

Room Service Dining

To place an order dial "FOOD" (3663) between 7:00 am and 6:30 pm



Halifax Regional
Hospital

"Helping Make Life Better"

**AT YOUR
REQUEST**
Room Service Dining®

Menu

Breakfast Entrees

Available All Day

Entrees

Buttermilk Pancakes
French Toast, Hard Boiled Egg
Scrambled Eggs
Low-Cholesterol Scrambled Eggs
Sausage Gravy & Biscuit
Omelet, Low-Cholesterol Omelet
(Cheese, Ham, Mushrooms)

Sides

Bacon, Hash Browns
Sausage Patty

Cereal

Grits, Oatmeal, Cream of Wheat
Cheerios, Corn Flakes
Frosted Flakes, Raisin Bran
Rice Krispies, Fruit Loops
Puffed Wheat, Shredded Wheat
Lowfat Granola with Raisins

Breads

Bagel, Biscuit
Blueberry Muffin
Apple Cinnamon Muffin
English Muffin
Toast (*White, Wheat*)
Danish

Fresh Fruits

Orange Wedges, Banana, Grapes
Fresh Fruit Cup

Soft Fruits

Canned Peaches, Canned Pears
Canned Fruit Cocktail
Applesauce
Low Fat Fruited Yogurt

Beverages

Coffee*, Hot Tea*, Iced Tea*
Hot Chocolate
Sugar Free Hot Chocolate
**Decaffeinated Available*

Juice

Apple, Cranberry, Grape
Orange, Prune

Soda

Sierra Mist, Ginger Ale, Diet Ginger Ale
Diet Lemon Lime, Mountain Dew
Dr. Pepper, Pepsi, Diet Pepsi

Milk

Whole, Reduced Fat, Fat Free
Chocolate

Deli Bar

Create Your Own Sandwich

Deli Meats

Turkey Breast, Baked Ham, Roast Beef

Cheeses

American, Cheddar, Swiss

Spreads

Tuna Salad, Chicken Salad
Peanut Butters & Jelly

Breads

Wheat, White, Tortilla Wrap
Hoagie Roll, Deli Rye

Extras

Pretzels, Chips, Baked Chips

*If your physician has prescribed a special diet, some items may not be available.
We will gladly assist you during your order.*

Menu

Entrée

Please Choose One Entrée, Grill, or Deli Bar Item

Baked Fish
Chicken (*Baked or Fried*)
Hot Roast Beef
Oven Roasted Turkey
Meatloaf
Spaghetti (*Meat Sauce or Marinara*)
Stir Fry (*Chicken, Beef or Veggie*)
Chef Salad
Cottage Cheese & Fruit Plate
Grilled Chicken Caesar Salad

From the Grill

Cheeseburger
Hamburger
Veggie Burger
Bacon, Lettuce, and Tomato Sandwich
Grilled Cheese
Grilled Chicken Sandwich
Fried Fish Sandwich
Hot Dog
Chicken Tenders
Pizza (*Cheese, Pepperoni or Vegetarian*)

Sides

Mashed Potatoes
French Fries
Buttered Noodles
Steamed White Rice
Carrots
Macaroni & Cheese
Green Beans
Green Peas
Zucchini
Turnip Greens
Pinto Beans
Cornbread Dressing

Soups

Ask About Our featured Soup of the Day

Beef Broth *, Chicken Broth *
Vegetable Broth, Chicken Noodle*
Tomato*, Garden Vegetable*
** Available in Low Sodium*

Salads

Assorted Salad Dressings Available

Tossed House Salad, Coleslaw
Potato Salad, Three Bean Salad
Cottage Cheese

Bread Basket

Crackers, Cornbread, Dinner Roll

Desserts

Ask About Our Low Fat, Reduced Sugar Choices

Angel Food Cake, Chocolate Cake
Carrot Cake, Apple Pie, Cherry Pie
Brownie, Chocolate Chip Cookie
Oatmeal Raisin Cookie
Sugar Cookie, Vanilla Wafers,
Gelatin Cubes, Popsicle
Fruit Ice, Pudding, Ice Cream

Features of the Day

As you are making your selections, please inquire about our Featured Meals of the Day.

Diets for Special Situations

Easy to Chew & Swallow Foods

The following items are available if your physician has ordered a pureed diet or if you need very soft, easy to swallow foods.

