

Kaleidoscope Cuisine

Welcome to Nationwide Children's Hospital

We are proud to present to you our room service program ...

Kaleidoscope Cuisine!

Our goal is to provide you with high quality food items in a timely manner served by our courteous and helpful staff members.

If there is anything that would make your meal service better, please contact us. Dial 25852.

Guest Tray Cards

Parents, guests or other family members can also order room service meals by purchasing a guest tray card.

Guest tray cards are \$5 (plus tax) and can be purchased:

- at the Cafeteria, Food Court, Clementine's Café or Magic Bean Café
- over the phone with a credit card when ordering meals

Questions?

Dial 25852 and ask to speak to your room service representative who will be glad to assist you.

Revised 04/2016

Diabetes Diet

A Diabetes Diet has been ordered for you by your Doctor for diabetes management. It is important to know how many grams of carbohydrate we eat to help maintain blood sugar levels. Carbohydrates are what raise blood sugar levels. Examples of carbohydrate containing foods are: grains (such as bread, pasta or rice), vegetables (such as potatoes or carrots), milk, fruit, desserts, condiments and sugar sweetened beverages.

The carbohydrate of each food on the menu are in ()'s parenthesis.

Please ask about sugar free or no sugar added options (an * asterisk) has been placed next to regular items that are also offered in sugar free or no sugar added options.

HEALTHY DRINK CHOICES

Beginning in 2011 Nationwide Children's Hospital **no longer offers sugar-sweetened drinks** in the cafeteria, food court, catering, (including Subway, and Koko's) vending machines and inpatient room service.

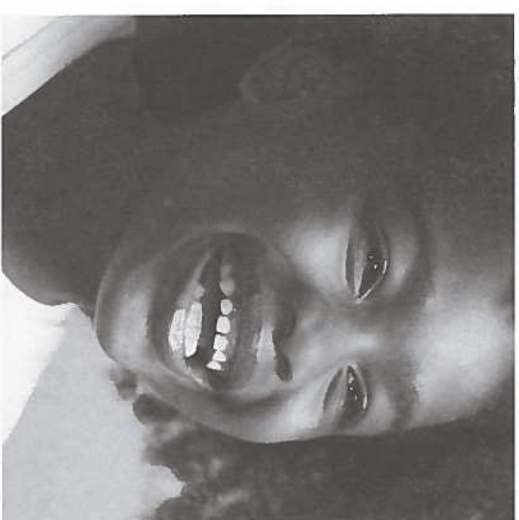
POSITIVE ASPECTS OF THIS CHANGE

- Decreased risk for childhood obesity
- A part of the Healthy Schools initiative
- Decrease risk for cavities
- Decreased intake of "empty calories"
- Provide the opportunity to begin healthy eating habits.

AF means no antibiotics administered during any phase of animal's life.

If you have any further questions please ask to speak to your dietitian.

Nutrition Services



Kaleidoscope Cuisine

Room Service

Nationwide Children's Hospital offers classic hotel-style room service meals delivered directly to your room. Depending on the diet ordered by your physician, patients can order from a broad selection of foods. Kaleidoscope Cuisine room service is quick, convenient and easy.

Here's how to order your meal:

1. Select the food items you would like from your physician-approved menu.
2. There are two ways to order.

- Call the room service center at 25852 and a representative will take your order. Orders may be placed anytime between 7 a.m. and 8:30 p.m.

- Place your order through the Getwell Network (for most diets) any time of the day.

Notes: Orders may be placed up to 48 hours in advance. Breakfast items are available all day.

3. Once your order is placed, your meal will be delivered within 45 minutes or at the requested time.

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Room Service Menu

Diabetes Diet

Breakfast

Available from

7 a.m. through 8:30 p.m.

Lunch and Dinner

Available from

11 a.m. through 8:30 p.m.

Other Offerings

Offerings

Fruit & Dairy Selections

(Limited 1-4oz juice per meal)

Juices: Orange(13)•Apple(14)•Cranberry(15)
Fruits: Apple(22)•Orange(17)•Grapes (18)
Applesauce(13) • ½ Banana(13) • Fruit Cup(15)
Lite&FitYogurt:(14)Strawberry•Blueberry•Raspberry
Fruited: (29) Strawberry • Blueberry • Peach
Greek Yogurt: (20)Vanilla•Strawberry•Blueberry
Low Fat Vanilla (17)
Parfait: Van yogurt w/berries & Granola(38)

