



WILDFLOWER[®]

room service

☞ BREAKFAST ☞

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

☞ CEREAL ☞ ♥

OATMEAL (1) – CREAM OF WHEAT (1)

brown sugar and raisins are available upon request

RICE KRISPIES (1) – RAISIN BRAN (1) – CHEERIOS (1)

CORNFLAKES (1) – FROSTED FLAKES (2) – SHREDDED WHEAT (1)

2% milk or skim milk

☞ HOT ENTRÉES ☞

EGGS COOKED TO ORDER

sunny-side-up, over-easy, over-medium, scrambled, hard-cooked

OMELET

cheese, ham, mushrooms, peppers, spinach

BREAKFAST SANDWICH (2)

egg & cheese on toasted english muffin

FRENCH TOAST (1) ♥ – BUTTERMILK PANCAKES (1) ♥

served with margarine and syrup

☞ *low-cholesterol eggs are available upon request* ☞

☞ SIDES ☞

HASHBROWN POTATOES (1) ♥

BACON SLICE – SAUSAGE PATTY

☞ BAKERY ☞

DANISH – BLUEBERRY MUFFIN (2) – BAGEL (2) ♥ – GRANOLA BAR (1) ♥

WHEAT TOAST (1) ♥ – WHITE TOAST (1) ♥ – ENGLISH MUFFIN (2) ♥

☞ *butter, margarine, regular or sugar-free jelly, peanut butter, regular or light cream cheese are available upon request* ☞

☞ FRUIT & YOGURT ☞ ♥

APPLE (1) – BANANA (1) – ORANGE (1) – GRAPES (1) – FRESH FRUIT CUP (1)

PEARS (1) – PEACHES (1) – PRUNES (2) – APPLESAUCE (1)

LIGHT VANILLA YOGURT (2) – LIGHT CHERRY YOGURT (1) – LOW-FAT YOGURT PARFAIT (1)

☞ BEVERAGES ☞

COFFEE – DECAF COFFEE

DECAF TEA – HERBAL TEA

APPLE JUICE (1) – CRANBERRY JUICE (1) – ORANGE JUICE (1) – PRUNE JUICE (1)

2% MILK (1) – SKIM MILK (1) – CHOCOLATE MILK (1)

GINGER ALE – DIET GINGER ALE

CAFFEINE-FREE COLA – CAFFEINE-FREE DIET COLA

LEMON-LIME SODA – DIET LEMON-LIME SODA – ICED TEA

☞ *sugar, non-dairy creamer, sugar substitute, honey, lemon wedge and lemon juice are available upon request* ☞

♥ *Heart-healthy, reduced-fat and reduced-sodium options available*

☐☐ LUNCH & DINNER ☐☐

available 10:30 a.m. to 6:30 p.m.

☐☐ SOUPS & SALADS ☐☐ ♥

CHICKEN NOODLE (1) – CREAM OF TOMATO (1) – VEGETARIAN VEGETABLE (1)

COTTAGE CHEESE & PEACHES – GARDEN SALAD

creamy caesar, light French, light ranch, fat-free raspberry vinaigrette dressing

☐☐ COLD ENTRÉES ☐☐ ♥

CHEF'S SALAD

fresh greens, turkey, ham, cheese, tomatoes, cucumbers, onions and carrots

GARDEN SALAD WITH GRILLED CHICKEN

fresh greens, grilled chicken, cucumbers, onions, tomatoes and carrots

SEASONAL FRUIT PLATE (2)

with choice of chicken salad, tuna salad or cottage cheese

☐☐ HOT ENTRÉES ☐☐

SAVORY CHICKEN BREAST ♥

OVEN-ROASTED TURKEY & GRAVY ♥

HOME-STYLE MEATLOAF

PARMESAN-CRUSTED TILAPIA ♥

ASIAN STIR-FRY (1) ♥

chicken, vegetarian

PASTA WITH MARINARA (2) ♥ OR MEAT SAUCE (2)

BAKED MACARONI & CHEESE (2) ♥

CHICKEN AND DUMPLINGS (2) ♥

☐☐ SIDE DISHES ☐☐

BAKED MACARONI & CHEESE (1) – MASHED POTATOES & GRAVY (1) ♥

WHIPPED SWEET POTATOES (2) ♥ – STEAK FRIES (1) – BAKED POTATO CHIPS (1)

WILD RICE PILAF (1) – STEAMED RICE (1) ♥

GREEN BEANS ♥ – BROCCOLI ♥ – CARROTS ♥ – PEAS (1) ♥

DINNER ROLL (1) ♥ – GARLIC BREADSTICK (1) ♥

☐☐ DELI ☐☐

SELECT A FULL (2) OR HALF (1) SANDWICH

BREAD: WHOLE WHEAT (1) ♥ – WHITE (1) ♥ – MARBLE RYE (1) ♥

SOFT ROLL (2) ♥

MEAT: ROASTED TURKEY ♥ – SHAVED HAM – ROAST BEEF

SALAD: TUNA ♥ – CHICKEN ♥

CHEESE: AMERICAN – SWISS ♥

sandwiches garnished with lettuce and tomato

☐☐ *mustard and mayonnaise are available upon request* ☐☐

PEANUT BUTTER & JELLY (3)



☐☐ LUNCH & DINNER ☐☐

available 10:30 a.m. to 6:30 p.m.

