

How to place your order

We are pleased to offer 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:*

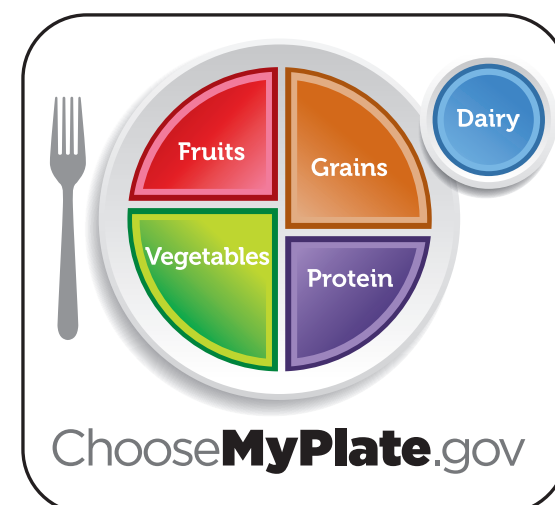
Cream of Wheat®
Oatmeal
Applesauce
Tomato Soup
Cream of Chicken Soup
Yogurt
Ice Cream
Pudding

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

Room Service Menu

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

Breakfast Potatoes

Bacon

Turkey Sausage

Cereals

Oatmeal
Rice Krispies

Cream of Wheat
Corn Flakes
Raisin Bran

Grits
Cheerios

Breads

English Muffin
Plain Bagel

Blueberry Muffin
Whole Wheat Toast
Gluten Free Bread

Bran Muffin
White Toast

Yogurts

Light: Strawberry Blueberry
Greek: Vanilla Plain Strawberry

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

2%
Lactaid

Whole
Almond

Juice

Orange

Apple

Cranberry

Prune

Dial FOOD (3663) to place your order.

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

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

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

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

Meatloaf
Traditional home-style meatloaf, seasoned and baked

Chicken Quarter
Roasted bone-in seasoned chicken

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

Roasted Vegetables White Rice Steamed Carrots California Blend
Steamed Green Beans Steamed Broccoli Mashed Potatoes Fresh Baked Potato Wedges
Baked Sweet Potato Brown Rice Macaroni & Cheese

Accompaniments

Baked Potato Chips Saltines
Potato Chips Graham Crackers
Mixed Nuts White Dinner Rolls

Dial FOOD (3663) to place your order.

Lunch/Dinner

Special of the Day

Sunday
Rotini Pasta Marinara with Chicken Meatballs
Monday
Pork Loin with Cinnamon Applesauce
Tuesday
Lemon Thyme Grilled Chicken
Wednesday
Chicken Broccoli Alfredo
Thursday
Hot Turkey Open Face Sandwich
Friday
Chicken Fajitas
Saturday
Chicken Teriyaki

Deli Sandwiches - Build your own

Meats & Fillings	Toppings	Breads
Turkey Tuna Salad Chicken Salad Hummus Egg Salad Peanut Butter & Grape Jelly	American Swiss Lettuce Tomato Onion Pickle	White Bread Whole Wheat Bread Pita Gluten Free Bread

From the Grill

Choice of white or wheat roll with a burger or sandwich

Hamburger
Cheeseburger
Veggie Burger

Chicken Tenders
Grilled Cheese
Your choice of American, Cheddar or Swiss

Grilled Chicken Breast Sandwich

Desserts

Homemade Peach Crisp Carrot Cake Chocolate Chip Cookie	Angel Food Cake Lorna Doone Oatmeal Cookie	Apple Pie Chocolate Brownie
Vanilla Ice Cream Lemon Fruit Ice	Chocolate Ice Cream Orange Sherbet	Cherry Fruit Ice

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.