

# pediatric MENU

Place orders between 7:00 AM and 7:00 PM

**DIAL 27200 TO PLACE YOUR ORDER.**

From outside the hospital, dial 810-262-7200

**HURLEY**  
**CHILDREN'S**  
**HOSPITAL**





# How to place your order

## To place your order

We are pleased to offer our patients *At Your Request - Room Service Dining*. When you are ready to eat, look at the menu and call us at **27200**.

## Things to remember:

- If your doctor has prescribed a special diet, some items may not be allowed.
- If you are having a test, wait to order your meal until after you return to your room.
- Family members can help you order your meals.
- You may pre order up to three (3) meals at a time.

## For Diabetic Management

- Tell your nurse when you order your meal.
- Wait to eat your meals until after you see your nurse.

## #gm = Consistent Carbohydrate Items

Patients under age 12 months are not allowed to order food from the menu and will only be given baby food.

Patients 12-24 months old will not be able to order Apples, Grapes, Sausage Links or Hot Dogs, due to choking hazards.

# Breakfast 7:00am-10:30am

## FRUITS

### Fresh Fruit:

Apple **25gm**  
 Quartered Orange **11gm**  
 Banana **27gm**  
 Fresh Fruit Cup **16gm**  
 Grapes **9gm**

### Canned Fruit:

Applesauce **13gm**  
 Peach Slices **13gm**  
 Pear Halves **15gm**  
 Tropical Fruit Cup **15gm**

## HOT CEREALS

Grits **29gm**  
 Oatmeal **18gm**

## COLD CEREALS

Cheerios **29gm**  
 Corn Flakes **36gm**  
 Rice Krispies **36gm**  
 Froot Loops **34gm**  
 Frosted Flakes **33gm**

## GREEK YOGURT

Vanilla **15gm**  
 Strawberry **19gm**

## BREADS & BAKERY

Plain Bagel **60gm**  
 Buttermilk Biscuit **27gm**  
 Blueberry Muffin **30gm**  
 White Toast **16gm**  
 Wheat Toast **12gm**

## MORNING FARE

Hard Boiled Egg  
 Scrambled Eggs  
 Cholesterol Free Scrambled Eggs  
 Texas French Toast **21gm**  
 Buttermilk Pancake **18gm**

## BREAKFAST SIDES:

Hash Brown Potatoes **16gm**  
 Bacon Slice  
 Turkey Sausage Link  
 Pork Sausage Patty

## OMELET SHOPPE (Made-to-Order)

Regular Eggs  
 Cholesterol Free Eggs

### Omelet Extras (Choose 2):

- Shredded Cheddar Cheese
- Provolone Cheese
- Swiss Cheese
- Diced Onion
- Tomato
- Fresh Mushrooms
- Chopped Green Pepper
- Diced Ham

# Liquid Diets

## CLEAR LIQUID DIET

### Broth:

Vegetable **2gm** • Beef **2gm**  
 Chicken **2gm**

### Juice 4 oz:

Grape **15gm** • Apple **14gm**  
 Cranberry **17gm** • Orange **14gm**

### Gelatin (Reg. or Sugar Free):

Berry • Citrus

### Italian Ice: Lemonade **27gm**

### Lemonade 8 oz (Reg. **14gm** or Diet **2gm**)

### Iced Tea (Reg. or Decaf)

### Lemon Lime Soda 8 oz (Reg. **26gm** or Diet)

## FULL LIQUID DIET

Includes all clear liquid diet items plus the following:

