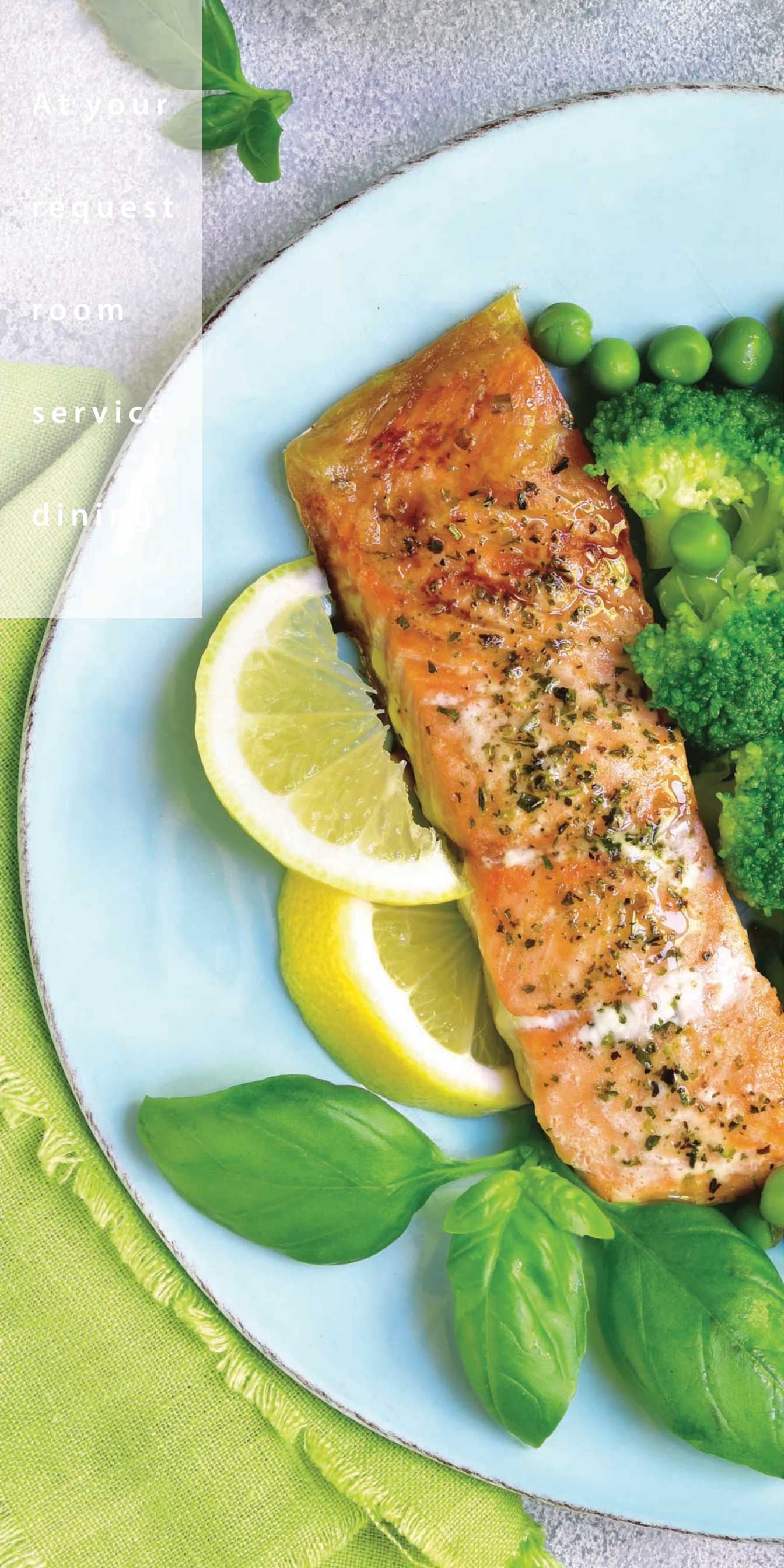


At your
request
room
service
dining





At Your Request Room Service Dining®

5:30 a.m. – 7 p.m.

To place your order, call extension **34000**.

Menu subject to change.

Nutrient values are a close approximation.

UT Southwestern offers **At Your Request Room Service Dining®**, the next generation in hospital food, designed with you in mind. Order the food you want, when you want it. Smaller portions and condiments are available upon request.