Cereal

Hot: Oatmeal(27) • Cream of Wheat(23)
Grits(29) Add on: Brown Sugar(13)
Cold: Corn Flakes(18) • Rice Krispies(16)
Cheerios(14) • Apple Jacks(16) • Raisin Bran(25) • Froot Loops(18) • Frosted Mini Wheat(24) • Honey Nut Cheerios(22)

Breakfast Breads

Toast: White(14) • Wheat(14) 2-Mini Bagel(28)
English Muffin(25) • Cinnamon Raisin Toast (13)
Biscuit(35) • Tortilla Wrap(15)
Muffins: Blueberry(28) • Banana(46)
Specialties: Glazed(30) or Plain Doughnut(20)
Choice of: Butter(0) • Margarine(0) • Low Cal Jelly(4) • Peanut Butter(5) • Cream Cheese(2) Lite Cream Cheese(1)

Breakfast Entrees

Scrambled Eggs-Regular(1)•Low Cholesterol(1)
Egg Whites(0) • Hard Boiled (0)
Create Your Own Omelet
Diced Ham^{Af} (0) • Diced Turkey^{Af} (0) • Low Fat Cheddar(1) • Onions(1) • Peppers(1)
Mushrooms(0) • Bacon(0) • Sausage(0)
Spinach(0) • Soy Crumbles(3)
French Toast Slice(18) • **Waffle(15)**
Silver Dollar Pancake(21) • **Large (42)**
Sm Multi-Grain Pancake(14) • **Large (27)**
Served with: SF Syrup(4)

Breakfast Sandwich:

Egg, sausage & cheese on English Muffin(26)
HomeStyle Chicken on Biscuit(43)
Bacon(0) • Sausage(0)•Grilled Ham^{Af} (1) Potato Triangle(23) • Home Style Chicken Patty(8)

Appetizers

Broth: Beef(0) • Chicken(0) • Vegetable (2)
Soups: Chicken & Stars(10) • Tomato(19) • Beef Noodle(8)
Crackers: Saltines-1 Pkg.(4)
Side Salads: Tossed Salad(4) • Caesar Salad (14)
Veggies(9)
Fruit Cup(15) • Baby Carrots(5) • Cottage Cheese(5)

Entrée Salads

Chef Salad^{Af} (10) • **Chicken Caesar^{Af}** (27) • **Taco Salad (28)** **Fresh Fruit Salad:** Assorted fruit(59) with your choice of Cottage Cheese(64) or Vanilla Yogurt(77)
Dressing: Ranch(3)•French(9) • Italian(3)•Lite Ranch(9)
Honey Mustard(11) • FF French Catalina (14) • Caesar(4)

Grill

Choice of: Wheat(20) or White (27) Bun, or Tortilla(15)
Hamburger^{Af} (0) • Turkey Burger(2) • Veggie Burger(16)
Dog(24) • Coney Sauce(6) • Fish Sticks(13)• Grilled Cheese(28) • Chicken Nuggets(20) • Grilled Ham^{Af} & Cheese(29) • Grilled Chicken^{Af} (0) • Breaded Fish(16)
2-Chicken Fingers^{Af} (17) • 3-ChickenFingers^{Af} (26) • Mini Chicken Corn Dog(19) • Philly Steak Sandwich(45)

Sliders

BBQ Pork(22) • Ham^{Af} & Cheese(14)
Chicken (27) • Hamburger (13)

Build Your Own Deli Sandwich

Ham^{Af} (2)•Turkey^{Af} (1)•Roast Beef^{Af} (0) • Bologna(3)
Salami(0) • Peanut Butter & Low Cal Jelly Sandwich (44)
Chicken Wrap^{Af} (43) • Turkey Wrap^{Af} (44) • Italian Sub(47) • Turkey Club (33)

Cheese: Cheddar(1) •American(0)• Swiss(1)•Provolone(1)
String Cheese(1) • Low Fat Cheddar(0)

Bread: White(14) • Wheat(14) • Hummus w/Flat Bread(36)
Tortilla Wrap(36) • Hoagie Roll (38)
Choice of: Lettuce(1)•Tomato (1)•Onions(1)
Dill Pickle Spear(1)

Add on: Potato Chips(15)•Pretzels(23)•Baked Chips(26)

Condiments

Mayonnaise(0) • Lite Mayo(0) • Ketchup(3) • Mustard(0)
Relish(4) • Sour Cream(2) • Salsa(7) • BBQ Sauce(7)
Sweet & Sour Sauce(8) • Tartar Sauce(2) • Soy Sauce(0)

