



Bedside Bistro

Dial **22060** to place your order
between 6:30 am and 6:30 pm each day



Evangelical Community Hospital is pleased to offer

BEDSIDE BISTRO DINING

Freshly prepared meals may be ordered at your convenience and delivered to your room.

HOW TO PLACE AN ORDER

- Dial extension **22060** from your bedside phone anytime between 6:30 am and 6:30 pm to place your order.
- If you would like to schedule your meal for a specific time, let us know when you place your order. All other orders will be delivered within 45 minutes.
- Some foods may need to be modified or restricted if your physician has prescribed a therapeutic diet, if you are undergoing certain tests, or if you have food allergies.

Nutritional Services is committed to making your stay with us as comfortable as possible. Your 100% satisfaction is our number one goal. If, for any reason, you do not find our meal service **VERY GOOD**, please call us at extension 22060.

MEAL OPTIONS FOR VISITORS

- Visit the Café (located in the main lobby) or the O'Keefe Dining Room. Hours are posted at each location and are subject to change.
- Call the Nutritional Services Call Center at 570-522-2060 (or 22060 if using a Hospital phone) for information on purchasing a meal voucher for a guest tray to be delivered to a patient's room.

BREAKFAST

CEREALS

- Oatmeal ①
- Cream of Wheat ①
- Cheerios ①
- Corn Flakes ①
- Raisin Bran ②
- Rice Chex ①
- Rice Krispies ①

BREAKFAST BREADS

- Plain Bagel: *whole* ②, *half* ①
- English Muffin ②: *white or wheat*
- Toast ①: *white or wheat*
- Blueberry Muffin ②
- Banana Bread ②

FRUIT AND YOGURT

- Fresh Fruit Salad ①:
cantaloupe, honeydew, orange, pineapple, grapes
- Banana ②
- Chilled Diced Pears ①
- Chilled Diced Peaches ①
- Greek Yogurt ①: *peach, strawberry, vanilla*
- Light Yogurt ①: *peach, blueberry, strawberry, vanilla*

MORNING SPECIALTIES

- Scrambled Eggs
- Low-Cholesterol Scrambled Eggs
- Two Hard-Boiled Eggs
- Buttermilk Pancakes: *one* ①, *two* ②
- French Toast: *one* ①, *two* ②
- Belgian Waffle: *one* ①, *two* ②

BREAKFAST SIDES

- Bacon
- Turkey Sausage
- Seasoned Breakfast Potatoes ①
- Cottage Cheese

— Create your own —

OMELET



- **Cheese:**
American, Swiss, cheddar, provolone
- **Toppings (choose up to 3):**
bacon, ham, onions, bell peppers, mushrooms, diced tomato

Cholesterol-Free Eggs also available

LUNCH & DINNER

Available 11 am–6:30 pm

Please choose one entrée per meal.

CHEF'S FAVORITES

- **Oven-Roasted Turkey Breast** with gravy
- **Seasoned Tender Roast Beef** with gravy
- **Home-Style Meatloaf** with gravy
- **Chicken Parmesan** grilled chicken breast topped with marinara sauce and provolone cheese
- **Open-Faced Hot Sandwich** ①:
Turkey or Roast Beef, with gravy

FROM THE GRILL

- **Grilled Hamburger** served on a roll ②
- **Grilled Chicken Breast Sandwich** served on a roll ②
- **Veggie Burger** served on a roll ③
- **Grilled Cheese** or **Grilled Ham and Cheese** on white or wheat bread ②
- **Classic Bacon, Lettuce, and Tomato** on white toast ②

Available upon request:

lettuce, tomato, onion, cheddar cheese, American cheese, Swiss cheese, provolone cheese, pickle, ketchup, mustard, relish, regular or low-fat mayonnaise

— Create your own — ENTRÉE



CHOOSE ONE:

- grilled chicken breast
- broiled salmon
- broiled cod

CHOICE OF SAUCE:

- sweet bourbon ①
- BBQ ①
- creamy Italian
- buttered garlic and herb
- chicken gravy

— Create your own — CARB CUISINE



CHOOSE ONE:

- rotini pasta ②
- quinoa and brown rice blend ②

CHOOSE ADDITIONS:

