



DIAL
7628
TO ORDER

New Mother's MENU



This symbol indicates a HEALTHIER CHOICE.



These items are GLUTEN-FREE.



These items are HIGHER IN SALT.

(#) = CARBOHYDRATE EXCHANGE
(15 grams per exchange)

Some items may not be appropriate for all diets.

LIQUIDS

Clear Liquids ^{GF}

- | | |
|-------------------|---------------------|
| Chicken Broth | Beef Broth |
| Vegetable Broth | Cranberry Juice (1) |
| Apple Juice (1) | Red Gelatin (1) |
| Lemon Gelatin (1) | Peach Gelatin (1) |
| Coffee | Hot Tea |
| Iced Tea | |

Full Liquids

Includes clear liquid diet items above

- | | |
|-----------------------------|------------------------------------|
| Cream of Chicken Soup (1) | Tomato Soup (1) |
| Cream Soup of the Day (1) | Cream of Wheat (1) |
| Vanilla Pudding (2) | Chocolate Pudding (1.5) |
| Butterscotch Pudding (1.5) | Ice Cream (1) ^{GF} |
| Sherbet (2) ^{GF} | 2% Milk (1) ^{GF} |
| Skim Milk (1) ^{GF} | Chocolate Milk (1.5) ^{GF} |

BEVERAGES

- | | | |
|------------------------------------|-----------------------------------|-------------------------------|
| Skim Milk (1) ^{GF} | 2% Milk (1) ^{GF} | Whole Milk (1) ^{GF} |
| Chocolate Milk (1.5) ^{GF} | Soy Milk (1) ^{GF} | Bottled Water ^{GF} |
| Iced Tea ^{GF} | Milkshake ^{GF} | Diet Hot Cocoa (1/2) |
| Herbal Tea ^{GF} | Low-Sodium V8 (1/2) ^{GF} | Decaf Hot Tea ^{GF} |
| Diet Lemonade ^{GF} | V8 (1/2) ^{GF} | Hot Cocoa (1.5) ^{GF} |
| Decaf Coffee ^{GF} | Hot Tea ^{GF} | Coffee ^{GF} |
| Regular Soda | Diet Soda | |

Juice

- | | | |
|-----------------------------|-----------------------------|--------------------------|
| Apple (1) ^{GF} | Cranberry (1) ^{GF} | Orange (1) ^{GF} |
| Pineapple (1) ^{GF} | Grape (1) ^{GF} | Prune (1) ^{GF} |

1. Review the food choices and select what you would like to have. (Limit two entrees per meal.) Please note the time restrictions on some food items.
2. Call extension 7628 and place your order. Orders may be placed from 6:30 AM - 6:30 PM. You will be asked for your room number.
3. Your food will be delivered to you in your room within 45 minutes of placing your order.
4. Please note you will not receive a meal tray at a regularly scheduled time.
5. If you have questions, ask your nurse or call extension 7628.
6. One of our food service representatives will stop by once a day to answer any questions you may have.
7. Meals and snacks are for patients only. All family members and friends should go to the cafeteria located on the ground floor.

We hope you enjoy your meals during your stay. Our variety of dietary selection are another way Phelps Health strives to provide an exceptional patient experience.



1000 West 10th Street | Rolla, MO
(573) 458-7628

PHELPSHEALTH.ORG



Phelps Health

BREAKFAST 7:00 AM-10:00 AM

Fruit

- Orange (1) Apple (1)
- Banana (1) Applesauce (1)
- Canned Pears (1) Canned Peaches (1)
- Fruit Cup (1) Fresh Grapes (1)

Yogurt

- Strawberry (1) Peach (1)
- French Vanilla (1)

Bakery

- Bagels:**  Plain (4) Cinnamon Raisin (4.5)
Blueberry (4.5) Wheat (4)
- Muffins:** Blueberry (2.5) Apple Cinnamon (2.5)
Banana (2.5)
- Score:** Blueberry (4) Apple Cinnamon (3)
Raspberry White Chocolate (4)

Danish (1)

Cold Cereal

- Corn Flakes (1) Raisin Bran (2)
- Rice Krispies (1) All-Bran Flakes (1)
- Cheerios (1) Shredded Wheat (2)
- Frosted Mini Wheats (2) Frosted Flakes (1.5)
- Berry Kix (1) 

Hot Cereal

- Cream of Wheat (1) Oatmeal (1)
- Malt-O-Meal (1) Cream of Rice (1) 
- Grits (1) 

Breakfast Specialties

- Scrambled Eggs 
- Hard Boiled Eggs 
- Bacon 
- Ham 
- Buttermilk Pancakes (2) 
- Breakfast Potatoes (1) 
- Poached Eggs 
- Low-Cholesterol Eggs 
- Sausage Patty 
- Biscuits and Gravy (2) 
- French Toast (2) 
- Toast (1) 

