Room Service has a fresh new look!

The new patient dinnerware has arrived.

We are excited to offer you a new and vibrant look that will improve the quality of your dining experience.

With improved holding temperatures and freshness, this will enhance your enjoyment of the food that we are serving.

To place an order, dial extension 3663 (FOOD) on your phone between 6:30am and 6:30pm.

All meals are prepared to order and delivered within an hour. You may pre-order your meals.

Our facilities contain items which are known allergens. While precautions are taken, possible contact may occur with peanuts, tree nuts, wheat, eggs, milk, soy and other allergens.

From outside of the hospital call: (847) 618-3663

Room Service Dining Menu

Regular Diet

The Food & Nutrition Department is pleased to offer you our Room Service Menu. We believe great hospital care includes all aspects of the hospital experience, including delicious food. We are committed to providing you quality meat free of antibiotics and hormones (ABF).

A plant forward diet that is high in vegetables, fruit, whole grains, legumes, nuts and seeds over animal protein and processed food is an important path back to your best health.
BREAKFAST

HOT AND COLD CEREALS
• Oatmeal or Cream of Wheat
• Cheerios®
• Honey Nut Cheerios®
• Total® Raisin Bran
• Rice Chex®
• Corn Flakes®

SIDES
• Cottage Cheese Cup
• Chilled Hard Cooked Egg
• Seasoned Home Fries
• Bacon
• Turkey Sausage Patty
• Fresh Fruit Cup
• Fruit (apple, banana or orange)
• Light Yogurt (strawberry or vanilla)
• Greek Yogurt (plain or vanilla)

BREAKFAST ENTRÉES
• Scrambled Eggs
• Cinnamon French Toast
• Fruit & Cottage Cheese Plate
• Buttermilk Pancakes

BREAKFAST SANDWICH
• Egg, Turkey Sausage, and Swiss Cheese on English Muffin
• Egg & Swiss Cheese on English Muffin

OMELET
Proteins
• Eggs
• Egg Whites
• Ham
• Turkey Sausage Patty
• Bacon
Cheese
• American
• Cheddar
• Swiss
Toppings
• Mushrooms
• Onions
• Peppers
• Tomatoes
• Broccoli
• Mild Salsa

CONDIMENTS AVAILABLE UPON REQUEST

LUNCH & DINNER

STARTERS
Tossed Salad with Tomato and Cucumber
Caesar Side Salad
Carrot & Celery with Ranch

SOUPS
Homemade ABF Chicken Noodle Soup
Sweet Tomato Soup
Southwest Black Bean Soup

BREAD BASKET
• White Dinner Roll
• White or Whole Wheat Bread
• Garlic Herb Breadstick

BREAD
• Lemon Sage Cornbread
• Saltine Crackers (regular or low sodium)

BUILD YOUR OWN BURGER
• Bread - White or Wheat Bread, White or Whole Wheat Roll, Whole Grain Flatbread, White or Whole Grain Tortilla
• Proteins - Angus Beef Patty, Grilled ABF Chicken Breast, Gardenburger, ABF Turkey Burger, Ham, Roasted Turkey, Bacon, Cheese (American, Cheddar or Swiss)
• Toppings - Ham, Pepper Jack Cheese, American Cheese, Swiss Cheese, Tomato, Lettuce, Tomato, Onion, Pickle, BBQ Sauce, Mustard, Ketchup

BUILD YOUR OWN SANDWICH
• Bread - White or Wheat Bread, White or Wheat Roll, Whole Grain Flatbread, White or Whole Grain Tortilla
• Proteins - Ham, Turkey Breast (deli style or oven-roasted), Roast Beef, ABF Chicken Salad, Tuna Salad, Bacon, Peanut Butter, Cheese (American, Cheddar or Swiss)
• Toppings - Pickle, Lettuce, Tomato, Onion, Jelly, Ketchup, Mustard, Light Mayonnaise, Hummus, Avocado Yogurt Mayonnaise

ENTRÉES
Meatloaf with Brown Gravy
ABF Chicken Parmesan
Cheese Tortellini with Spaghetti Sauce
Baked Macaroni & Cheese
Cod with Lemon Sauce
Roast ABF Turkey
Cheese Pizza
Tomato, Basil & Cheese Flatbread
ABF Chicken Caesar Salad
Hummus with Vegetables & Pita
Fresh Fruit & Cottage Cheese Plate

SIDES
• Buttery Penne
• Buttery Whole Grain Penne
• Penne with Marinara
• Whole Grain Penne with Marinara
• Macaroni & Cheese
• Rice (white or brown)
• French Fries (baked or fried)
• Baked Potato Chips

BEVERAGES
• Juice (apple or orange)
• Cranberry Juice (regular or diet)
• Low Sodium V-8 Juice
• Milk (skim or 2%)
• Chocolate 1%, Low Fat Milk
• Vanilla Soy Milk
• Coffee (regular or decaf)
• Tea (regular, decaf or herbal)
• Iced Tea (regular or decaf)
• Hot Chocolate (regular or diet)
• LaCroix Sparkling Water (peach-pear or passion fruit)

SWEETS
• Chocolate Chip Cookie
• Oatmeal Raisin Cookie
• Sugar Cookies
• Fudge Brownie
• Apple Crisp
• Low Fat Pound Cake
• Pudding (chocolate or vanilla)
• Red Gelatin (regular or diet)
• Citrus Gelatin (regular or diet)
• Orange Sherbet
• Ice Cream (chocolate or vanilla)
• Cherry Ice (regular or diet)
• Applesauce
• Sliced Peaches or Pears
• Fresh Fruit Cup
• Fresh Apple
• Fresh Banana
• Fresh Orange

ABF = Antibiotic Free

Please select 1 entrée, 3 sides (including sweets) and 2 beverages at meals.