Pureed Entrees

Chicken
Fish
Pork
Turkey
Beef

Pureed Sides

Carrots, Peas, Broccoli, Green Beans
Corn, Mashed Potatoes

Pureed Fruits

Peaches, Pears, Mixed Berry
Pineapple, Fruited Yogurt

Pureed Soups

Chicken Noodle, Garden Vegetable
Tomato

Desserts

Pudding, Ice Cream
Fruit Ice, Gelatin Cubes

Clear & Full Liquid Diets

Your physician may temporarily place you on a liquid diet. Please choose from the following items for your selections.

Clear Liquid Choices

Broth

Beef, Chicken, Vegetable

Juice

Apple, Cranberry, Grape

Gelatin Cubes, Tea, Coffee
Assorted Sodas, Popsicle, Fruit Ice

Full Liquid Choices

All items allowed on Clear Liquid Diet, plus:

Blended Soup, Cream of Wheat,
Grits, Pudding, Ice Cream, Milk,
Health Shake



Taking Hospital Food to a Whole New Level!

Halifax Regional Hospital is committed to delivering the best service possible and making sure you are very satisfied during your stay. With this goal in mind, we are proud to present “At Your Request Room Service Dining®.” This innovative program is designed with you in mind. Order the meals you want, when you want them. Enjoy your meal!

Ordering Information

Step 1: Dial “FOOD” (extension 3663) between 7:00 am and 6:30 pm to place your order with a room service representative.

Step 2: Our room service representative will verify your room number and the diet ordered by your physician.

Step 3: Your meal is prepared and delivered to your room within 45 minutes.

Delivery Time: If you would like to have your meal delivered at a specific time, simply inform the room service representative at the time of your order. For your convenience you may order up to three meals at a time.

Take Home Menu: Family members may order meals for a patient from outside the hospital. Please request a “Take Home Menu” from the nurse’s station.

Special Situations: If your physician has prescribed a special diet, some items may not be available. We will gladly assist you during your order.

If you are on a DIABETIC DIET, please discuss your meal times with your nurse so that you may receive your blood glucose tests and medication in a timely manner.

Guest Meals: If your guest wishes to order a room service meal, please purchase a voucher from our cafeteria during regular operating hours (6:30 am - 8:30 am; 11:30 am - 2:00 pm; and 5:00 pm - 6:30 pm) or from the Wishing Well Gift Shop. Once the voucher has been purchased, dial extension 3663 to place your order. You will be asked to provide the voucher number. When the meal arrives, your voucher will be collected.

Prices: Breakfast - \$5.00 (*Entree, two side orders, juice and beverage*)
Lunch/Dinner - \$5.00 (*Entree, two side orders, beverage, and dessert*)

Your Guide to Daily Food Choices

When it comes to feeling good and being fit, eating right makes all the difference in the world. That's why we've included the 2005 Dietary Guidelines for Americans. In these guidelines you'll find suggestions for the types and amounts of foods you should eat each day. When you pick from each food group over the course of the day, you're sure to get all the nutrients you need proper health.

Focus on fruits. Eat a variety of fruits-fresh, frozen, canned, or dried-rather than fruit juice for most of your fruit choices. For a 2,000 calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and ¼ cup dried apricots or peaches).

Vary your veggies. Eat more dark green vegetables, such as broccoli, kale, and other dark leafy greens; orange vegetables, such as carrots, sweet potatoes, pumpkin, and winter squash; and dried beans and peas, such as pinto beans, split peas, and lentils.

Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk-or an equivalent amount of low-fat yogurt and/or low-fat cheese (1-1/2 ounces of cheese equals one cup of milk)-every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.

Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices-with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salts, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Source: U.S. Department of Health and Human Services; U.S. Department of Agriculture.

Important Telephone Numbers:

Cardiopulmonary Rehabilitation	517-3846	Nutritional Services	517-3184
Chaplain Services	517-3100	Room Service Menu Line	517-3663
Diabetes Education	517-3212	Security	517-3100
Discharge Planning	517-3823	Social Services	517-3422
Guest Relations	517-3318	Volunteer Services	517-3133
Housekeeping	517-3175	Wishing Well Gift Shop	517-3295
Patient Financial Services	517-3190		