Place your order by dialing 34000 any time between 5:30 a.m. and 7 p.m.

Meals can be pre-ordered at any time during call center hours.

Your physician might restrict your food choices to help your recovery.

If you are on a modified or restricted diet,

our room service associates will help you with your selection.

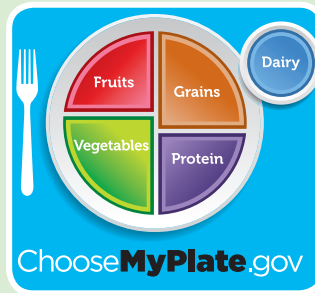
If you would like to order meals for a visitor, Guest Tray certificates may be purchased from the cashier in the cafeteria. Please ask your room service associate for details.

We at UT Southwestern want all of our patients to feel completely satisfied with each meal. Please let your room service associate know your preferences and how we can help satisfy all of your food service needs.

Build a Healthy Plate

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Cut back on foods high in solid fats, added sugars, and salt.
- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy – it all adds up.
- Enjoy your food, but eat less.
- Be physically active your way.

www.myplate.gov



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DVs)

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

Breakfast



Morning Fare

Eggs 🌾🍷❤️ 1g — Bacon, Egg, and Cheese Croissant 26g

Egg, Sausage, and Cheese Burrito 36g

Bacon 🌾 0g — Natural Turkey Bacon 🌾🍷❤️ 0g — Pork Sausage Patty 🌾 0g

Chicken Sausage 🌾🍷❤️ 0g — Veggie Sausage Patty 🍷❤️ 4g — Buttermilk Pancakes 🌾🍷❤️ 33g

Whole-Wheat Pancakes 🍷❤️ 41g — Whole-Wheat French Toast 🍷❤️ 33g — French Toast 🍷❤️ 16g

Omelet 🌾🍷❤️ 1g — Omelet (Egg Substitute) 🌾🍷❤️ 1g (*Choose from: Bacon, Sausage, Ham, Turkey Bacon, Shredded Mozzarella Cheese, Mushroom, Tomato, Onion, Bell Pepper, Spinach*)