Omelet  (Choice of ham, cheese, bacon, green peppers, onions, tomatoes and mushrooms) or Low-Cholesterol Omelet 

Breakfast Sandwich:

- Choice of Croissant (2) or English Muffin (2)
- Egg and Cheese Bacon, Egg and Cheese
- Ham, Egg and Cheese



LUNCH AND DINNER

11:00 AM-6:30 PM

Entrées

- Roast Turkey 
- Herbed Chicken Breast 
- Macaroni and Cheese (3) 
- Baked Salmon 
- Grilled Tilapia 
- Country Fried Steak (2) 
- Pasta with Marinara Sauce (3.5) 

Sandwiches

- Hamburger (2) Cheeseburger (2) 
- Veggie Burger (3.5) 
- Grilled Cheese (2) 
- Peanut Butter and Jelly (3) 
- Grilled Chicken Sandwich (2) 
- Chicken Tenders (2) 

Sides

- Mashed Potatoes (1) 
- Tater Tots (1) 
- Corn (1) 
- Green Peas (1) 
- Garlic Bread (1)
- Baked Lays (1.5) 
- Spinach 
- Potato Wedges (1)
- Green Beans 
- Sliced Beets 
- Broccoli 
- Cauliflower 
- Baked Potato (2) 
- Rice (1) 
- Carrots 
- Chili (2.5) 
- Cottage Cheese 

Salads

- Chef Salad 
- Chicken Caesar Salad
- Garden Salad
- Mandarin Chicken Salad 
- Relish Vegetable Plate 
- Cobb Salad 
- Coleslaw

Fruit Plates

Fresh or Canned Fruit  with Choice of Muffin, Cottage Cheese or Crackers

Dressings: Catalina, Italian, Ranch, Caesar, Vinegar and Oil , Low-Calorie French and Italian, Fat-Free Ranch

Soups

- Chicken Noodle (1)
- Vegetable (1)
- Cream Soup of the Day (1)
- Broth : Chicken, Beef or Vegetable
- Crackers and Low-Salt Crackers (3-pack) (1)

DELI

Create your own custom sandwich
(Served hot or cold)

Meats

- Turkey 
- Ham 
- Roast Beef 
- Tuna Salad 
- Chicken Salad 
- Ham Salad 
- Egg Salad 

Breads

- White Bread (1) /Bun (2)
- Wheat Bread (1)/Bun (2) 
- Rye Bread (1)
- Hoagie Bun (3)
- Two 6" Corn Tortillas (1) 
- 8" Flour Tortilla (1)

Cheese

- American 
- Swiss 
- Monterey Jack 
- Provolone 

Extra

- Lettuce 
- Tomato 
- Pickles 
- Onions 

Condiments

- Salt 
- Sugar (1) 
- Non-Dairy Creamer 
- Margarine 
- Diet Jelly 
- Vinegar 
- Mustard 
- Sour Cream
- Soy Sauce 
- Miracle Whip
- Pepper 
- Brown Sugar (1) 
- Lemon Juice 
- Butter 
- Syrup (1)
- Parmesan Cheese 
- Ketchup 
- Pickle Relish 
- Barbecue Sauce 
- Peanut Butter 
- Mrs. Dash 
- Splenda 
- Lemon Wedge 
- Jelly (1) 
- Diet Syrup
- Cream Cheese 
- Honey (1) 
- Tartar Sauce 
- Mayonnaise 
- Miracle Whip Fat-Free 

DESSERTS

- Carrot Cake (3)
- Angel Food Cake (1)
- Sugar-Free Chocolate Pudding (1)
- Sugar-Free Vanilla Pudding (1)
- Chocolate Cream Pie (3.5)
- Vanilla Ice Cream (1) 
- Red Gelatin (1) 
- Peach Gelatin (1) 
- Chocolate Cake (3)
- Chocolate Pudding (1.5)
- Vanilla Pudding (2)
- Apple or Cherry Pie (3)
- Sherbet (2) 
- Sugar-Free Ice Cream (1)
- Lemon Gelatin (1) 
- Custard (1) 

Cookies and Crackers

- Oreo Cookies (1.5)
- Crispy Rice Treat (1)
- Vanilla Wafers (1)
- 100-Calorie Snack Packs: Goldfish or Oreo (1)
- Lorna Doone Cookies (1)
- Graham Crackers (1)
- Sugar-Free Cookies (1)

 This symbol indicates a **HEALTHIER CHOICE.**

 These items are **GLUTEN-FREE.**

 These items are **HIGHER IN SALT.**

(#) = **CARBOHYDRATE EXCHANGE**
(15 grams per exchange)

Some items may not be appropriate for all diets.

DIAL
7628
TO ORDER