

Presenting complimentary At Your Request Room Service dining. We hope this helps meet your nutritional needs and makes your stay more enjoyable.



Taking Hospital Food to a Whole New Level!

St. Joseph Medical Center is committed to delivering the best service possible and making sure you are very satisfied during your stay. With this goal in mind, we are proud to present "At Your Request Room Service Dining". This innovative program is designed with you in mind. Order the meals you want, when you want them. *Enjoy your meal!*

CATHOLIC HEALTH INITIATIVES

St. Joseph Medical Center



In partnership with



Presents



AT YOUR REQUEST
Room Service Dining*

by sodexo*

Room Service Dining Menu

To place an order dial 2700
between the hours of 6:30AM to 6:30PM

How to Order:

Step 1

Dial 2700 between the hours of 6:30 AM to 6:30 PM to place your order with a room service representative. If you are dialing from outside the hospital, the number is 610 378-2700.

Step 2

Our room service representative will verify your name, room number and current diet order.

Step 3

Your meal is prepared and delivered to your room within 45 minutes.

Delivery Time:

If you would like to have your meal delivered at a specific time, simply inform the room service representative at the time of your order. For your convenience, you may order up to three meals at a time. If you are planning to order more than one meal at a time, please place your call during offpeak hours – 9:00AM to 11:00AM or 1:00PM to 3:00PM.

Take Home Menu:

Family members may order meals for a patient from outside the hospital. Please request an extra copy of the menu from your nurse. Or, you can find our menu at our website – www.thefutureofhealthcare.org

Special Situations:

If your physician has prescribed a special diet, some items may not be available. We will gladly assist you during your order. If you are on insulin, please discuss your meal times with your nurse so that you may receive your blood glucose tests and medication in a timely manner.

Guest Meals:

If your guest wishes to order a room service meal during regular operation hours (6:30AM to 6:30PM), the price is \$5.00. This includes one entrée, two side orders, juice, dessert and beverage.

Nutrition Counseling

The call center operator or a dietitian will be available to answer any questions you may have about your therapeutic diet. If you have questions about your diet, please tell the call center operator when you call to place your order.

If you would like more in-depth nutrition education than we can provide in your short stay here, please don't hesitate to contact our outpatient nutrition services department. To set up an individual appointment with one of our licensed/registered dietitians or to register for one of our nutrition education classes, please call 610 378-2100.

Visitor Dining

The café that is located on the ground level of the hospital is opened to the public between the hours of 7:00AM and 7:00PM.

For Your Viewing Pleasure

TV Channel 78 – Catholic Mass (M-F 11:30)
[Sat Vigil Mass – 3:30]
TV Channel 77 – Relaxing Music & Scenery

Gluten Free Dining

Gluten free items are available upon request.
If you would like gluten free meals, please notify the call center operator at the time you place your order.

Therapeutic Diets

Please note: if your doctor has ordered a special diet, some of the items on this menu may not be allowed.
All diet orders offer selections, including liquid diets.
If you have any questions regarding what is allowed on your diet, the call center will assist you with these selections.

Breakfast



Soup, Salad & Deli



Lunch & Dinner



Breakfast is available all day

Juices

Apple – Orange
Cranberry – Prune
Tomato

Breakfast Grill

Scrambled Eggs
Low Cholesterol Scrambled Eggs
Pancakes – French Toast
Breakfast Potatoes
Bacon – Sausage – Ham

Omelet Bar

Regular or Low Cholesterol
Bacon – Sausage – Ham
American – Cheddar – Swiss Cheese
Peppers – Onions
Mushrooms – Tomatoes

Breakfast Egg Sandwich

Regular or Low Cholesterol
Bacon – Sausage - Ham
American – Cheddar – Swiss Cheese
Bagel – English Muffin - Tortilla

Fruits and Yogurts

Apple – Orange
Applesauce – Banana
Pineapple Chunks – Stewed Prunes
Diced Peaches – Diced Pears
Fresh Fruits in Season
Yogurt – Fruited Yogurt

Hot and Cold Cereals

Cream of Wheat
Cream of Rice
Oatmeal
Granola – Cheerios
Bran Flakes
Raisin Bran
Rice Krispies
Cornflakes
Rice Chex

Fresh From the Bakery

Plain Bagel
Cinnamon Raisin Bagel
English Muffin
Muffin of the Day

Toast is available upon request.



Soups

Chicken Noodle – Tomato Soup
Soup of the day
Broths: Beef, Chicken or Vegetable
Regular or Low Sodium

Side Salads

Garden Salad – Caesar Salad
Potato Salad – Pasta Salad
Cole Slaw – Cottage Cheese

Deli Bar

Sliced Meats
Ham – Roast Beef – Turkey

Salads

Chicken – Egg – Tuna

Cheeses

American – Swiss – Cheddar

All Time Favorites

Peanut Butter & Jelly
Grilled Cheese
Bacon, Lettuce, Tomato

Hot Off the Grill

Grilled Chicken Breast
Hamburger – Vegetarian Burger
Philly Steak Sandwich
Meatball Sandwich

**Cheese is available on all Grill items*

From the Pizza Oven

Personal Pizza... You Pick the Toppings
Extra Cheese – Pepperoni - Ham
Mushrooms – Onions – Peppers

Salad Platters

Chef Salad
Grilled Chicken Caesar Salad
Fruit & Cottage Cheese Plate

The Bread Basket

White – Wheat – Rye
Kaiser Roll – Tortilla
Dinner Roll – Whole Wheat Roll
Whole Wheat Bun

On the Side

Mashed Potatoes – French Fries
Parsley Noodles – White Rice
Broccoli – Carrots
Green Beans – Peas
Corn – Stewed Tomatoes



Desserts

Angel Food Cake
Plain or with Fruit Topping
Fresh Baked Cookie
Chocolate Cake – Seasonal Pie
Warm Apple Crisp – Brownie
Vanilla Wafers – Graham Crackers
Fresh Fruit Cup
Ice Cream – Sherbet – Water Ice
Assorted Gelatin – Diet Gelatin
Pudding
Vanilla, Chocolate, Tapioca, Rice

Entrees – Please select from the following

Poultry

Italian Chicken Breast
Chicken Breast with Italian Seasonings
Sauteed in Olive Oil

Chicken Breast Marsala
Sautéed chicken breast, shallots and
mushrooms in Marsala Wine Sauce

Roast Turkey Breast

Crispy Chicken Tenders

Beef

Pot Roast
Beef Pot Roast Cooked until Tender
with Vegetables

Meatloaf
Baked Ground Beef Loaf seasoned with
Onion, Green Pepper and Garlic

Please ask about our
Cafe to You special!



Fajita

Beef – Chicken – Vegetable

Pork

Herb Crusted Pork Loin
Roasted Pork Loin with a
Light Mustard-herb Crust

Fish

Catch of the Day

Pasta

Spaghetti
Macaroni & Cheese
Whole Wheat Penne

Pasta Sauces

Marinara – Meat sauce
Herb Butter

Beverages

Coffee – Decaf Coffee
Tea – Decaf Tea
Hot Chocolate – Diet Hot Chocolate
Whole Milk – 2% Milk
Skim Milk – Chocolate Milk
Low Lactose Milk – Soy Milk
Iced Tea – Diet Iced Tea
(Regular or Decaf)
Cola – Diet Cola
(Regular or Decaf)
Ginger Ale – Diet Ginger Ale
Lemon Lime – Diet Lemon/Lime

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