














## Snacks





- ♥ Baked Potato Chips (1 CHO)  
-  Pretzels (1 CHO)  
- Cheddar Gold Fish (1 CHO) 
- String Cheese 
- ♥ Celery and Carrot Sticks  
-  Hummus with Pretzels (3 CHO)  



## Breads

- Dinner Roll (1 CHO)  
- Crackers (1 CHO)  
- Garlic Bread Stick (2 CHO) 



## Sweet Treats


Cake: Angel Food Cake with Strawberry Drizzle (3 CHO), New York Style Cheesecake (2 CHO), Chocolate Cake (3 CHO), Pound Cake (3 CHO), Apple Pie (3 CHO) 



Cookies: Chocolate Chip (2 CHO), Oatmeal Raisin (3 CHO), Oreos (2 CHO)  , Lorna Doones (1 CHO)  


♥ Graham Crackers (1 CHO)  

Pudding: Vanilla (1 CHO), Chocolate (2 CHO), ♥ Sugar Free Vanilla (1 CHO), ♥ Sugar Free Chocolate (1 CHO)




Jello  : Cherry (1 CHO), Orange (1 CHO), Sugar Free Strawberry, Sugar Free Orange



Ice Cream : Vanilla (1 CHO), Chocolate (1 CHO), ♥ Fat-Free Vanilla (1 CHO), ♥ Fat-Free Chocolate (1 CHO)





Water Ice  : ♥ Lemon (2 CHO), ♥ Cherry (2 CHO), ♥ No sugar added Lemon (1 CHO), ♥ No sugar added Orange (1 CHO)



Sherbet : ♥ Orange (2 CHO)


## Beverages




Juices  : Apple (1 CHO), Orange (1 CHO), Cranberry (1 CHO), Prune (1 CHO),  Tomato ♥ Low Sodium Tomato, Diet Cranberry Juice



Coffee  : Regular, Decaffeinated



Teas  : Caffeine: Black Tea, Green Tea  : Caffeine Free: Black Tea, Green Tea, Apple Cinnamon, Chamomile



Iced Tea (1 CHO)  

Hot Chocolate : Regular (1 CHO), No Sugar Added

Milk : ♥ Skim (1 CHO), ♥ Lowfat (2%) (1 CHO), Whole (1 CHO), ♥ Fat-Free Chocolate (1 CHO), ♥ Lactaid (1 CHO)  : ♥ Soy (1 CHO), ♥ Vanilla Almond Milk (1 CHO)

Soda  : Cola (2 CHO), Lemon-Lime (2 CHO), Ginger Ale (2 CHO), Diet Cola, Diet Lemon-Lime, Diet Ginger Ale, Club

Crystal Lite  : Raspberry, Lemonade, Iced Tea

Bottled Water  

Updated June 2020

## Room Service Dining at Your Request

The department of Culinary & Nutrition Services is pleased to offer you Room Service dining. Room Service allows you to select meals from a restaurant-style menu. Our goal is to provide you with excellent service during your stay. Feel free to let your Room Service Associate know, when your tray is delivered, if we are not exceeding your expectations.

### For Family Members Ordering for a Patient from Outside the Hospital

You may order for your loved one from home by doing the following:

1. Review the menu.
2. Call 732.745.8600, extension 5555.
3. You may order up to three meals in advance with one phone call. Please let us know what time you would like each meal delivered.

### Special/Restricted Diets

Our menu is designed by our registered dietitians and culinary team. The items on the menu allow for a variety of healthy options to meet your nutrition needs whether you follow diabetic, renal, cardiac, or other special or restricted diets.

Our Call Center Associate will assist you with your meal selection/choices so that they fit into your diet as ordered by your physician or practitioner.

### Gluten Free and Dysphagia Diet (Pureed, Ground, Chopped)

Please ask your Room Service Associate for our list of selections. Menus are available.

### How to Place Your Order


1. Using your bedside phone, dial 5555 between the hours of 7:00 AM and 7:00 PM.
2. Identify yourself to our Call Center Associate, who will verify your name, room number, and date of birth. Place your order.
3. Your meal will be prepared and delivered to you within 60 minutes of your request.

### Guest Meals


Guest meals are available for purchase for \$8. Guests may select from our Room Service menu. Credit cards accepted.