Entrees

• **Oven Fried Chicken^{Af}** – Breast(5) or Thigh(4)
• **Stir Fry** –Choice of Chicken^{Af} (12), Beef^{Af} (12), Tofu(14) or Vegetable(12) served with White Rice +(24), Brown Rice+(22), Or Pasta(32)
• **Baked Cod(0)**– Baked Cod with Lemon Seasoning
• **Honey Chicken^{Af}** (8)– Boneless chicken breast
• **Quesadilla**– Your choice of Chicken^{Af} (25), Cheese(30), or Veggies(28) grilled with onions & peppers in a tortilla
• **BBQ Chicken^{Af}** (5)– Boneless Chicken breast
• **Sloppy Joe on Bun^{Af}** (29)– made with ground turkey
• **Roast Turkey^{Af}** (0)–Turkey breast
• **Macaroni & Cheese-Whole(44)** or Half Serving(22)
• **Kraft Macaroni & Cheese(45)**
• **Chef-Boy-R-Dee Ravioli(20)**
• **Spaghetti O's(19)**

Pasta & Pizza

Pasta: Penne(30) • Spaghetti(30) • Bowties(30)
Whole Wheat Penne (21)
Sauce: Marinara(9) • Alfredo(9) • Butter & Parmesan(0)
Add on: Meatballs(5) • Chicken Strips^{Af} (2) • Broccoli(6)
Mushrooms(0) • Green/Red Peppers(1)
Parmesan Cheese(0) • Bread Stick(23)
Baked Meat Lasagna(35)
Baked Vegetable Lasagna(42)

Pizza: Cheese(58)•Pepperoni(58)•Veggie(62)•Sausage(59)
Pizza Sticks: Cheese(28) • Pepperoni(34) • Pizza Sauce(2)

Potato Bar

Choice of: **Baked Potato(36)** • **Whipped Potato(18)**
French Fries(21) • **Baked Sweet Potatoes(23)**
Whipped Sweet Potato(28)

Top with: Chili(6) • Sour Cream(2) • Bacon(0) • Gravy(3)
Broccoli(2) • Cheese(1) • Popcorn Chicken (4) • Corn(5)

Sides

Side Choices: Whipped Potato(18) • Baked Potato(36)
White Rice(24) • Brown Rice(22) • Noodles(42) • French Fries(18) • Tater Tots(19) • Egg Roll(20) • Baked Beans(37)
Cornbread Dressing(25) • Corn(14) • Carrot(5) • Peas(12)
Green Beans(6) • Broccoli(6) • Cheese Sauce(8)

Desserts

Cheesecake(39), Angel Food Cake(28), or ½ Pound Cake Plain(9) or top with(18)Cherries, Strawberries(14) or SF Chocolate Syrup(0)
Brownie with Fudge Frosting (58)
½ Brownie with Fudge Frosting (27)
Strawberry Shortcake (27)
Triple Layer Choc Cake(37)

Van Cupcake: Van Frosting (41)
Choc Cupcake: Choc. Frosting(39)
Cookie (1 per serving): Chocolate Chip(24) • Sugar(23) • M & M(22)
Oatmeal Raisin(21)

Banana Parfait(23) • Tapioca(21)
Vanilla and Chocolate Parfait(30)
*Vanilla Pudding•(26)*Choc.Pudding(23)
*Gelatin Jewels (17)

Frozen Desserts: Ice Cream

*Chocolate(18) or *Vanilla(15)
Sherbet: Lime(20) • Orange Sherbet(23)
Fudge Bar(25) • Rainbow Push Up(18)
Ice Cream Sandwich(27)

Chilled Fruit: Pears(20) • Peaches (12)
Applesauce(13) • Pineapple (11)
Fruit Cocktail(14)•MandarinOranges (17)

Beverages

Milk: Whole(13) • 2%(12) • Skim(13)
Chocolate(23)

Soy: Vanilla(19) or Chocolate(20)
Almond- Vanilla(16) or Chocolate(23)
Plain Soy (7)

Tea: Regular & Decaf • Herbal • Iced

*Hot Chocolate: (27)

Bottled Water: (0)

Crystal Light:
(0) Lemonade • Raspberry •StrawKiwi

Snacks

Teddy Graham (16) • Apple Slices(8)
Cheese/Crackers(10) • Nutri Grain Bar(24) • String Cheese(1)
MiniShortbread Cookies (21)
100 Calorie Packs Oreos(19)Chips
Ahoy(18) • Lorna Doone (16)