

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.

Regular Diet

A regular diet allows all foods and beverages in moderation. A patient on a regular diet should follow the MyPlate/Food Guide Pyramid.

- Eat balanced meals.
- Make half your grains whole.
- Eat fruits and vegetables of all colors. aim for 5-9 servings per day.
- Go easy on fruit juice and pop. Drink water, diet pop or sugar-free beverages instead.
- Eat low-fat dairy products 3 times per day.
- Choose low-fat or lean meats and poultry.
- Limit fast food and other fried, greasy foods

HEALTHY DRINK CHOICES

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.

For any questions about this diet, please ask your nurse to contact a 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 Gerwell 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

Regular

Breakfast

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

Fruit & Dairy Selections

Apple • Applesauce • Orange • Banana
Fresh Fruit Cup • Cottage Cheese • Grapes
Yogurt – Lite, Fruited, Greek or Whip
Yogurt Parfaits with Blueberries, Strawberries, or
Strawberry Banana, and Granola

Cereal

Oatmeal • Cream of Wheat • Grits
Corn Flakes • Rice Krispies • Cheerios
Apple Jacks • Froot Loops • Honey Nut Cheerios
Add on: Brown Sugar • Raisins • Honey

Breakfast Breads

Toast – White, Wheat, Cinnamon Raisin
Mini Bagel • Biscuit • Tortilla • English Muffin
Blueberry or Banana Muffin • Donut
Butter • Margarine • Jelly • Peanut Butter
Cream Cheese • Honey

Breakfast Entrees

Scrambled Eggs (regular, low cholesterol,
or egg whites)
French Toast • Waffle • Hard Boiled Egg
Pancakes(regular or multigrain)
Omelets (diced ham^{Af}, bacon, onions, soy
crumbles, sausage crumbles, turkey^{Af},
cheese, peppers, mushrooms, and/or
spinach)

Bacon • Sausage • Ham^{Af} • Chicken Patty
Sausage Gravy • Potato Triangle

Egg, Sausage & Cheese on an English Muffin
Home Style Chicken on Biscuit
Chicken, Egg, Cheese on Biscuit

Lunch and Dinner

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

Appetizers

Beef, Chicken or Vegetable Broth
Chicken & Stars • Cream of Tomato • Chili • Beef Noodle
Vegetable Soups with Salines or Oyster Crackers
Tossed Salad • Caesar Salad • Baby Carrots • Veggie Plate
Cottage Cheese

Entrée Salads

Chef Salad^{Af} • Chicken Caesar Salad^{Af} • Taco Salad
Fruit Salad with Cottage Cheese or Yogurt
Dressing: Ranch • Lite Ranch • Italian • FF Italian • French
Honey Mustard • Catalina • Caesar • Balsamic Vinaigrette
Blue Cheese

Grill

Choice of Wheat or White Bun, or Tortilla
Hamburger^{Af} • Cheeseburger^{Af} (choice of cheese) • Turkey
Burger • Veggie Burger • Hot Dog • Coney Dog • Chicken
Nuggets • Chicken Fingers^{Af} • Fish Sticks • Fish Sandwich
Italian Sub • Mini Chicken Corn Dog • Philly Steak Sandwich
Grilled Chicken^{Af} • Grilled Cheese (add ham^{Af} or turkey^{Af})
Choice of: Lettuce, Pickle, Tomato and/or onion

Sliders

BBQ Pork • Ham & Cheese^{Af} • Chicken • Hamburgers

Build Your Own Deli Sandwich

Breads: White • Wheat • Tortilla • Hoagie Bun
Meats: Ham^{Af} • Turkey^{Af} • Bologna • Salami • Roast Beef^{Af}
Cheese: Cheddar • American • Swiss • Provolone • LF Cheddar
Add on: Pickle Slices • Pickle Spear • Lettuce • Tomato • Onion
Regular and Baked Chips and Pretzels

Condiments

Mayonnaise • Ketchup • Soy Sauce • Salt • Pepper • Lite
Mayonnaise • Mustard • Relish • Honey Mustard • Salsa • Sour
Cream • BBQ Sauce • Sweet & Sour Sauce

Entrees

- Oven Fried Chicken^{Af} (Breast or Thigh)
- Stir Fry (Choice of Chicken^{Af}, Beef^{Af}, Tofu or
Vegetable – served white rice, brown rice or pasta)
- Lemon Baked Cod
- Honey Baked Chicken^{Af} (Boneless Breast)
- Quesadilla (Choice of Chicken^{Af} or Vegetable)
- BBQ Chicken^{Af} (Boneless breast)
- Sloppy Joe on Bun (made with ground turkey^{Af})
- Roast Turkey^{Af}
- Chef-Boy-R-Dee Ravioli
- Spaghetti Os
- Homemade Macaroni & Cheese
- Kraft Macaroni & Cheese

Pasta & Pizza

Pasta: Penne • Spaghetti • Bowtie • Whole
Wheat Penne
Sauce: Marinara • Alfredo • Butter & Parmesan
Add on: Meatballs • Chicken Strips^{Af} • Broccoli
Mushroom • Green/Red Peppers • Parmesan Cheese
Baked Meat or Vegetable Lasagna

Pizza: Cheese • Veggie • Pepperoni • Sausage
Pizza Stick: Cheese • Pepperoni • Pizza Sauce

Sides

Whipped Potatoes • Baked Potatoes • White or Brown
Rice • Whipped Sweet Potatoes • Baked Sweet
Potatoes • Noodles • French Fries • Tater Tots
Baked Beans • Cornbread Dressing • Carrots • Corn
Broccoli • Green Beans • Peas • Cheese Sauce
Egg Roll • White or Wheat Dinner Roll
Flat Bread • Bread Stick

Other

Offerings

Desserts

**Cheesecake • Angel Food Cake •
Pound Cake,** plain or topped with
cherries, strawberries, chocolate syrup
and whipped topping.
**Triple Layer Cake • Strawberry
Shortcake**
Ice Cream/Sherbet/Frozen Treats
Cupcakes: Vanilla or Chocolate
Frosted Brownie
Cookies: Chocolate Chip • Oatmeal
Raisin Sugar • M&M
Pudding: Chocolate • Vanilla • Tapioca
Banana Pudding Parfait
Vanilla/Chocolate Parfait
Gelatin Jewels
Fresh Fruit: Banana • Apple • Orange
Grapes • Pineapple • Fresh Fruit Cup
Fruit in Season
Chilled Fruits: Applesauce • Peaches
Pears • Fruit Cocktail • Pineapple
Mandarin Oranges

Beverages

Milk: 2% • Whole • Skim • Chocolate
Soy Plain • Soy Almond • Soy Vanilla
or Soy Chocolate
Iced Tea, Hot Tea (Regular, Decaffeinated,
Herbal)
Hot Chocolate (Regular or Sugar Free)
Bottled Water • Lemonade • Fruit Punch
Crystal Lite: Lemonade, Raspberry &
Strawberry Kiwi

Snacks

Teddy Grahams • Animal Crackers
Gold Fish Crackers • Apple Slices
Nutri Grain Bar • Cheese/Crackers
Peanut Butter/Crackers • Cheez-Its
Tortilla Chips/Salsa
100 Calorie Packs – Oreos or Chips Ahoy