Tomato Soup **20gm**  
 Oatmeal **18gm**  
 Low Fat Vanilla Yogurt

**Pudding** (Reg. or Sugar Free):  
 Vanilla **24gm** • Chocolate **26gm**

**Ice Cream:**  
 Vanilla **18gm** • Chocolate **18gm**

**Sherbet:**  
 Orange **30gm** • Raspberry **32gm**  
 Lemon **27gm**

**Milk 8 oz:**  
 Skim  
 2%  
 Whole  
 Chocolate  
 Lactose Free  
 Soy

**Juice 8 oz:**  
 Orange **27gm**

**Hot Chocolate**  
 (Reg. **16gm** or  
 Sugar Free **11gm**)

# Lunch & Dinner

## BROTHS & SOUPS

**Broth:** Vegetable **2gm** • Beef **2gm** • Chicken **2gm**

**Soup:**

Garden Vegetable **7gm** • Tomato **20gm**

Chicken Noodle **16gm**

#gm =

CONSISTENT  
CARBOHYDRATE  
ITEMS

## FROM THE GARDEN

**Side Salads:** Garden Salad • Cole Slaw **14gm**

**Dinner Salads:** Chicken Caesar Salad **8gm** • Chef Salad

**Dressings:**

Italian **8gm** • French **16gm** • Ranch **2gm**

Honey Mustard **7gm** • Caesar **2gm**

# Deli Bar

### BREADS

Wheat **16gm**

White **15gm**

Tortilla Wrap **35gm**

### GARDEN

Onion

Lettuce

Tomato

Dill Pickle

### CHEESES

American **1gm**

Cheddar **1gm**

Provolone **1gm**

Swiss **1gm**

### MEATS & FILLINGS

Sliced Ham

Roast Beef

Deli Style Turkey

Chicken Salad

Tuna Salad

Peanut Butter **8gm**

Jelly **9gm**

Sugar-Free Jelly **3gm**

## Grill Favorites

Grilled Cheese Sandwich **32gm**

Hamburger **30gm** • Veggie Burger **37gm**

Fish Sandwich **48gm** • Chicken Tenders **33gm**

Hot Dog **20gm** • Grilled Chicken Sandwich **30gm**

## American Comforts

Baked Mac & Cheese **32gm**

Sliced Roast Turkey Breast

Marinated Chicken Breast

Crispy Baked Fish **12gm**

Pot Roast **3 oz 2gm**

Meatloaf **11gm**

## Italian "Style"

Penne Pasta **28gm**

Choice of Sauce: Marinara • Meat **6gm**

Personal Pan Pizza Made to Order **40gm**

Personal Flatbread Pizza Made to Order **32gm**

Toppings: Cheese • Green Peppers • Onions

Fresh Mushrooms • Black Olives • Tomatoes

Pepperoni • Ham



# Lunch & Dinner

DIAL 27200 TO ORDER

## SOUTH OF THE BORDER

**Quesadillas:** Chicken **35gm** • Roasted Vegetable **8gm**

**2 Soft Tacos:** Seasoned Ground Beef **32gm** • Chicken **30gm**

**Select Additional Toppings:** Cheese • Lettuce • Tomatoes • Onions • Salsa **5gm** • Taco Sauce  
Sour Cream Reg. **2gm** or Low Fat

## SIDES

Sliced Carrots **7gm** • Green Beans **5gm** • Broccoli **5gm** • Yellow Corn **21gm** • Brown Rice **16gm**

Steamed White Rice **16gm** • Fries **18gm** • Whipped Potatoes **20gm** • Sweet Potatoes **29gm**

Cottage Cheese **5gm** • White Dinner Roll **19gm** • Corn Bread **25gm**

Crackers Reg. or Low Sodium **5gm** • Potato Chips Reg. **23gm** or Baked **24gm**

## Beverages

### HOT

Hot Chocolate

Reg. **16gm** or Sugar Free **11gm**

### COLD MILK 4 oz

Skim **11gm**

2% **11gm**

Whole **11gm**

Lactose Free **13gm**

Chocolate 8 oz **20gm**

Soy 8 oz **18gm**

Almond **13gm**

### JUICE 8 oz

Grape **30gm**

Orange **27gm**

Apple **28gm**

Cranberry **34gm**

### COLD

Lemonade 8 oz Reg. **29gm** or Diet

Iced Tea Reg. or Decaf

Lemon Lime Soda 8 oz

Reg. **27gm** or Diet

Cola 8 oz Reg. **26gm** or Diet

Ginger Ale 8 oz **26gm**

## Desserts

- Vanilla Wafers **21gm**
- Oatmeal Raisin Cookie **17gm**
- Chocolate Chip Cookie **17gm**
- Apple Crisp **25gm**
- Angel Food Cake **29gm**
- Chocolate Cake **44gm**
- Pound Cake **26gm**
- Vanilla Pudding  
Reg. **24gm** or Sugar free **15gm**
- Chocolate Pudding  
Reg. **24gm** or Sugar free **15gm**
- Berry Gelatin- Reg. **24gm** or Sugar free
- Citrus Gelatin- Reg. **24gm** or Sugar free

### FROZEN DESSERTS

- Vanilla Ice Cream **18gm**
- Chocolate Ice Cream **18gm**
- Orange Sherbet **30gm**
- Raspberry Sherbet **32gm**
- Cherry Italian Ice **26gm**
- Lemon Italian Ice **27gm**
- Fruit Punch Slushy **20gm**
- Blue Raspberry Slushy **28gm**

#gm = CONSISTENT CARBOHYDRATE ITEMS

# Eat Right. Exercise. Have Fun.

## MOVE MORE.

Aim for at least 60 minutes everyday, or most days.

## WALK, DANCE, BIKE, ROLLER BLADE, SKATEBOARD

It all counts. How great is that!

Experts encourage us to eat 9 servings of fruits canned vegetables everyday. Make it easier and fun by adding a rainbow of colors to your child's diet!

