

## How to place your order

We are pleased to offer At Your Request-Room Service Dining® for our patients. This dining program allows you to select meals from a wide variety of foods designed to enhance your experience as though you were eating at your favorite restaurant.

Please review the menu before calling to decide what you want to order.

When you are ready do make your selections, call us at extension **3663 (FOOD)**. If you are on a modified or restricted diet, your Room Service Operator will assist you with your selections.

We'll have your meal delivered to your room within forty- five (45) minutes or less.

Family members may order meals for loved ones from outside the building by calling 202-715-4000 and asking the operator for extension **3663**.

## Liquid Diets

### Clear Liquids

#### Broth:

Chicken  
Vegetable  
Beef

#### Juice:

Apple  
Cranberry

#### Gelatin:

Berry  
Citrus

#### Fruit Ice:

Lemon  
Raspberry  
Coffee (Reg. or Decaf)  
Hot Tea  
Iced Tea (Reg. or Decaf)

### Full Liquids

*Includes All Clear Liquid Diet Items*

*Plus The Following:*

Cream of Wheat®  
Oatmeal  
Applesauce  
Tomato Soup  
Cream of Chicken Soup  
Yogurt  
Ice Cream  
Pudding  
**Milk:**  
Skim • 2%  
Chocolate • Whole  
Lacaid® • Soy  
Almond  
Orange Juice  
Hot Chocolate

## Build a Healthy Meal

- 1. Make half your plate veggies and fruits**  
They are full of nutrients that support good health.
- 2. Include whole grains**  
They provide more fiber than refined grains. You can select whole wheat bread and rolls, brown rice, bran muffin, oatmeal and bran cereals
- 3. Vary your protein**  
Mix it up-choose more seafood, tofu, nuts, yogurt, entrée salads
- 4. Drink water instead of sugary drinks**  
It is calorie free!
- 5. Everything you eat and drink matters**  
The right mix of foods can help you be healthier and assist in your recovery.



THE GEORGE WASHINGTON  
UNIVERSITY HOSPITAL



Place orders between 6:30 a.m. and 7:30 p.m.

Dial 3663 (FOOD)



Dial FOOD (3663) to place your order.

## Breakfast

### Entrées

**Eggs** (Scrambled or Hard Boiled)  
Scrambled available as whole, low cholesterol or whites

**Hearty Grain Pancakes**  
Slightly sweet with 10 grains and a hint of cinnamon

**French Toast**  
Available with white or wheat bread

**Buttermilk Pancakes**  
Light and fluffy golden pancakes

### Omelet Station

Made to order with your choice of whole, low cholesterol or egg whites  
Choose your fillings:  
Cheddar cheese, green peppers, mushrooms, tomatoes and onions

### Breakfast Sandwich - Made to Order

Choose from scrambled egg, egg white, cheese, and sausage on an English muffin, toast or a bagel

### Sides

Home-Style Potatoes

Bacon

Turkey Sausage

### Cereals

Oatmeal  
Rice Krispies  
Corn Chex

Cream of Wheat  
Corn Flakes  
Raisin Bran  
Kashi

Grits  
Cheerios  
Shredded Wheat

### Breads

English Muffin  
Plain Bagel

Blueberry Muffin  
Whole Wheat Toast  
Gluten Free Bread

Bran Muffin  
White Toast

### Yogurts

Light: Strawberry  
Greek: Vanilla

Vanilla  
Plain  
Blueberry  
Strawberry

**Mixed Berries w/Yogurt**  
Seasonal fresh berries served with vanilla yogurt

### Fresh Fruit

Fresh Fruit Cup

Banana

Grapes

### Canned Fruit

Peaches

Applesauce

Pears

Fruit Cocktail

## Beverages

### Hot

Coffee

Decaf Coffee

Tea

Herbal Tea

Hot Chocolate

### Cold

Iced Tea

Decaf Iced Tea

Lemonade

### Milk

Skim  
Chocolate

Lactaid

2%

Soy

Whole  
Almond

### Juice

Orange

Apple

Cranberry

Prune

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## Lunch/Dinner

### Soup

Chicken Noodle  
Broth: Chicken, Beef or Vegetable  
Tomato  
Garden Vegetable  
Hearty Lentil

