

## To Start the Day

Fresh Orange♥  
Whole Banana♥  
Fresh Fruit Cup♥

Blueberry Yogurt ♥  
Regular or Lite Strawberry  
Yogurt ♥  
Lite Vanilla Yogurt♥  
Lite Peach Yogurt♥  
Lite Key Lime Yogurt♥

Raisin Bran♥  
Corn Flakes♥  
Cheerios♥  
Rice Krispies♥  
Granola♥  
Oatmeal♥  
Cream of Wheat♥  
Grits ♥

## Main Courses

### Cold

Seasonal Fresh Fruit and Cottage Cheese Plate♥

Fresh Fruit, Yogurt and Granola Plate♥

*Entrée sized fruit plates offer seasonal fresh fruit with your choice of side above.*

### Hot

Scrambled Eggs

*(Heart Healthy eggs available upon request)♥*

Biscuits with Sausage Gravy

Pancakes with Syrup ♥

*(Sugar Free syrup available)*

French Toast with Syrup ♥

*(Sugar Free syrup available)*

Bacon, Egg & Cheese on an English Muffin

## Create Your Own Omelet

*(Heart Healthy eggs available upon request)♥*

Green Pepper♥

Cheddar Cheese

Onions♥

Swiss Cheese

Mushrooms♥

Alpine Lace Swiss Cheese♥

## Bread Basket

Blueberry Muffin

Raisin Bran Muffin

White Toast ♥

Wheat Toast♥

Corn Muffin

English Muffin♥

Cinnamon Raisin Bagel♥

Plain Bagel♥

Cinnamon Bun

Danish

Country Biscuit

## Sides

Bacon

Home Fries

Pork Sausage Patty

Turkey Sausage Link♥

Boiled Egg

## Starters

### Cold

Garden Salad with Dressing♥

*(Italian, Ranch, 1000 Island, French)*

Carrot and Celery Sticks *with Ranch Dip*♥

Fresh Fruit Cup♥

### Hot

Chicken Noodle Soup♥

Hearty Vegetable Soup♥

Soup of the Day

Broth Bowl: Beef, Chicken or Vegetarian♥

## Entrée Salads and Sandwiches

Grilled Chicken Caesar Salad

*Cold Grilled Chicken on Romaine Lettuce with Parmesan and Caesar Dressing*

Assorted Fruit & Cheese Plate

Chef Salad

*Romaine lettuce with ham, turkey, egg, Swiss & cheddar cheese, black olives, cucumber, carrot & tomato*

## Create Your Own Sandwich

**Meat:** Turkey♥, Ham, Roast Beef♥, Tuna Salad♥,

Chicken Salad♥, Egg Salad♥, Peanut Butter♥

**Cheese:** American, Swiss, Cheddar, Provolone, Alpine

Lace Swiss♥

**Bread:** White♥, Wheat♥, Rye♥, Sour Dough♥, Roll♥,

Wrap♥

**Condiments:** Lettuce♥, Tomato♥, Onion♥, Pickle,

Mustard♥, Mayo, Jelly♥, Diet Jelly ♥

## Hot Sandwiches, Grill and Pizza

Hamburger ♥

Cheeseburger

Garden Burger♥

Crispy Chicken Strips

Grilled Chicken Sandwich♥

Grilled Chicken Breast♥

Grilled Cheese

Hot Dog

Open Faced Hot Turkey Sandwich♥

Open Faced Hot Roast Beef Sandwich

Call extension **8-3400** to place your order.

A **Heart Healthy Diet** is intended to prevent elevations in blood levels of fat and cholesterol. Entrees marked with ♥ are appropriate for this diet.

## Entrees

Roast Turkey

*Sliced Breast of Turkey with Poultry Gravy* ♥

Macaroni and Cheese

*Elbow Pasta in Creamy Cheese Sauce*

Golden Baked Chicken

*Lightly Breaded, Baked Chicken Breast*♥

Home Style Meatloaf

*Ground beef and turkey seasoned and served with brown gravy* ♥

Pasta with Marinara or Meat Sauce

*Meat sauce or marinara over pasta*

Vegetable Lasagna

*Pasta layered with cream sauce and spinach*

Crispy Baked Cod

*Lightly Breaded, Baked Cod Filet*♥

Hearty Beef Stew

*Chunks of Beef and Vegetables in a Thick Beef Stock*♥

Country Fried Steak

*Lightly breaded beef, fried and served with cream gravy*

Bean Burrito

*Warm, Smashed Pinto Beans in a Tortilla*

Chicken Enchiladas

*Shredded Chicken in a Tortilla Sprinkled with Melted Cheese*

Cheese Enchiladas

*Cheddar cheese Wrapped in a Tortilla*

## Sides

French Fries

Mashed Potatoes *with Gravy*♥

Oven Browned Potatoes♥

Baked Potato♥

Bread Dressing *with Gravy*

Steamed Rice♥

Macaroni and Cheese

Buttered Noodles

Coleslaw

Potato Salad

Black Bean & Corn Salad

Potato Chips:

