

## ROOM SERVICE DINING

St Joseph's is pleased to offer Room Service Dining to our patients. This innovative dining program allows you to select meals from an expansive menu designed to make you feel as though you were at home or your favorite restaurant. Guest trays are available for purchase. Call extension 3663 (FOOD) for details.

## HOW TO PLACE YOUR ORDER

1. Please review the menu to make your selections.
2. Dial "3663" (FOOD) between 6:00 am - 6:00 pm. When calling from an outside line, please dial (973) 754-3663.
3. Identify yourself to the Room Service Assistant who will verify your name, room number, and diet.
4. Place your order. Alternatives may be suggested to meet your special dietary needs.
5. We'll have your meal delivered to your room in a timely manner.

Room Service Dining requests  
are taken between:

6:00 AM - 6:00 PM

Suggested Serving Times:

Breakfast: 7:00 AM — 9:30 AM

Lunch: 11:30 AM — 1:30 PM

Dinner: 4:30 PM — 6:30 PM



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## YOUR DIET GUIDE

Your diet is ordered by your doctor or dietitian and may change due to tests, treatment, or surgery.

Please note that not all menu items are appropriate for all diets. Feel free to let the Room Service Assistant know how we can help you.

## FREQUENTLY PRESCRIBED DIETS

**Regular:** A diet with no restrictions that provides adequate nutrients to meet your nutritional requirements.

**Cardiac (Heart healthy):** This diet is indicated for prevention and treatment of cardiovascular disease. Saturated fat, cholesterol, sodium, caffeine, and fluid may be restricted as needed.

**Diabetic:** This diet may be ordered to assist with regulating blood sugar in people with diabetes or hyperglycemia.

**Renal:** This diet provides specific amounts of protein, sodium, potassium, phosphorus, and/or fluid. It is used for patients with kidney disease.

**NPO:** This diet means "Nothing by Mouth," therefore, no food or drinks are allowed. You may be NPO for certain tests or surgery.

**Clear Liquid:** A short term, very restricted diet that is limited to "see-through" liquids and semi-liquids.

**Full Liquid:** A short term diet that allows all liquid and semi-liquids.

# Room Service Menu



To place your order, dial:  
"3663" (FOOD) or (973) 754-3663



# Breakfast

## FRUIT & YOGURT

**Whole Fruit** – apple (1½ carb), banana (2 carb), or orange (1½ carb)

**Freshly Cut Seasonal Fruit** (2 carb)

**Fruit in Natural Juice** – peaches (1½ carb), pineapple (1½ carb), fruit cocktail (1 carb), or applesauce (1 carb)

**Yogurt** – plain or fruited (1 carb)

## CEREALS & PASTRIES

\*\* Available toppings: Cinnamon, Brown Sugar, Raisins

**Oatmeal** (1½ carb) \*\*

**Cream of Wheat** (1½ carb) \*\*

**Cream of Rice** (1½ carb) \*\*

**Grits** (1½ carb) \*\*

**Cheerios** – plain (1 carb)

honey nut (1½ carb)

**Corn Flakes** (1 carb)

**Frosted Flakes** (1½ carb)

**Raisin Bran** (2 carb)

**Rice Krispies** (1 carb)

**Bagels** – plain (2 carb)

whole wheat (2 carb)

**Sliced Breads** – white (1 carb)

wheat (1 carb)


rye (1 carb)

**Muffins** – blueberry (2 carb)

corn (2½ carb) 

**Glazed Donut** (high carb content)

**English Muffin** (2 carb)

**Biscuit** (2 carb) 

## MORNING SPECIALTIES

**Scrambled Eggs** (egg whites available)

**Hard Boiled Egg**

**Omelet Bar** (egg whites available)

with choice of mushrooms, peppers, onions, and/or cheese

(Swiss, American , or Provolone )

**Buttermilk Pancakes** (2 carb)

**French Toast** (2 carb)

## ON THE SIDE

**Breakfast Potatoes** (1 carb)

**Cottage Cheese** (½ carb)

**Beef Bacon** 

**Turkey Sausage** 

# Beverages

**Coffee** – regular or decaf

**Hot Tea** – regular, decaf or chamomile

**Hot Chocolate** – regular or sugar-free

**Milk** – whole, skim, lactose free (fat free), soy or chocolate

**Unsweetened Iced Tea**

**Juices** – orange, apple, cranberry or fruit punch (1 carb)

prune (1½ carb) or diet cranberry

**Soda** – cola, diet cola, ginger ale, diet ginger ale or lemon lime

# Lunch and Dinner

Kosher and Halal Meals available upon request

## SOUPS

**Broth:** Chicken, Beef, or Vegetable

**Home-style Chicken Noodle** (1 carb)

**Garden Vegetable** (1 carb) 

**Soup of the Day** 

## CHEF SPECIALS

Please ask about customizing your order and alternative options available for your special dietary needs

