




# Breakfast

(Available all day)

## Cereal ♥

- Cream of Wheat (1)
- Oatmeal (1)
- Honey Nut Cheerios® (1.5)
- Rice Chex™ (1.5)
- Corn Flakes (1)
- Raisin Bran® (2)
- Cheerios® (1.5)

## Hot Breakfast Entrées




- Two Eggs, any Style (One egg available on request)
- Biscuits & Gravy (2.5) 
- Two Pancakes (2)
- French Toast (2)
- Breakfast Sandwich: Egg & Cheese w/ choice of Meat (2) 
- Breakfast Burrito: Egg, Cheese, Potato w/ choice of Meat (2)   
Meat choices: Bacon, Sausage, Turkey Sausage, Ham)

## The Omelet Station

Choose from the following:

- Cheese
- Ham & Cheese 
- Ham, Cheese & Veggie 
- Veggie & Cheese
- Veggie ♥

## On the Side

- Two Bacon Strips 
- Sausage Patty 
- Turkey Sausage Patty 
- Shredded Hash Browns (1.5) ♥

## Breakfast Bakery

- Bagel (2) ♥ 
- Biscuit (2) 
- English Muffin (1.5) ♥
- Blueberry Muffin (2)
- Banana Nut Muffin (2)
- Wheat or White Toast (1) ♥
- Gluten-Free Blueberry Muffin (2)
- Gluten-Free Bread (2 Slices) (3) ♥ 




## Fruits & Yogurt ♥

- Applesauce (1)
- Banana (1)
- Chilled Mandarin Oranges (1)
- Chilled Peaches (1)
- Chilled Pears (1)
- Fresh Apple Slices (1)
- Fresh Cut Fruit Cup (1)
- Fresh Orange Wedges (1)
- Greek Vanilla Yogurt (1)
- Lite Peach Yogurt (1)
- Lite Strawberry Yogurt (1)
- Red Grapes (1)

# Beverages



- 2% Milk (1)
- 1% Milk (1) ♥
- Whole Milk (1)
- Low-Fat Chocolate Milk (2)
- Almond Milk (1)
- Orange Juice (1.5)
- Apple Juice (1.5)
- Cranberry Juice (1.5)
- V8® (.5)
- Crystal Light
- Lemonade (1.5)
- Raspberry Lemonade (2)
- Coca-Cola® (2)
- Ginger Ale (2)
- Lemon-Lime Soda (1.5)
- Root Beer (2.5)
- Diet Coke®
- Diet Ginger Ale
- Diet Lemon-Lime Soda
- Diet Root Beer
- Flavored Water: Strawberry-Kiwi
- Hot Chocolate (1.5)
- Sugar Free Hot Chocolate (1)
- Coffee
- Decaf Coffee
- Hot Tea (Black)
- Decaf Hot Tea (Black)
- Hot Green Tea
- Iced Tea
- Herbal Teas (Caffeine Free):
  - Hot Apple Cinnamon Tea
  - Hot Chamomile Tea
  - Hot Mint Tea

## Clear Liquid







- Chicken Broth 
- Vegetable Broth 
- Beef Broth 
- Apple Juice (1.5)
- Cranberry Juice (1.5)
- Italian Ice (1) ♥
- Sugar Free Gelatin (Orange or Berry)
- Gelatin (Orange or Berry) (1)
- All Coffee, Teas & Iced Teas

## Full Liquid

All Clear Liquid Items Plus

- Any Beverage
- Cream of Wheat (1) ♥
- Oatmeal (1) ♥
- Tomato Basil Soup (1)
- Blended Potato Soup (1) 
- Blended Chicken Noodle Soup (.5) 
- Mousse (Chocolate or Cheesecake) (.5)
- Ice Cream (Chocolate or Vanilla) (1)
- Orange Sherbet (2) ♥
- Egg Custard (1.5)
- Greek Vanilla Yogurt (1) ♥

## Condiments

- Salt 
- Lawry's® Salt Free Seasoning ♥
- Mrs. Dash® Salt Free Seasoning ♥
- Pepper ♥
- Barbecue Sauce (1) 
- Ketchup
- Mayonnaise
- Light Mayonnaise 
- Mustard
- Honey Mustard (.5) 
- Parmesan Cheese
- Lemon Juice
- Lemon Wedge
- Sour Cream
- Soy Sauce 
- Tartar Sauce 
- Brown Sugar (1)
- Honey (1)
- Equal®
- Sweet & Low
- Splenda®
- Sugar
- Butter
- Margarine
- Cream Cheese
- Light Cream Cheese
- Strawberry Jelly (.5)
- Grape Jelly (.5)
- Diet Berry Jelly
- Diet Grape Jelly
- Syrup (2)
- Diet Syrup
- Graham Crackers (1)
- Saltines (.5)
- Half & Half
- Nondairy Creamer ♥
- Peanut Butter
- Raisins (2)

# Room Service Dining

From hospital room phones dial 1552  
On outside lines call 928-263-3663 (FOOD)



KINGMAN REGIONAL MEDICAL CENTER



# Welcome to Room Service

TO ORDER FROM THIS MENU, PLEASE CALL THE KPMC DIET OFFICE

Dial 1552 from your room phone or call: 928-263-FOOD (3663)

Good food is an important part of your treatment and recovery. As part of your hospital stay, you may order nutritious, great-tasting meals and snacks from this menu at any time between 6:30 a.m. and 6:30 p.m. Breakfast is available all day, lunch and dinner items are available from 11:45 a.m. to 6:30 p.m. Your meal will be delivered to your room within 45 minutes of placing your order.

