasta** with marinara sauce and chicken

**Asian rice bowl** with chicken, teriyaki sauce, and sautéed vegetables (*served pureed*)

**Protein salad plate** tuna, chicken salad, avocado

### Dinner Sides

**Salad spreads** chicken or tuna

Mashed potatoes

Refried beans

Baby carrots

Green beans

Whipped butternut squash

### Beverages

Water

Coffee regular or decaf

Tea regular, decaf, herbal, hot or iced

Juice orange, apple, cranberry, prune; 4 or 10 oz

Milk Fat-free, low-fat, 2%, or whole

Ensure or Glucerna

Soy or almond milk

Hot chocolate

Sobe berry pomegranate

Soda cola (regular or diet), lemon lime (regular or diet), ginger ale, or root beer

### Desserts

Cheesecake

Custard

**Pudding** chocolate or vanilla; regular or no added sugar

**Gelatin** regular or no added sugar

**Ice cream cup** vanilla, chocolate, strawberry

Rainbow sherbet

Raspberry sorbet

**Shaved Ice push-pop** cherry, lemon, strawberry

To order your meal, dial 1-Food (1-3663)

Easy to  
Chew

# ROOM SERVICE

To order, dial  
1-food (1-3663)



## ALL MEALS

Available from  
7:00 am to 7:00 pm

At Salem Health, we are committed to providing every patient with fast, quality, and friendly service. If at any time our service does not exceed your expectations, please inform our call center operators who will assist you in selecting items that fit within your wellness plan.

If you need to take medications with food or have your blood sugar checked before eating, please let your nurse know when you have placed your order.

### BREAKFAST

Available from 7:00 am to 10:30 am

#### Cereals *\*available all day*

Oatmeal  
Cream of Wheat  
Cream of Rice  
Cheerios  
Rice Chex

#### Breakfast entrées

**Breakfast scramble** eggs, sausage & gravy  
**Scrambled eggs**  
**French toast** 1 or 2 slices, with syrup  
**Biscuit and country gravy**  
**Omelet** eggs and your choice of cheese, turkey, tomato, onion, or mushrooms

#### Breakfast Sides

**Turkey sausage links**  
**Hash browns**  
**Banana**  
**Fruit cup** peaches, pears  
**Applesauce**  
**Yogurt cup** vanilla, strawberry, or honey greek  
**Cottage cheese**  
**Blueberry muffin**  
**Banana bread**

#### Beverages

**Water**  
**Coffee** regular or decaf  
**Tea** regular, decaf, herbal, hot or iced  
**Juice** orange, apple, cranberry, prune; 4 or 10 oz  
**Milk** Fat-free, low-fat, 2%, or whole  
**Ensure or Glucerna**  
**Soy or almond milk**  
**Hot chocolate**  
**Sobe** berry pomegranate  
**Soda** cola (regular or diet), lemon lime (regular or diet), ginger ale, or root beer

### LUNCH & DINNER

Available from 11:00 am to 7:00 pm

#### Soups

**Chicken noodle soup** (reduced sodium)  
**Garden vegetable soup**  
**Broth** chicken, beef, or vegetable

#### Entrées

**Grilled salmon** with dill sauce, squash and carrots  
**Meatloaf** with mashed potatoes and carrots  
**Grilled chicken breast** with mashed potatoes and carrots  
**Three-cheese macaroni** with green beans  
**Penne pasta** with marinara sauce, chicken, veggies  
**Asian rice bowl** chicken, teriyaki sauce, sautéed veggies  
**Veggie burger** served on a whole wheat bun with tomatoes and your choice of cheese  
**Grilled flat bread sandwich** toasted flat bread, sliced tomatoes, grilled veggies, mozzarella, creamy herb spread  
**Tacos** your choice of chicken or salmon, lettuce, tomato, onion, cilantro, and salsa  
**Protein Salad** tuna, chicken salad, avocado  
**Hummus and Flatbread**

#### Dinner Sides

**Salad spreads** chicken or tuna  
**Mashed potatoes**  
**Rice blend**  
**Dinner roll**  
**Refried beans**  
**Baby carrots**  
**Green beans**  
**Whipped butternut squash**

#### Desserts

**Cheesecake**  
**Pound cake**  
**Rainbow sherbet or raspberry sorbet**  
**Custard**  
**Fresh baked cookie** chocolate chip or sugar  
**Pudding** chocolate or vanilla; regular or no added sugar  
**Gelatin** regular or no added sugar  
**Ice cream cup** vanilla, chocolate, strawberry  
**Shaved Ice push-pop** cherry, lemon, strawberry

Updated 1/17/2023

To order your meal, dial 1-Food (1-3663)