### Side Salads

**Garden**  
Mixed greens, cucumber & tomato

**Caesar**  
Lettuce with parmesan & croutons

**Greek**  
Romaine lettuce with cucumber, tomato, onion, olives, feta cheese

**Cranberry Quinoa Salad**  
Quinoa with dried cranberries, honey, lime, mint and cilantro

**Dressing:** Italian, Ranch, French, Caesar, Olive Oil & Vinegar

### Entrées

**Chicken Caesar Salad**  
Grilled chicken with romaine lettuce, parmesan and croutons

**Chicken Taco Salad**  
Mixed greens tossed with chicken, black beans, cheddar cheese and corn served with guacamole

**Mixed Greens & Roasted Vegetables**  
Mixed Greens with cucumbers and tomatoes topped with oven roasted eggplant, zucchini, red peppers, red onions and yellow squash

**Chef Salad**  
Mixed greens, cucumbers, tomatoes and cheddar cheese topped with sliced turkey breast and boiled egg

**Chicken Pot Pie**  
Chicken, pea, mushrooms, carrots and potatoes in a seasoned sherry cream sauce served over a buttermilk biscuit

**Stir Fry**  
Asian stir fry snow peas, peppers, onions, carrots, celery and broccoli with your choice of chicken, beef or tofu

**Roast Turkey with Gravy**  
Sliced slow roasted turkey topped with warm turkey gravy

**Baked Catch of the Day**  
Ask your room service operator for today's catch

**Chicken Quarter**  
Roasted bone-in seasoned chicken

**Meatloaf**  
Traditional home-style meatloaf, seasoned and baked

**Roasted Vegetable Lasagna**  
Pasta layered with zucchini, onions, celery, carrots, mushrooms, green peppers, tomato sauce and cheese

**Tuscan Rubbed Herb Salmon**  
Baked salmon fillet crusted in Italian seasoning

**Rotini Pasta**  
Served with meat sauce or marinara sauce

**Steamed Vegetable Platter**  
Your choice of green beans, carrots, broccoli, and the vegetable of the day

### Side Items

Vegetable of the day  
White Rice  
Steamed Carrots

Steamed Green Beans  
Steamed Broccoli  
Mashed Potatoes  
Fresh Baked Potato Wedges

Baked Sweet Potato  
Brown Rice  
Macaroni & Cheese

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## Lunch/Dinner

### Featured Sandwiches

**Tomato & Mozzarella Caprese on Ciabatta Roll**  
Sliced tomato and mozzarella cheese, topped with basil, seasoning and a splash of oil and balsamic vinegar

**Chicken & Roasted Vegetable Wrap**  
Roasted chicken and a medley of roasted eggplant, zucchini, red peppers & red onions, tossed in balsamic vinaigrette

### Deli Sandwiches - Build your own

#### Meats & Fillings

Turkey  
Tuna Salad  
Chicken Salad  
Hummus  
Egg Salad  
Peanut Butter & Grape Jelly

#### Toppings

American  
Swiss  
Lettuce  
Tomato  
Onion  
Pickle

#### Breads

White Bread  
Whole Wheat Bread  
Pita  
Tortilla Wrap  
Ciabatta Roll  
Gluten Free Bread

### From the Grill

Choice of white or wheat roll with a burger or sandwich

#### Hamburger

Cheeseburger

Turkey Burger

Veggie Burger

Grilled Chicken Breast Sandwich  
Chicken Tenders

#### Grilled Cheese

Your choice of American, Cheddar or Swiss

#### Personal Cheese Pan Pizza

Personal Veggie Pan Pizza  
Your choice of mushroom, green pepper, onion or tomato

### Accompaniments

Baked Potato Chips  
Mixed Nuts  
White Dinner Roll

Potato Chips  
Saltines  
Wheat Dinner Roll

Pretzels  
Graham Crackers

## Desserts

Homemade Peach Crisp  
Carrot Cake  
Fresh Baked Chocolate Chip Cookie

Angel Food Cake  
Lorna Doone  
Fresh Baked Oatmeal Cookie

Apple Pie  
Fig Newton

Vanilla Ice Cream  
Lemon Fruit Ice

Chocolate Ice Cream  
Orange Sherbet

Raspberry Fruit Ice  
Orange Sherbet

### Gelatin

Berry

Citrus

### Pudding

Vanilla

Chocolate

### Fresh Fruit

Fresh Fruit Cup

Banana

Grapes

### Canned Fruit

Peaches

Applesauce

Pears

Fruit Cocktail

● = Vegan ● = Gluten Free

Ask if an item can be made Vegan

If your Physician has prescribed a modified diet, some items may not be available.