Biscuit w/ Turkey Sausage Gravy 37g — Oven-Roasted Potato Wedges 🌾🍷❤️ 15g

Hot Cereals

Cream of Rice® 🌾🍷❤️ 39g — Grits 🌾🍷❤️ 35g — Oatmeal 🍷❤️ 33g

Cream of Wheat® 🍷❤️ 23g

Cold Cereals

Rice Chex® 🌾🍷❤️ 17g — Frosted Flakes® 🍷❤️ 26g — Raisin Bran® 🍷❤️ 28g

Cheerios® 🌾🍷❤️ 14g — Rice Krispies® 🍷❤️ 16g — Froot Loops® 🍷❤️ 18g

Fruit

Apple 🌾🍷❤️ 19g — Banana 🌾🍷❤️ 23g — Red Grapes 🌾🍷❤️ 14g — Fresh Orange 🌾🍷❤️ 16g

Seasonal Fruit Cup 🌾🍷❤️ 12g — Fruit Cocktail 🌾🍷❤️ 14g — Applesauce 🌾🍷❤️ 15g

Sliced Peaches 🌾🍷❤️ 15g — Pear Halves 🌾🍷❤️ 18g — Pineapple Chunks 🌾🍷❤️ 17g

Yogurt

Assorted Yogurt 🌾🍷❤️ 13-17g — Assorted Greek Yogurt 🌾🍷❤️ 13-15g

Breads & Bakery

Plain Bagel 42g — Sliced Wheat Bagel 60g — Cinnamon Roll 🍷❤️ 17g

Muffins — Whole-Wheat English Muffin 🍷❤️ 23g — English Muffin 🍷❤️ 25g

Nutty Banana Muffin 🍷❤️ 18g — Blueberry Muffin 🍷❤️ 18g

Cranberry Orange Muffin 🍷❤️ 17g — Biscuit 25g — Assorted Gluten-Free Bread 🌾🍷❤️

Lunch & Dinner Entrées



Entrées

Herb Baked Chicken Breast 🌾🍷 0g — Herb Rubbed Salmon 🌾🍷 4g
Homestyle Pot Roast 🍷 2g — Farmer's Salisbury Steak 🍷 10g — Crispy Baked White Fish 🍷 20g
Herb Grilled White Fish 🌾🍷 2g — Roasted Turkey Breast 🌾🍷 0g — Pulled BBQ Turkey 🌾🍷 5g
Meatballs and Whole-Wheat Pasta 🍷 46g — Spaghetti Marinara 🍷 47g
Spinach Fettuccini w/ Tomato Basil Sauce 🍷 47g — Macaroni & Cheese (Entrée Portion) 🍷 37g
Mediterranean Balsamic Chicken w/Lentils 🌾🍷 28g — Mediterranean Baked Salmon 🌾🍷 5g
Asian Stir Fry (Chicken, Vegetable, or Tofu) 11-24g — Seasoned Lentils w/ Vegetables 🌾🍷 37g
Quesadilla (Chicken, Cheese, or Vegetable) 15-18g — Taco (Beef or Chicken) 16-17g
Personal Pan Pizza (Pepperoni, Cheese, or Sausage) 77-81g

Grill

Hamburger 🍷 27g — Turkey Burger 28g — Baked Chicken Tenders 27g
Grilled Cheese 28g — Philly Cheese Sandwich 36g — Veggie Burger on Whole-Wheat Bun 44g
Balsamic Grilled Eggplant 🌾🍷 2g

Sauces

Marinara 🌾🍷 3g — Cream Gravy 🌾 6g — Brown Gravy 🍷 4g — Poultry Gravy 🍷 3g

Side Dishes

Asparagus 🌾🍷 3g — Roasted Cauliflower 🌾 5g — Broccoli 🌾🍷 4g
Frijoles Charros 🌾 23g — Sliced Carrots 🌾🍷 7g — Spinach 🌾🍷 3g
Corn 🌾🍷 18g — Green Beans 🌾🍷 7g — Green Peas 🌾🍷 14g
Steamed White Rice 🌾🍷 22g — Macaroni & Cheese 🍷 23g — Mashed Potatoes 🌾🍷 22g
Oven-Roasted Potato Wedges 🌾🍷 15g — Baked French Fries 23g
Baked Potato 31g — Baked Sweet Potato 🌾🍷 28g — Brown Rice 🍷 20g
Spaghetti 🍷 33g — Penne 🍷 32g — Spinach Fettucine 🍷 31g — Lentil Pasta 🌾🍷 49g

Breads & Bakery

Wheat Roll 🍷 13g — White Roll 🍷 13g — Corn Muffin 🍷 22g

Complements

Baked Potato Chips 🌾🍷 25g — Potato Chips 🌾 15g
Crackers 5g — Graham Crackers 🍷 17g

Soups & More



Soup

Tomato 16g — Cream of Potato 18g — Cream of Chicken 9g
Homestyle Chicken Noodle 12g — Low-Sodium Chicken Noodle 🍷❤️ 12g
Garden Vegetable 12g — Low-Sodium Garden Vegetable 🍷❤️ 8g — Beef Broth 🍷🍷❤️ 3g
Chicken Broth 🍷❤️ 3g — Vegetable Broth 🍷❤️ 3g — *Soup of the Day*

Sandwiches & Wraps

Create Your Own Sandwich

Roast Beef 🍷❤️ 1g — Turkey Breast 🍷❤️ 1g — Ham 🍷 1g — Chicken Salad 🍷 4g
Egg Salad 🍷❤️ 4g — Tuna Salad 🍷 6g — Peanut Butter 🍷🍷 5g — Jelly (Regular or Diet) 1-10g
Red Pepper Hummus & Tabbouleh Wrap 99g
Breads — White Bread 🍷❤️ 28g — Whole-Wheat Bread 🍷❤️ 26g — Assorted Gluten-Free Bread 🍷 23g
Croissant 34g — Whole-Grain Tortilla 🍷❤️ 25g — 6" Flour Tortilla 🍷❤️ 16g
Cheeses — American 🍷 1g — Provolone 🍷 1g — Cheddar 🍷❤️ 1g — Swiss 🍷🍷 1g

Extras

Lettuce 🍷❤️ 1g — Tomato 🍷❤️ 1g — Onion Slices 🍷❤️ 3g
Dill Pickle Spear 🍷 2g — Pickle Slices 🍷 1g