**Grilled Chicken Breast** (2 carb)

Grilled chicken breast, mashed potatoes, and steamed broccoli, drizzled with a lemon butter sauce

**Baked Tilapia** (2 carb)

Tilapia baked to perfection with oven roasted bliss potatoes and steamed baby carrots

**Chicken Francaise or Marsala** (2 carb)

Sautéed chicken breast with choice of lemon butter sauce or mushroom marsala sauce, served with spaghetti and broccoli florets

**Homemade Meatloaf** (2 carb)


All beef homemade meatloaf with a side of mashed potatoes and sautéed green beans

**Mediterranean Vegetable Platter** (4 carb) 

Grilled tomatoes on a bed of fresh grilled seasonal vegetables, a side of hummus and pita bread

**Roasted Turkey** (2 carb)

Golden oven roasted turkey breast, mashed sweet potatoes and sautéed green beans

**Spaghetti and Meatballs** (4½ carb) 

Spaghetti in a tomato basil sauce accompanied with meatballs (or meatless meatballs) and steamed broccoli

**Baked Cod** (2 carb)

Oven baked cod topped with lemon butter sauce, white rice and vegetable medley

**Arroz con Pollo** (1½ carb)

Roasted bone-in chicken served with Spanish style yellow rice and green beans

**Flank Steak** (1½ carb)

Grilled flank steak topped with demi-glace sauce, asparagus and mashed potatoes

## OTHER SIDES \*high carb content

Broccoli Florets

Carrots (½ carb)

Green Beans


Side Salad


Brown Rice (2 carb)

French Fries\*


Sweet Plantain\*

Baked Potato (2 carb)

Potato Chips (1½ carb) 


Pretzels (1 carb) 

Cole Slaw (1 carb)

Macaroni Salad (1½ carb) 



Mac & Cheese (2½ carb) 

Dinner Roll (1½ carb)


Biscuit (2 carb) 

## ENTRÉE SALADS

**Fruit & Cottage Cheese Platter** (3½ carb) 

**Caesar** (1½ carb) or **Garden Salad** with choice of one: Grilled Chicken, Tuna Salad, Tofu,  or Egg Salad 

**Salad Dressings:**

Caesar , \*French, \*Italian, \*Ranch

\*Fat-free options available

## CREATE YOUR OWN DELI SANDWICH

**Choice of** – Tuna Salad, Chicken Salad, Egg Salad, Roast Beef, Turkey or Peanut Butter & Jelly

**Bread options** (2 carb)

White


Wheat


Rye

Kaiser Roll

**Cheese options**

Swiss

American 


Provolone 

## FROM THE GRILL

**Burgers:**


Beef (2 carb)

Turkey (2 carb)

Veggie (4 carb) 

**Chicken Tenders** (1 carb) 

**Grilled Chicken Sandwich** (2 carb)

**Grilled Cheese Sandwich** (2 carb) 


**Chicken Fajitas** (1½ carb) 

**Chicken Quesadilla** (2 carb) 

**Sandwich & Grill Extras**

Lettuce, Tomato, Onions,





Beef Bacon , Pickle 

**PERSONAL PIZZA** (3 carb)  – Cheese, Meat, or Veggie 

# Desserts

\*high carb content

**Freshly Cut Seasonal Fruit** (2 carb)

**Cakes & Pie** angel food cake (2 carb) , carrot cake (2 carb) , chocolate cake (2 carb), pound cake (2 carb) , \*apple pie 

**Cookies** \*chocolate chip, sugar-free chocolate chip (1 carb), graham crackers (½ carb), \*shortbread, \*oatmeal

strawberry, orange (sugar-free options available)

**Gelatin Pudding** chocolate, vanilla (diet options available - 1 carb)

**Ice Cream** \*chocolate, \*vanilla, diet vanilla (1 carb)

**Fruit Ice** \*cherry, \*lemon, diet lemon (1 carb)

# Liquid Diet Menus

## CLEAR LIQUID:

**Entrée** broth (chicken, beef, or vegetable)

**Beverages** coffee (regular or decaf), hot tea (regular or decaf), ice tea, juice (apple, cranberry, or fruit punch), soda (ginger ale or lemon lime)

**Desserts** gelatin, fruit ice

## FULL LIQUID:

**Entrée** broth (chicken, beef, or vegetable), pureed soup, hot cereal, plain yogurt

**Beverages** coffee (regular or decaf), hot tea (regular or decaf), ice tea, juice (apple, orange, cranberry, or fruit punch), soda (ginger ale or lemon lime), milk, hot chocolate

**Desserts** gelatin, fruit ice, ice cream, pudding