☐☐ GRILL ☐☐

HAMBURGER (2) ♥

CHEESEBURGER (2)
American or Swiss cheese

GARDEN BURGER (2) ♥

GRILLED CHEESE (2) ♥

GRILLED CHICKEN BREAST (2) ♥

CHICKEN TENDERS (1)

sandwiches garnished with lettuce and tomato

☐☐ *Mrs. Dash®, crackers, ketchup, mustard, mayonnaise, relish, onion, barbecue sauce, sweet & sour sauce, parmesan cheese and sour cream are available upon request* ☐☐

☐☐ PERSONAL PIZZA ☐☐

MOZZARELLA CHEESE, TOMATO SAUCE AND YOUR CHOICE OF TOPPINGS:
sausage, pepperoni, mushrooms

☐☐ DESSERTS ☐☐

LEMON ITALIAN ICE (2) ♥ – CHERRY ITALIAN ICE (2) ♥

CHOCOLATE ICE CREAM (1) – VANILLA ICE CREAM (1)

REGULAR GELATIN (1) ♥ – SUGAR-FREE GELATIN ♥
lime, orange, strawberry

CAKE

angelfood (1) ♥
marble chocolate

COOKIE

vanilla wafers (1) ♥, sugar, oatmeal raisin, chocolate chip

APPLE CRISP (2) ♥

STRAWBERRY SHORTCAKE PARFAIT (1) ♥

PUDDING (1)

chocolate, vanilla

☐☐ CLEAR LIQUID DIET ☐☐

BEEF BROTH – CHICKEN BROTH – VEGETABLE BROTH

REGULAR GELATIN (1) ♥ – SUGAR-FREE GELATIN ♥
lime, orange, strawberry

COFFEE – DECAF COFFEE

DECAF TEA – HERBAL TEA

APPLE JUICE (1) – CRANBERRY JUICE (1) – ORANGE JUICE (1)

GINGER ALE – DIET GINGER ALE

CAFFEINE-FREE COLA – CAFFEINE-FREE DIET COLA

LEMON-LIME SODA – DIET LEMON-LIME SODA – ICED TEA

LEMON ITALIAN ICE (2) – CHERRY ITALIAN ICE (2)

☐☐ FULL LIQUID DIET ☐☐

☐☐ *all clear liquid items available on full liquid diet* ☐☐

2% MILK (1) – SKIM MILK (1) – CHOCOLATE MILK (1)

CREAM OF WHEAT CEREAL (1)

CREAM OF CHICKEN SOUP (1) – CREAM OF TOMATO SOUP (1)

LIGHT VANILLA YOGURT (1)

CHOCOLATE ICE CREAM (1) – VANILLA ICE CREAM (1)

CHOCOLATE PUDDING (1) – VANILLA PUDDING (1)

WILDFLOWER® is pleased to offer room service dining. Freshly prepared meals can be ordered at your convenience and delivered to your room.

How to place an order

Use the room service button on your phone or dial 1-FOOD (1-3663) any time between 6:30 a.m. and 6:30 p.m. to place your order. If you would like to schedule your meal to arrive at a specific time, let us know when you place your order. All other orders will be delivered within 45 minutes. **Please have your food selections ready when you call.**

Family members may place an order on your behalf by calling (331) 221-3663. To view our room service menu online, please visit www.emhc.org/roomservice.

Special dietary considerations

If you are on a special diet or have scheduled tests, your food selections may be limited. The WILDFLOWER® call attendant will assist you with making selections that are appropriate for your needs.

To help you meet your dietary goals, the number of carbohydrates is indicated in parentheses next to each menu item. A heart ♥ indicates that the item is heart-healthy or that a reduced-fat or reduced-sodium option is available.

For patients with diabetes

If you follow a diabetic or consistent carbohydrate meal plan, it is recommended that you eat three well-balanced meals per day. If possible, you should eat about the same time every day, approximately four hours apart.

Consistent carbohydrate intake helps with blood sugar control. Eating the same amount of carbohydrates at each meal is recommended. One carbohydrate serving equals 15 grams of carbohydrate. Monitoring blood sugars and administering medications must be timed with food intake in order to be most effective.





Guest meals

If your guest wishes to order room service, select the room service button on the phone in your room to place an order. There is a \$5 charge for breakfast and a \$10 charge for lunch or dinner, which includes an entrée, two sides, a beverage and dessert/fruit. We accept Visa, Mastercard or American Express cards as the form of payment. The WILDFLOWER® call attendant will request payment information when the order is placed.

Our promise to you

Good food is essential not only for health, but also as a source of pleasure, comfort and familiarity. Serving nutritious, tastefully presented meals with outstanding customer service is the utmost goal of our culinary and nutrition team. Please let us know if we are not exceeding your expectations.

