To Place Your Order:
1. Dial 1234 from your bedside phone between 7 am and 7 pm. Your family may call from outside the hospital at 202-476-1234 to order a meal for you.
2. Our Nutrition Operators will confirm your name, room number, last four digits of your medical record number, diet order, and any food allergies/preferences you may have.
3. Your meal is prepared and delivered within 45 minutes by our wait staff.

**Desserts**
- Assorted Fruit: Apple, Oranges, Banana, Fresh Fruit Cup, Applesauce
- Ice Cream: Chocolate, Vanilla
- Pudding: Chocolate, Vanilla
- Shortbread Cookies
- Chocolate Chip Cookie
- Gelatin Cubes
- Popsicle

**Beverages**
- Juice: Cranberry, Apple, Orange
- Milk: Whole, 2%, Skim, Soy, Lowfat Chocolate, Lactose-Free
- Assorted Fruit: Apple, Oranges, Banana, Fresh Fruit Cup, Applesauce
- Ice Cream: Chocolate, Vanilla
- Pudding: Chocolate, Vanilla
- Shortbread Cookies
- Chocolate Chip Cookie
- Gelatin Cubes
- Popsicle
**Breakfast Selections**
(available all day)

**Entrees**
- Blueberry Pancakes
- Pancakes
- Cinnamon French Toast

Eggs to Order: (Egg Whites Available):
- Scrambled, Hard Boiled, Create Your Own Omelet

Egg Toppings: Chopped Spinach, Cheddar Cheese, Bacon, Onions, Mushrooms, Tomatoes, Green Bell Peppers, Ham

**Sides**
- Turkey Bacon, Bacon, Turkey Sausage Patty, Hash Brown Potato Patty

**Hot Cereals**
- Grits, Cream of Wheat, Oatmeal

**Toppings**
- Brown Sugar, Dried Cranberries, Raisins, Cinnamon

**Cold Cereals**
- Cheerios, Cornflakes, Rice Krispies, Rice Chex, Granola with Raisins

**Bake Shoppe**
- Mini Bagel
  - Toast: White, Whole Grain
  - Muffins: Blueberry, Corn

**Yogurts**
- Light: Blueberry, Vanilla
  - Regular: Raspberry, Peach, Strawberry

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**Lunch & Dinner**

**Lunch**
(10:30 am - 3:00 pm)

*all lunch specials are served with a garden salad and a fresh fruit cup.*

**Sunday**
Roast Turkey with Gravy, Fresh Green Beans with Mashed Potatoes

**Monday**
BBQ Chicken Sandwich, Steamed Broccoli

**Tuesday**
Baked Drumsticks, Vegetable Medley with Mashed Potatoes

**Wednesday**
Sloppy Joe Sandwich, Coleslaw

**Thursday**
Chicken of Vegetable Stir-Fry Vegetarian Egg Roll

**Friday**
Beef or Chicken Fajita, Steamed Carrots, Steamed Rice

**Saturday**
Turkey Burger or Hamburger, Baked French Fries, Carrot & Celery Sticks

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**Dinner**
(3:00 pm - 7:00 pm)

*all dinner specials are served with a mixed greens salad and a piece of fresh fruit.*

**Sunday**
Beef Lasagna, Steamed Carrots

**Monday**
Chicken Pot Pie, Fresh Green Beans

**Tuesday**
Spaghetti with Meatballs, Steamed Broccoli

**Wednesday**
Rotisserie Chicken, Fresh Green Beans, Mashed Potatoes

**Thursday**
Meatloaf with Gravy, Steamed Carrots, Roasted Potatoes

**Friday**
Crunchy Baked Fish, Fresh Green Beans, Baked French Fries

**Saturday**
Chicken Taco, Vegetable Medley, Spanish Rice

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**Entrees**
- Spaghetti Noodles
  - Marinara Sauce optional
- Chicken Quesadilla
- Pepperoni Pizza
- Grilled Cheese Sandwich
- Hamburger on Bun
- Chicken Caesar Salad
- Chef Salad

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**Make Your Own Sandwich**

- Turkey Breast
- Ham
- Chicken Salad

Cheese: American, Pepper Jack, Cheddar, Provolone

Bread: Whole Grain, Focaccia, White

Toppings: Lettuce, Tomato, Pickle

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**Sides**

**Vegetables:** Fresh Green Beans, Vegetable Medley, Garden Salad, Mixed Green Salad, Steamed Carrots, Steamed Broccoli

**Starches:** White Rice, Baked Potato, Mashed Potatoes (gravy optional), Wheat Dinner Roll, Baked French Fries

**Broths:** Chicken, Beef, Vegetable

**Soups:** Chicken Noodle, Tomato

**Salad Dressings:** Caesar, French, Italian, Ranch

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**Snacks**

- Cottage cheese (with peaches optional)
  - Hummus and Pretzels
- Graham Crackers
- Saltine Crackers
- Goldfish Crackers
- Celery Sticks with Peanut Butter
- Baked Potato Chips
- Cheese and Grapes