*Lays, Baked Lays, Fritos, Doritos, Cheetos, Pretzels*

Seasoned Carrots♥

Vegetable of the Day♥

Cottage Cheese♥

## Desserts

Vanilla Pudding *(Diet available)* ♥

Chocolate Pudding *(Diet available)*♥

Baked Custard♥

Gelatin *(Diet available)* ♥

Ice Cream

*Vanilla and Chocolate*

Fruit Ice♥

*Cherry, Lemon, Orange*

Sherbet♥

*Orange or Raspberry*

Lemon Tart♥

Chocolate Chip Cookies

Sugar Cookies♥

Brownie ♥

Strawberry Shortcake

Angel Food Cake♥

Peach Crisp♥

Fresh Fruit Cup♥

Fresh Orange♥

Fresh Apple♥

Whole Banana♥

Applesauce♥

Chilled Peaches ♥

Chilled Pears♥

Vanilla Wafers♥

Rice Krisnvtreat♥

*All Inclusive*

*All Inclusive*

## Juices

Orange ♥  
Apple ♥  
Cranberry ♥  
Grape ♥  
Tomato  
LS V8 ♥

## Cold Beverages

### Milk

Whole Milk  
2% Milk  
Skim Milk ♥  
Chocolate Milk ♥  
Soy Milk ♥  
Iced Tea ♥  
Ginger Ale ♥  
Diet Ginger Ale ♥  
Lemon Lime Soda ♥  
Diet Lemon Lime Soda ♥  
Cola  
Diet Cola  
Bottled Water ♥

## Hot Beverages

Coffee ♥  
Decaf Coffee ♥  
Hot Tea ♥  
Decaf Hot Tea ♥  
Herbal Hot Tea ♥  
Hot Chocolate ♥  
Sugar Free Hot  
Chocolate ♥  
Carnation Instant  
Breakfast ♥  
*Vanilla, Chocolate, Strawberry*  
Sugar Free Carnation  
Instant Breakfast ♥  
*Vanilla, Chocolate*

## Bread Basket

Fresh Roll ♥  
Herbed Bread Stick ♥  
Country Biscuit  
Saltine Crackers ♥  
Corn Tortilla ♥

## Condiments

Lemon Wedge ♥  
Lemon Juice  
Half & Half  
Non-Dairy Creamer  
Butter  
Margarine ♥  
Cream Cheese  
Lite Cream Cheese ♥  
Sugar ♥  
Equal, Sweet n Low,  
Splenda ♥  
Salt  
Pepper ♥  
Mrs. Dash ♥  
Honey ♥  
Jelly (*Grape or Strawberry*) ♥  
Peanut Butter ♥  
Ketchup ♥  
Mustard ♥  
Mayo  
Lite Mayo ♥  
BBQ Sauce ♥  
Sweet & Sour Sauce ♥  
Sour Cream  
Salsa  
Tartar Sauce  
Lettuce ♥  
Tomato ♥  
Onion ♥  
Pickle

### **Salad Dressing:**

Italian (*Reg or Light* ♥)  
French (*Reg or Light* ♥)  
Ranch  
1000 Island

## Additional Choices for Kids

### Breakfast

Fruit Loops ♥  
Frosted Flakes ♥  
French toast Sticks

### Entrees

Chicken Nuggets ♥  
Fish Sticks

### Desserts

Teddy Grahams ♥  
Rice Krispies Treat ♥

Hello! The **University of Kansas Hospital** is committed to your comfort and complete satisfaction with our food service. As part of this commitment, we provide a room service program with this restaurant-style menu. We offer a wide range of hot and cold breakfast items, along with lunch and dinner selections available for your afternoon and evening meals. Our menu also reflects the particular dietary restrictions your physician's request.

### Hours of Operation:

6:30 a.m. to 6:30 p.m.

Lunch and Dinner

11:00a.m. to 6:30p.m.

Call extension **8-3400** to place your order or if you have any questions for your food and nutrition services representative.

We invite all family members and guests to visit our Café on the Ground floor. Hours: Monday – Friday 6:30am to 8:00pm and Saturday – Sunday 7:00am to 6:30pm. Starbucks also offers coffee and grab n go snacks in the lobby of the Heart Center. Hours: Monday – Friday 6:30am to 5:30pm

# THE UNIVERSITY OF KANSAS HOSPITAL

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♥ = Heart Healthy Item

*All Inclusive*

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