Salads

Entrée Salads

Chef Salad 🍷 8g — Grilled Chicken Salad 🍷❤️ 8g — Strawberry Spinach Salad 🍷🍷❤️ 39g
Fresh Fruit Platter 🍷❤️ 44g — Southwestern Chicken Tortilla Salad 🍷❤️ 27g
Cobb Salad 🍷 13g

Side Salads

Garden Salad 🍷❤️ 2g — Coleslaw 🍷❤️ 8g — Mixed Green Salad 🍷❤️ 1g
Side Caesar Salad 🍷❤️ 7g — Tabbouleh 🍷❤️ 18g

Dressings

Caesar 🍷 3g — Ranch 🍷 1g — Fat-Free Ranch 🍷❤️ 4g — Italian 🍷❤️ 1g — Diet Italian 🍷❤️ 0g
French 🍷❤️ 2g — Diet French 🍷❤️ 4g — Blue Cheese 2g — Light Raspberry Vinaigrette 9g
Balsamic Vinaigrette 🍷 5g — Balsamic Vinegar 🍷❤️ 0g — Olive Oil 🍷 0g

Snacks

Hummus & Pita Cold Plate 35g — Cheddar Cheese Squares 🍷 0g — String Cheese 🍷 1g
Cottage Cheese 🍷 3g — Raw Vegetable Plate 🍷❤️ 4g

Beverages



Hot Beverages

Coffee 🌾🍷 0g — Hot Tea 🌾🍷 1g
Hot Cocoa 26g — Unsweetened Hot Cocoa 10g

Cold Milk

Whole 🌾🍷 12g — 1% 🌾🍷 12g — Low-Fat Chocolate 25g
Fat Free 🌾🍷 12g — 1% Lactose Free 🌾🍷 13g — Soy 🌾🍷 5g — Almond 🌾 13g

Juices

Apple Juice 🌾🍷 21g — Cranberry Juice 🌾🍷 21g — Grape Juice 🌾🍷 19g
Orange Juice 🌾🍷 17g — Prune Juice 🌾🍷 23g — Low-Sodium V8® 🌾🍷 6g

Cold Drinks

Coke® 🌾 27g — Diet Coke® 🌾 1g — Lemon Lime Soda 🌾 23g
Diet Lemon Lime Soda 🌾 0g — Dr Pepper® 🌾 27g — Diet Dr Pepper® 🌾 0g
Ginger Ale 🌾 24g — Minute Maid Light Lemonade® 🌾 1g
Brewed Ice Tea 🌾 0g — Crystal Light® 🌾 1g

Sweet Endings

Chocolate Brownie 27g — Carrot Bundt Cake 41g — Angel Food Cake 🍷🍷 28g
Pound Cake 14g — Apple Crisp 🍷🍷 25g — Peach Cobbler 39g — Chocolate Chip Cookie 🍷 23g
Oatmeal Raisin Cookie 🍷 22g — Sugar Cookie 🍷 22g
Vanilla Wafers 🍷🍷 18g — Assorted Puddings 🌾🍷🍷 24-25g
Assorted Sugar-Free Puddings 🌾🍷🍷 13g
Assorted Fruit Ice 🌾🍷🍷 19-25g — Sherbet 🌾🍷🍷 33g — Assorted Ice Cream 🌾🍷 16-18g
Assorted Fat-Free, No-Sugar-Added Ice Cream 🌾🍷🍷 19-20g
Assorted Gelatin (Regular & Sugar-Free) 🌾🍷🍷 0-19g
Assorted Popsicles (Regular & Sugar-Free) 🌾🍷🍷 4-18g

Liquid Diets

Clear Liquid Diet

Juices Apple — Cranberry — Grape

Broth Beef — Chicken — Vegetable

Gelatins

Full Liquid Diet

All Clear Liquid Items Purée Oatmeal — Cream of Rice® — Cream Soups
Ice Cream — Pudding

Menu Legend

♥ indicates heart-healthy, low-fat items; 🧂 indicates low-sodium items
🌾 indicates gluten-free items

The number following each item (e.g., 6g) indicates carbohydrate content in grams.

If you have special dietary needs, please inform your physician.

If your doctor has prescribed a modified diet, some items may not be allowed.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Please send any feedback regarding your room service experience to
Nutrition-Hospital@UTSouthwestern.edu.

UTSouthwestern
Medical Center

The future of medicine, today.