We offer food choices that are heart-healthy.

♥ Indicates that each serving contains less than 300 milligrams of sodium and low in fat.

 Indicates items that are high in sodium or have greater than 350 milligrams of sodium.

(CHO) = For those patients monitoring carbohydrate content in the diet, the number of carbohydrate choices (CHO) is noted after the menu item. Each choice of carbohydrate (CHO) is equal to 15 grams of carbohydrate.

 Indicates items that are vegetarian (No beef, poultry, seafood or egg products)

 Indicates items that are vegan (Contains no animal products)

# Room Service



Culinary & Nutrition Services




















## Breakfast

For all meals!





### Fruits

- ♥ Orange (1 CHO)  
- ♥ Apple (1 CHO)  
- ♥ Banana (2 CHO)  
- ♥ Melon Cup (1 CHO)  
- ♥ Sliced Peaches (1 CHO)  
- ♥ Sliced Pears (1 CHO)  
- ♥ Stewed Prunes (1 CHO)  
- ♥ Raisins (2 CHO)  
- ♥ Applesauce (1 CHO)  
- ♥ Craisins (2 CHO)  


### Cereal

- ♥ Oatmeal (2 CHO)  
- Rice Krispies (1 CHO)  
- Frosted Flakes (2 CHO)  
- ♥ Raisin Bran (2 CHO)  
- ♥ Farina (2 CHO)  
- ♥ Cheerios (1 CHO)  
- Special K (1 CHO) 
- Total (1 CHO)  

### Yogurt

- ♥ Fresh Berry Yogurt Parfait (2 CHO) 
- ♥ Low Fat:
  - Plain (1 CHO) 
  - Lite Yogurt:
    - Vanilla (1 CHO) 
    - Strawberry (1 CHO) 





### Breakfast Entrées

- Scrambled Eggs
- ♥ Scrambled Egg Whites
- French Toast (2 CHO)
- Hard Boiled Egg
-  Pancakes (2 CHO)



















### Breakfast Sides

-  Bacon
-  Pork Sausage
-  Turkey Sausage
- Breakfast Potatoes

### Omelet Bar

- Regular or ♥ Egg White Omelet
- With your choice of:
  -   : ♥ Onions, ♥ Green Peppers,
  - ♥ Spinach, ♥ Mushrooms, ♥ Tomato
-  : Low Fat American Cheese, Low Fat Swiss,  Cheddar, Mozzarella











### Bakery and Breads

- Toasted Plain Bagel (2 CHO)  
- ♥ Toasted Cinnamon Raisin Bagel (2 CHO)  
- English Muffin (2 CHO) 
- White Toast (1 CHO)  
- Wheat Toast (1 CHO)  
-  Rye Toast (1 CHO)  
- Multigrain Toast (1 CHO)  
- ♥ Blueberry Muffin (2 CHO)
-  Corn Muffin (4 CHO)
-  Bran Muffin (4 CHO)
-  Potato and Pea Samosa (2 CHO) 

## Condiments

- Ketchup  , Mustard  
- Parmesan Cheese 
- Sugar  , Brown Sugar  , Sugar Substitute  
- Salt  , Pepper  , Low Sodium Seasonings  
- Barbeque Sauce  , Honey Mustard Sauce (1 CHO), Cranberry Sauce  , Hot Sauce  
- Mayonnaise, Reduced Calorie Mayonnaise
- Syrup (1 CHO)  , Sugar Free Syrup  , Honey (1 CHO) 
- Butter , Margarine  
- Jelly   : Strawberry (1 CHO), Grape (1 CHO), Diet Berry
- Cream Cheese , Low Fat Cream Cheese 
- Creamer , Non-dairy Creamer  
- Lemon  

## Lunch and Dinner Soups

- ♥ Chicken Noodle (1 CHO)
- ♥ Lentil (1 CHO)  
- ♥ Cream of Mushroom (1 CHO) 
-  Vegetable (1 CHO)  
-  Cream of Tomato (1 CHO) 
- Chicken Broth (Low Sodium)
- Beef Broth (Low Sodium)
- Vegetable Broth (Low Sodium)  