There is no direct charge for your order. As part of your overall care, your food is included in the standard rate for your hospital room.

## Special Diet Considerations

As a patient at KPMC, your doctor will inform the KPMC Diet Office of any special dietary restrictions for your condition. When you place an order for a meal or snack, we will ensure that it complies with your doctor's orders. If it doesn't, our Diet Office will assist you in making appropriate choices.

## Nutritional Guide

To assist you in your meal choices, our menu indicates certain nutrition information:

- The number of carbohydrate servings for the menu item is indicated in parenthesis ( ). This can be important if you are diabetic and need to manage your blood sugar. The average diabetic diet should not exceed 3.5 to 4.5 carbohydrate servings per meal.
- Heart healthy items are shown with a: ♥
- Items high in salt are shown with a: S

## Questions about your diet?

Our registered dietitians are available to meet with you to discuss your physician-prescribed diet. Please notify your nurse or call the KPMC Diet Office directly if you have questions about your diet or if you would like to discuss any other dietary needs or preferences.

Your meal satisfaction is very important to all of us. If the temperature or quality of your meal is unsatisfactory, please contact the KPMC Diet Office so we may correct the situation.

# Lunch & Dinner

(Available 11:45 a.m. to 6:30 p.m.)

## Soups

- Chicken Noodle Soup (.5) S
- Tomato Basil Soup (1)
- Potato Leek Soup (1) S
- Broths S
- Vegetable Soup (1) S

## Entrée Salad Plates ♥

- Chef Salad (.5)
- Cottage Cheese & Fresh Fruit Plate (2) S
- Garden Salad with Grilled Chicken (.5)
- Hummus Vegetable Plate (3) S
- Tuna or Chicken Salad S with a side of Fresh Fruit (2) or Garden Greens (1)

## Salad Dressings

French S, Ranch S, Italian S, 1000 Island S, Raspberry Vinaigrette S (.5), Olive Oil & Vinegar ♥

## Deli Favorites

- BLT (2) S
- Chicken Salad Sandwich (2) ♥ S
- Egg Salad Sandwich (2) S
- Tuna Salad Sandwich (2) ♥ S
- Ham Sandwich (2) S
- Turkey Club Sandwich (2) S
- Hummus Vegetable Wrap (2) S
- Creamy Peanut Butter and Jelly Sandwich (3) or Diet Jelly (2.5)
- Turkey Sandwich (2) ♥ S

Choice of Sandwich Breads: Whole Wheat ♥, White, Tortilla Wrap S, Rye

## From Our Grill

- Hamburger (2)
- Cheeseburger (2) S
- Garden Burger (3) S
- Chicken Breast (2) ♥
- Grilled Ham & Cheese (2) S
- Grilled Cheese (2) S
- Crispy Fish Sandwich (2) ♥
- Chicken Tenders (1) S
- Grilled Turkey & Cheese (2) S
- BBQ Pulled Pork Sandwich (2) S
- Open Face Roast Beef or Turkey Sandwich (1)
- Cheese Quesadilla (add Chicken, Pulled Pork or Vegetables) (1.5) S

Our Deli and Grill items are served with Lettuce & Tomato.

Pickle & Onion are available on request along with your choice of: American S, Swiss, Cheddar, or Pepper Jack cheese

## Entrées

- Asian Vegetable Stir Fry with Rice (2.5) (add Chicken (2)) ♥
- Crumb Crusted Cod with Lemon Sauce ♥
- Crumb Coated Baked Chicken Breast & Gravy (0.5) ♥
- Macaroni & Cheese (3) S
- Oven Roasted Turkey Breast & Gravy ♥
- Penne Pasta with Marinara (3) or Alfredo Sauce (2.5) (add Crumb Coated Baked Chicken) (3)
- Pot Roast with Gravy ♥
- Pulled Pork with BBQ Sauce (.5) or Gravy

## Pizza

7" (1/2 portion available) Personal Pizza with Your Choice of Toppings (4.5) S Cheese, Pepperoni, Vegetables

## Side Dishes ♥

- Baby Carrots (.5)
- Baked Potato Chips (1.5)
- Broccoli
- Cottage Cheese S
- Dinner Roll (1.5)
- Green Beans
- Hot Gravy
- Rice (1)
- Macaroni & Cheese (1.5) S
- Mashed Potatoes & Gravy (1)
- Potato Wedges (1)
- Pretzels (1.5) S
- Roasted Vegetables
- Roasted Red Potatoes (1)
- Side Garden Salad
- Sweet Corn (1)
- Side Grilled Chicken Salad (.5)
- Side Penne Pasta with Marinara (1.5), Alfredo (1) or Oil (1)
- String Cheese
- Veggie Snack

## Desserts

- Fresh Fruit Cup (1) ♥
- Chocolate Chip Cookie (1.5)
- Sugar Cookie (1.5)
- Apple Crisp (2) ♥
- Chocolate Cupcake (1.5)
- Vanilla Cupcake (1.5)
- Vanilla Ice Cream (1)
- Chocolate Ice Cream (1)
- Egg Custard (1.5)
- Orange Sherbet (2) ♥
- Lemon Italian Ice (1) ♥
- Watermelon Italian Ice (1) ♥
- Orange Italian Ice (1) ♥
- Rainbow Italian Ice (1) ♥
- Cheesecake Mousse (.5) ♥
- Chocolate Mousse (.5) ♥
- Pumpkin Cheesecake Mousse (.5) ♥
- Orange Gelatin (1) ♥
- Gelatin Sugar-free ♥
- Strawberry Gelatin (1) ♥
- Vanilla Wafer Cookies (1)