

Beverages

..... Chilled Juice {1}

- Orange Juice
- Apple Juice
- Cranberry Juice
- Grape Juice

..... Milk & Hot Chocolate {1}

- Whole Milk
- Skim Milk ♥
- Hot Chocolate
regular or sugar free

..... Coffee & Tea {1}

- Coffee
- Decaf Coffee ♥
- Hot Tea
- Iced Tea
sweet or unsweetened

Condiments

- | | |
|--------------------|-----------------------|
| Mustard | Ketchup |
| Margarine | Mayonnaise |
| Lemon Juice | Seasoning Blend |
| Sugar | Sugar Substitute |
| Creamer | Non-Dairy Creamer |
| Jelly | Sugar-free Jelly |
| Honey | Peanut Butter 🥜 |
| Brown Sugar | Saltine Crackers {1} |
| Pancake Syrup | Unsalted Crackers {1} |
| Diet Pancake Syrup | Raisins {1} |

♥ – Heart Healthy menu items
{1} = 15 grams of carbohydrates

Welcome to Room Service

To place your order, simply dial 4-MEAL (4-6325) from your room phone anytime between 6:30 am and 7:30 pm. Your meal will be delivered within 45 minutes of the placement of your order.

..... Special Diet Considerations

If your physician has placed you on a special diet, or if you have been scheduled for certain tests, you may not be permitted to order from this menu, or your selection may be restricted. When placing your order, a representative will be able to assist you in making the appropriate choices.

If you have nutritional concerns and wish to speak with a Registered Dietitian, please call 4-MEAL (4-6325).

To assist you in meeting your nutritional goals we have placed a ♥ beside certain menu items to denote a Heart Healthy item with reduced levels of fat & sodium. This ♥ symbol is based on recommended portion sizes for your diet restrictions. You may also turn to channel 100 on your room television for nutrition education information.

..... For our Patients with Diabetes

Your menu includes the number of carbohydrate (carb) servings in brackets to help manage your blood sugar levels. One carb {1} equals 15 grams of carbohydrates. This number is based on a portion size, which has been adjusted for your diet restriction. The average diabetic diet includes three to five carbohydrates per meal.

If you have questions about your diet, please ask when you place your order. Monitoring blood sugar levels and taking certain medications must be timed with food intake to be most effective.

For this reason it is important that you notify nursing staff after ordering each meal.



★★★★★ UAB ROOM SERVICE DINING

Part of your 5-Star Experience

UAB MEDICINE

UAB HOSPITAL
FOOD & NUTRITION SERVICES

PS-17645/12.14

From inside UAB, call 4-MEAL (4-6325).
From outside UAB, call 205.934.MEAL (6325).

Breakfast

Served daily from 7am - 11am. Select items available all day.

Cereals

- Grits {1}
- Oatmeal ♥ {1}
- Cheerios ♥ {1}
- Granola w/ raisins ♥
- Rice Crunchins {1}
- Corn Frosties
- Raisin Bran {2}

Hot Entrees

- Scrambled Eggs
- Low-Cholesterol Scrambled Eggs ♥
- Hard Boiled Egg
- Buttermilk Pancakes ♥ {2}
- French Toast {2}
- Sausage Gravy on a Biscuit {2}
- Omelette

Choose from Cheese, Ham & Cheese, or Vegetable
Low Cholesterol Available ♥

On the Side

- Bacon
- Sausage Patty
- Smoked Sausage
- Turkey Bacon
- Turkey Sausage Link ♥
- Hash Brown Potatoes {1}

Breakfast Bakery

- Blueberry Muffin {2}
- Carrot Muffin {2}
- Biscuit {1}
- Donut
- Bagel ♥ {2}

Fruits & Yogurts

- Fresh Fruit Cup ♥ {1}
- Banana ♥ {1}
- Apple ♥ {1}
- Orange ♥ {1}
- Applesauce ♥ {1}
- Peach Yogurt ♥ {1}
- Strawberry Yogurt ♥ {1}
- Vanilla Yogurt ♥ {2}

♥ – Heart Healthy menu items

{1} = 15 grams of carbohydrates

Lunch & Dinner

Served daily from 11am - 7:30pm.