## Sandwiches

Create your own specialty sandwich

### Sliced Meat

-  Turkey



### Cheeses







American, Low Fat Swiss, Provolone

### Salads



-  Tuna
-  Egg

### Breads












- White (2 CHO) Wheat (2 CHO)
-  Rye (2 CHO) Multi-grain (2 CHO)
-  Whole Wheat Kaiser (2 CHO)

-  Bacon, Lettuce and Tomato
-  Tomato Mozzarella on a Kaiser roll (2 CHO) 
-  Peanut Butter and Jelly (3 CHO)  










## Entrée Selections - From the Grill

- Chicken Breast on Whole Wheat Bun (2 CHO)
- Hamburger (2 CHO)
-  Cheeseburger (2 CHO)
-  Garden Burger (2 CHO)  
-  Grilled Cheese Sandwich (2 CHO) 
-  Chicken Fingers (1 CHO)
-  Cheese Quesadilla (2 CHO) 
-  Chicken Cheese Quesadilla (2 CHO)

## Side Salads

- ♥ Garden Salad  
-  Tomato and Mozzarella 
-  Caesar Salad (1 CHO)
-  Caesar Salad with Chicken (1 CHO)
-  Cottage Cheese 
- Cole Slaw 
- ♥ Fresh Spinach Salad (2 CHO)  

## Entrée Salads

-  Caesar Salad (2 CHO)
- ♥ Garden Salad  
- ♥ Fresh Spinach Salad (4 CHO)  
- With choice of: ♥ Grilled Chicken,  Tuna Salad,
-  Egg Salad
-  Cottage Cheese and Fruit Platter (2 CHO) 


- Dressings:  Italian  , French, Ranch,
-  Caesar,  Balsamic  ,
- Lite French  ,
- Lite Italian  

## Chef Signature Entrées








♥ **Oven Roasted Turkey with Sauce** – White meat turkey breast roasted to perfection, and finished with a home-style sauce.

♥ **Panko Crusted Baked Chicken with Marinara Sauce** – Chicken breast breaded with fresh herbs and panko bread crumbs, baked and finished with marinara sauce.

♥ **Lemon Baked Flounder** – New Jersey's own filet of flounder, baked and finished with a squeeze of lemon.

 **Macaroni & Cheese** (2 CHO) – Our blend of creamy cheddar cheese sauce with macaroni pasta.

♥ **Garden Meatloaf with Gravy** (1 CHO) – Our own signature blend of ground turkey and beef baked with garden herbs, vegetables, and oats, topped with savory brown gravy.

**Stir-Fry:**  Chicken (1 CHO),  Vegetable (1 CHO)  ,  Tofu (1 CHO)    
A fresh blend of broccoli, snow peas, red bell pepper, mushrooms, water chestnuts, onions and your choice of chicken or tofu, pan-simmered and glazed with a sesame ginger sauce (medium-spicy).

♥ **Tilapia Piccata** (1 CHO) – Pan-seared filet of tilapia finished with lemon caper sauce.

♥ **Chicken Marsala** (1 CHO) – Pan-seared breast of chicken, finished with a mushroom and marsala wine sauce.




 **Eggplant Parmesan** (3 CHO)  – Crispy eggplant slices smothered in marinara sauce topped with mozzarella cheese.

## Pizza Entrées

Make Your Own  Pizza (3 CHO)

**Choice of Toppings:**  Pepperoni  
  : ♥ Mushroom, ♥ Onion,  
♥ Green Pepper, ♥ Spinach
























## Pasta Entrées

**Pasta**   : Penne (2 CHO),  Cheese Ravioli (2 CHO)

**Sauces:** ♥ Marinara  ,  Alfredo 

**Toppings:**  Meatballs

## On the Side

- ♥ Mashed Potatoes (2 CHO) 
- ♥ Baked Potato (2 CHO)  
- French Fries (2 CHO) 
- ♥ Sweet Potato Wedges (2 CHO) 
- ♥ Corn (1 CHO)  
- ♥ Baby Carrots  
- ♥ Brown Rice (1 CHO)  
- White Rice (2 CHO)  
- ♥ Rice and Beans (2 CHO)  
- ♥ Broccoli  
- ♥ Fresh Spinach  
- ♥ Green Beans  
- ♥ Zucchini Medley  

## Global Cuisine

Indian and Kosher Cuisine  
available daily  
Chef's Special of the day  
Call 5555