- | • Protein | • Vegetable | • Sauce |
|-----------------------|-------------------|----------------------------|
| - grilled chicken | - green beans | - marinara |
| - broiled salmon | - carrots | - alfredo |
| - broiled cod | - corn | - tomato cream |
| - roasted chickpeas ① | - vegetable blend | - buttered garlic and herb |

ON THE SIDE

- Small Tossed Salad with choice of dressing
- Whipped Potatoes ① with gravy
- Oven Roasted Potatoes ①
- Green Beans
- Baby Carrots
- Sweet Corn ①
- Vegetable Blend: broccoli, cauliflower, carrots
- Quinoa and Brown Rice Blend ①
- Macaroni and Cheese ①
- Rotini Pasta ① with choice of butter, marinara, or alfredo
- Dinner Roll ①
- Applesauce ①
- Cottage Cheese
- Baked Chips ①

SOUPS

- Homestyle Chicken Noodle Soup ①
- Cream of Tomato Soup ①
- Garden Vegetable Soup ①

CARBOHYDRATES CHOICE KEY

- ① = 15 grams Carbohydrates
- ② = 30 grams Carbohydrates
- ③ = 45 grams Carbohydrates

— Create your own — SANDWICH



Whole (2) or Half (1) sandwiches available

- **Protein:**
turkey breast, ham, tuna salad, chicken salad, egg salad, bacon, peanut butter and jelly
- **Cheese:**
American, Swiss, provolone, cheddar
- **Bread:**
white or wheat

Available upon request:

lettuce, tomato, onion, pickle, ketchup, mustard, relish, regular or low-fat mayonnaise

ENTRÉE SALADS

- **Chef Salad**
fresh greens with turkey, ham, cheddar cheese, egg, tomato, carrot, broccoli, and cucumber
- **Harvest Salad**
fresh greens with diced apples, grapes, dried cranberries, and toasted walnuts, served with raspberry vinaigrette (2), with choice of: grilled chicken breast or broiled salmon
- **Garden Fresh Salad**
fresh greens with cheddar cheese, tomato, carrot, broccoli, and cucumber, with choice of: grilled chicken breast or broiled salmon

Choice of Dressings:

Italian, French (fat free), ranch (regular or fat free), 1000 Island, raspberry vinaigrette (1), oil and red wine vinegar

DESSERTS

- Fresh Fruit Salad (1):
cantaloupe, honeydew, orange, pineapple, grapes
- Chilled Applesauce (1)
- Chilled Diced Pears (1)
- Chilled Diced Peaches (1)
- Warm Apple Crisp (3)
- Chocolate Chip Cookie (1)
- Lorna Doone Cookies (1)
- Blueberry Muffin (2)
- Banana Bread (2)
- Jell-O: *regular (2) or sugar-free, strawberry or orange*
- Popsicle (1): *cherry or blue raspberry*
- Pudding (1): *vanilla or chocolate*
- Sugar-Free Pudding (1): *vanilla or chocolate*
- Ice Cream (1): *vanilla or chocolate*
- Sherbet (2): *orange or raspberry*

BEVERAGES

- **Coffee:** Regular, Decaf
- **Tea:** Regular, Decaf, Chamomile, Mint, Fresh-Brewed Unsweetened Iced
- **Hot Chocolate:** Regular (1), Sugar-Free (1)
- **Milk:** Skim (1), 2% (1), Whole (1), Chocolate (2), Lactaid (1), Vanilla Almond Milk (1), Soy Milk (*vanilla (1) or chocolate (2)*)
- **Juice:** Orange (1), Apple (1), Grape (1), Cranberry (1), Prune (1), Low Sodium V-8
- **Soda:** Pepsi (2), Diet Pepsi, Lemon Lime (2), Diet Lemon Lime, Ginger Ale (1), Diet Ginger Ale

ACCOMPANIMENTS

- Brown Sugar (1)
- Butter
- Crackers (1)
- Cream Cheese:
regular or light
- Creamer
- Honey (1)
- Jelly: *regular or sugar-free*
- Ketchup
- Lemon Packet
- Maple Syrup:
regular (2) or sugar-free
- Margarine
- Mayonnaise:
regular or low-fat
- Mrs. Dash
- Mustard
- Peanut Butter
- Pickles
- Raisins (1)
- Relish
- Sour Cream
- Splenda
- Sugar
- Tartar Sauce

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