

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 **18GM**
 Quartered Orange **16GM**
 Banana **22GM**
 Fresh Fruit Cup **15GM**

Canned Fruit:

Applesauce **14GM**
 Peach Slices **14GM**
 Pear Halves **17GM**

HOT CEREALS

Grits **34GM**
 Oatmeal **33GM**

COLD CEREALS:

Cheerios **22GM**
 Corn Flakes **20GM**
 Rice Krispies **22GM**
 Froot Loops **25GM**
 Frosted Flakes **36GM**

LOW FAT YOGURT

Vanilla **22GM**
 Strawberry **21GM**

BREADS & BAKERY

Plain Bagel **42GM**
 Buttermilk Biscuit **18GM**
 Blueberry Muffin **17GM**
 White Toast **14GM**
 Wheat Toast **12GM**

MORNING FARE

Hard Boiled Egg
 Scrambled Eggs
 Cholesterol Free Scrambled Eggs
 Texas French Toast **17GM**
 Buttermilk Pancake **17GM**

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 • Beef • Chicken

Juice 4 OZ:

Grape • Apple • Cranberry

Gelatin (Reg. or Sugar Free):

Berry • Citrus

Italian Ice:

Cherry • Lemonade

Lemonade 4 OZ (Reg. or Diet)

Iced Tea (Reg. or Decaf)

Lemon Lime Soda 8 OZ (Reg. or Diet)

FULL LIQUID DIET

Includes all clear liquid diet items plus the following:

Tomato Soup
 Oatmeal
 Low Fat Vanilla Yogurt

Pudding (Reg. or Sugar Free):
 Vanilla • Chocolate

Ice Cream:
 Vanilla • Chocolate

Sherbet:
 Orange • Raspberry

Milk 4 OZ:

Skim
 2%
 Whole
 Chocolate 8oz
 Lactose Free
 Soy **8OZ**

Juice 4 OZ:

Orange

Hot Chocolate
 (Reg. or Sugar Free)

Lunch & Dinner

BROTHS & SOUPS

Broth: Vegetable • Beef • Chicken

Soup:

Garden Vegetable **10GM** • Tomato **16GM**

Chicken Noodle **16GM**

#GM =
CONSISTENT
CARBOHYDRATE
ITEMS

FROM THE GARDEN

Side Salads: Garden Salad • Cole Slaw **7GM**

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

Dressings:

Italian • French • Ranch

Balsamic Vinaigrette • Honey Mustard • Caesar

Deli Bar

BREADS

Wheat **12GM**

White **14GM**

Tortilla Wrap **35GM**

GARDEN

Onion

Lettuce

Tomato

Dill Pickle

CHEESES

American

Cheddar

Provolone

Swiss

MEATS & FILLINGS

Sliced Ham

Roast Beef

Deli Style

Turkey

Chicken Salad

Tuna Salad

Hummus **10GM**

Peanut Butter

Jelly **9GM**

Grill Favorites

Grilled Cheese Sandwich **31GM**

Hamburger **23GM** • Veggie Burger **46GM**

Fish Sandwich **35GM** • Chicken Tenders **13GM**

Hot Dog **27GM** • Grilled Chicken Sandwich **30GM**

American Comforts

Baked Mac & Cheese **44GM**

Sliced Roast Turkey Breast

Marinated Chicken Breast

Crispy Baked Fish **12GM**

Italian "Style"

Penne Pasta **26GM**

Choice of Sauce: Marinara • Meat

Personal Pan Pizza Made to Order **53GM**

Personal Flatbread Pizza Made to Order **30GM**

Cheese • Green Peppers • Onions • Mushrooms

Black Olives • Tomatoes • Pepperoni • Sausage



Lunch & Dinner

SOUTH OF THE BORDER

Quesadillas: Chicken **38GM** • Roasted Vegetable **56GM**

Soft Tacos: Seasoned Ground Beef 18gm • Chicken **16GM**

Select Additional Toppings:

Cheese • Lettuce • Tomatoes • Onions • Salsa • Sour Cream Reg. or Low Fat • Taco Sauce

SIDES

Sliced Carrots • Green Beans • Broccoli • Yellow Corn **17GM** • Steamed White Rice **18GM**

Steak Fries **24GM** • Whipped Potatoes **22GM** • Sweet Potatoes **20GM** • Cottage Cheese

White Dinner Roll **18GM** • Corn Bread **22GM** • Crackers Reg. or Low Sodium **5GM**

Potato Chips Reg. or Baked **26GM**

Beverages

HOT

Hot Chocolate

Reg. **21 GM** or Sugar Free **10GM**

COLD MILK 4OZ

Skim **6GM**

2% **6GM**

Whole **6GM**

Lactose Free **6GM**

Chocolate **8OZ 26GM**

Soy **8OZ 8GM**

JUICE 4 OZ

Grape **10GM**

Orange **9GM**

Apple **14GM**

Cranberry **12GM**

COLD

Lemonade **4OZ** Reg. **9GM** or Diet

Iced Tea Reg. or Decaf

Lemon Lime Soda **8OZ**

Reg **25GM** or Diet

Cola **8OZ** Reg. **24GM** or Diet

Ginger Ale **8OZ 22GM**

Desserts

• Vanilla Wafers **23GM**

• Oatmeal Raisin **23GM**

• Chocolate Chip **24GM**

• Apple Crisp **25GM**

• Angel Food Cake **27GM**

• Chocolate Cake **35GM**

• Vanilla Pudding

Reg **26GM** or NSA **16GM**

• Chocolate Pudding

Reg **26GM** or NSA **16GM**

• Berry Jello - Reg **18GM** or SF

• Citrus Jello - Reg **18GM** or SF

FROZEN DESSERTS

• Vanilla Ice Cream **16GM**

• Chocolate Ice Cream **16GM**

• Orange Sherbet **32GM**

• Raspberry Sherbet **32G**

• Cherry Italian Ice **26GM**

• Lemon Italian Ice **26GM**

• Fruit Punch Slushy **30GM**

• Blue Raspberry Slushy **30GM**

#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!

