



General Diet

Room Service Menu

Dial FOOD (3663) to Order



St. Margaret's Health

St. Margaret's Hospital

SMP Health System

BREAKFAST

Served 7am – 10am

ENTREES

Please limit entrees to no more than two per meal

Made-to-Order Omelet

Choose from regular or heart-healthy eggs, ham, cheddar or Swiss cheese, onion, peppers, and mushrooms

Scrambled Eggs

Heart-healthy eggs available upon request

Poached Egg

French Toast

Served warm with margarine and syrup available upon request

Pancake

Served warm with margarine and syrup available upon request

A LA CARTE

Bacon or Sausage

Breakfast Potatoes

Applesauce

Fresh Fruit

Apple/Banana/Orange

Peach or Pear Slices

Light Yogurt

Blueberry/Peach/Strawberry-Banana/Vanilla

Seasonal Fruit Cup

HOT OR COLD CEREALS . . .

Hot cereals served with brown sugar upon request

Cream of Rice or Wheat

Oatmeal

Cold Cereal

Cheerios/Corn Flakes/Frosted Flakes/Raisin Bran

BREAKFAST BREADS

Homemade Banana Bread

Bagel

White/Whole Wheat/Raisin

English Muffin

Toast

White/Whole Wheat/Light White/Light Wheat/Raisin/Rye

CONDIMENTS

Cream Cheese/Strawberry Cream Cheese/Jelly

Sugar-Free Jelly/Honey/Peanut Butter

Whipped Margarine Cup/Syrup/Sugar-Free Syrup

LUNCH & DINNER

Served 11am – 6:30pm

SOUPS

Chicken Noodle

Creamy Tomato

Homemade Beef Vegetable

Soup of the Day

Saltine Crackers

DELI SANDWICHES

*American or Swiss cheese, lettuce, tomato, and sliced onion
available upon request*

Chicken Salad

Tuna Salad

Egg Salad

Sliced Ham

Sliced Turkey

Peanut Butter & Jelly

Bread Choices:

White/Whole Wheat/Light White/Light Wheat/Rye/Croissant

FROM THE GRILL

Chicken Tenders

Hamburger or Cheeseburger

Juicy, all-beef patty on a bun

Grilled Chicken Sandwich

Served with lettuce and tomato upon request

Grilled Cheese

American or Swiss cheese

Grilled Ham & Cheese

American or Swiss cheese

Turkey & Swiss Melt

*Swiss cheese and sliced turkey served on your choice of bread
and grilled*

Veggie Burger

Grilled garden vegetable burger on a bun

COLD ENTREES

Chef Salad

*Greens topped with cheddar cheese, chicken, ham, hard-boiled egg,
tomato, green pepper, cucumber, and radish*

Grilled Chicken Salad

*Greens topped with fajita-seasoned chicken, cheddar cheese, tomatoes,
green pepper, cucumber, and radish*

Seasonal Fruit Plate

Served with cottage cheese

ENTREES

Please limit entrees to no more than two per meal

Baked Fish

Cod fillet served with a lemon wedge

Baked Chicken Breast

Your choice of breaded or seasoned chicken breast

Roast Turkey Breast

Tender, roasted turkey breast served with poultry gravy upon request

Sliced Roast Beef

Tender, thinly sliced roast beef

Home-Style Meatloaf

Ground beef with special seasoning, served with a rich brown gravy upon request

Sweet & Sour Vegetable Stir Fry

Served over whole grain brown rice (Chicken available upon request)

Whole Grain Pasta with Meat Sauce

Pasta served with a delicately seasoned meat sauce



BEVERAGES

Coffee, Decaf Coffee

Hot Tea, Decaf Hot Tea

Iced Tea, Decaf Iced Tea

Hot Chocolate

Sugar-Free Hot Chocolate

Milk - Skim/2%/Chocolate

Crystal Light Lemonade

**Juice - Apple/Cranberry/Grape/Orange/Prune
Tomato/Low-Sodium V8**

**Soda - Coke/Diet Coke/Caffeine-Free Diet Coke
Sprite/7Up/Diet 7Up**

SIDES

- Broccoli
- Corn
- Green Beans
- Tiny Whole Carrots
- Vegetable of the Day
- Tossed Side Salad
- Baked Potato
- Mashed Potatoes
- Choose beef or chicken gravy*
- French Fries
- Macaroni & Cheese
- Whole Grain Brown Rice
- Cottage Cheese
- Cottage Cheese & Peaches

DESSERTS

- Angel Food Cake
- Warm Apple Crisp
- Chocolate Chip or Sugar Cookie
- Dessert of the Day
- Graham Crackers
- Gelatin
- Regular/Fruited/Sugar-Free*
- Ice Cream
- Chocolate/Strawberry/Vanilla*
- Italian Ice
- Cherry/Lemon*
- Pudding
- Chocolate/Vanilla/Light Vanilla*
- Sherbet
- Orange/Raspberry*

DRESSINGS

- Ranch/Low-Fat Ranch/French/Fat-Free French/Italian
- Light Italian/1000 Island/Light Raspberry Vinaigrette

CONDIMENTS

- BBQ Sauce/Grated Parmesan Cheese/Herb Seasoning
- Ketchup/Mustard/Pepper/Pickle Relish
- Regular or Light Salad Dressing/Salt/Seafood Sauce
- Sour Cream/Sweet & Sour Sauce/Whipped Margarine Cup

BREAD BASKET

- Dinner Roll/Garlic Toast/Saltine or Unsalted Crackers





PATIENT DINING INFORMATION

St. Margaret's Hospital is pleased to offer meals provided by room service for our patients. Meals are made to order and delivered within 45 minutes. The room service operator is available from 7am to 6:30pm, seven days per week. When you are ready to eat, simply dial "FOOD" (3663) on your room phone and place your order. For patients requiring assistance with meal selections, family or designees may place orders for the patient by calling (815) 664-1373 from their phone. The patient's name and room number will be required when this service is used.

GUEST DINING OPTIONS

Guest meals are available and delivered at a charge of \$3.00 for a continental breakfast, \$5.00 for a light lunch or dinner (soup, sandwich or salad, dessert, and a beverage) and \$7.00 for a full breakfast, lunch, or dinner. The host/hostess will collect the money at the time the meal is delivered. These meals cannot be charged to the room, nor can we accept credit or debit cards or personal checks. Please call for more information.