Soups & Salads

- Vegetable Soup ♥ {1}
- Potato Chowder {1}
- Chicken Noodle Soup ♥ {1}
- Side Garden Salad ♥
- Cottage Cheese & Peaches ♥ {1}

Entree Salads

- Chef Salad {1}
- Grilled Chicken Caesar Salad {1} 🐟
- Chicken Salad & Fruit Plate {2}
- Tuna Salad & Fruit Plate {2} 🐟
- Cottage Cheese & Fruit Plate ♥ {2}

Salad Dressings

Ranch, Italian, or Thousand Island

Sandwich Shop

Accompanied with Lettuce & Tomato, served with your choice of
Breads: Country White, Whole Grain ♥, or Soft Roll
Cheeses: American, Swiss, or Cheddar

- Deluxe Tuna Salad 🐟 or Chicken Salad Sandwich {2}
- Sliced Turkey ♥ or Sliced Ham Sandwich {2}
- Creamy Peanut Butter & Grape Jelly Sandwich {2} 🍯
- Bacon Lettuce Tomato Sandwich {2}
- Chicken Caesar Wrap {3} 🐟

From the Grill

Accompanied with Lettuce & Tomato, sliced onions & pickles upon request.

- Southwest Chicken Panini {2}
- Classic Club Panini {2}
- Hamburger {2}
- Cheeseburger {2}
- Garden Burger ♥ {3}
- Turkey Burger {2}
- Swiss Mushroom Burger {2}
- Grilled Ham & Cheese {2}
- Grilled Chicken Sandwich ♥ {2}
- BBQ Chicken Sandwich ♥ {2}
- Grilled Cheese {2}
- Chicken Fingers
- Hot Dog {2}

Pizzeria

- Cheese, Pepperoni, or Vegetable ♥ Pizza {2}
- Baked Spaghetti {1}

🐟 – Ingredients contain nuts

🐟 – Ingredients contain fish

Entrees

- Homestyle Meatloaf {1}
- Classic Roast Beef & Gravy
- Chopped Steak with Sauteed Onions
- Golden Crusted Chicken Breast ♥ {1}
- Savory Asian Stir Fry ♥ {2}
- served with chicken or vegetarian-style over rice
- Roast Turkey & Gravy ♥
- Lemon Herb Baked Tilapia ♥ 🐟
- Grilled Pork Loin with Orange Glaze ♥ {1}
- Taco or Quesadilla {2}
- Choice of beef, chicken or vegetarian style

Sides

- Dinner Roll ♥ {1}
- Cornbread Dressing {1}
- Broccoli ♥
- Carrots ♥
- Macaroni & Cheese {1}
- French Fries {2}
- Mashed Potatoes {1}
- Beef Gravy
- Baked Potato Chips {2}
- Corn Bread {2}
- Corn ♥ {1}
- Green Beans ♥
- Collard Greens ♥
- Blackeyed Peas ♥ {1}
- Refried Beans {2}
- Rice {1}
- Poultry Gravy
- Pretzels {2}

Desserts

- Banana ♥ {1}
- Grapes ♥ {1}
- Canned Peaches or Pears ♥ {1}
- Applesauce ♥ {1}
- Oatmeal Raisin Cookie
- Angel Food Cake ♥ {1}
- Peach Cobbler
- Brownie
- Ice Cream
- Vanilla, Chocolate, Strawberry
- Apple ♥ {1}
- Orange ♥ {1}
- Fresh Fruit Cup ♥ {1}
- Orange or Strawberry Gelatin
- Sugar Cookie
- Carrot Cake
- Lemon Icebox Square
- Pudding
- Vanilla, Chocolate
- Orange Sherbet ♥ {1}

Sugar-Free Desserts

- Vanilla Pudding {1}
- Vanilla Ice Cream {1}
- Chocolate Pudding {1}
- Orange or Strawberry Gelatin