

Room Service



Gluten Free

Room Service Dining at Your Request

The department of Culinary & Nutrition Services is pleased to offer you Room Service dining. Room Service allows you to select meals from a restaurant-style menu. Our goal is to provide you with excellent service during your stay. Feel free to let your Room Service Associate know, when your tray is delivered, if we are not exceeding your expectations.

How to Place Your Order

1. Using your bedside phone, dial 5555 between the hours of 7:00 AM and 7:00 PM.
2. Identify yourself to our Call Center Associate, who will verify your name, room number, and date of birth. Place your order.
3. Your meal will be prepared and delivered to you within 60 minutes of your request.

For Family Members Ordering from Outside the Hospital for A Patient

You may order for your loved one from home by doing the following:

1. Review the menu.
2. Call (732) 745-8600, extension 5555.
3. You may order up to three meals in advance with one phone call. Please let us know what time you would like each meal delivered.

Guest Meals

Guest meals are available for purchase for \$8. Guests may select from our Room Service menu. Please ask your Room Service Associate for details.

Special/Restricted Diets

Our menu is designed by our registered dietitians and culinary team. The items on the menu allow for a variety of healthy options to meet your nutrition needs whether you follow diabetic, renal, cardiac or other special or restricted diets.

Our Call Center Associate will assist you with your meal selection/choices so that they fit into your diet as ordered by your physician or practitioner.

Quality and Safety Pledge

Your satisfaction is very important to us.

Saint Peter's University Hospital's Culinary & Nutrition Services is committed to providing you with healthy, delicious food and very good service.

You may receive a patient satisfaction survey once you are home. If we have met our pledge to you, our goal is for you to rate your **Meals Experience** as a "5".

Liquid Diets

Clear Liquid Diets

Juice - Apple, Cranberry, Grape

Gluten Free Low Sodium Broth - Chicken, Beef, Vegetable

Jello - Strawberry, Orange

Water Ice - ♥Lemon, ♥Cherry, ♥Orange

Tea - Regular, Decaffeinated, Green Tea, Decaffeinated Green

Tea, Herbal Chamomile, Herbal Apple Cinnamon

Soda - Lemon-Lime, Ginger Ale

Full Liquid Diets

Cereal/Soup - ♥Gluten Free Maple Oatmeal, ♥Gluten Free
Cream of Tomato, ♥Gluten Free Cream of
Mushroom


Pudding - Vanilla, Chocolate, Sugar Free Vanilla,
Sugar Free Chocolate

Jello - Cherry, Orange, Sugar Free Strawberry, Sugar Free Orange

Ice Cream - Vanilla, Chocolate, Strawberry, ♥Fat Free Vanilla,
♥Fat Free Chocolate,

Water Ice - ♥Lemon, ♥Cherry, ♥Orange

Sherbet - ♥Raspberry, ♥Orange

Juice - Apple, Orange, Cranberry, Grape, Prune,  Tomato,
♥Low Sodium Tomato

Coffee - Regular and Decaffeinated

Tea - Regular, Decaffeinated, Green Tea, Decaffeinated Green
Tea, Herbal Chamomile, Herbal Apple Cinnamon

Hot Chocolate - Regular and No Sugar Added

Milk - ♥Skim, ♥Lowfat (2%), Whole, ♥Fat Free Chocolate,
♥Lactaid, ♥Soy, ♥Rice

Soda - Cola, Lemon-Lime, Ginger Ale, Diet Cola,
Diet Lemon-Lime, Diet Ginger Ale, Club

We offer food choices that are heart healthy.

♥ Indicates that each serving contains less than
300 milligrams of sodium and 5 grams of fat.



Indicates items that are high in sodium
or have greater than or equal to
350 milligrams of sodium.

Breakfast

Available all day!

Fruits

- ♥ Orange
- ♥ Apple
- ♥ Banana
- ♥ Melon Cup
- ♥ Applesauce
- ♥ Sliced Peaches
- ♥ Sliced Pears
- ♥ Stewed Prunes
- ♥ Raisins

Yogurt

- ♥ Gluten Free Dannon® Vanilla


Cereal

- Rice Chex Cereal
- ♥ Gluten Free Maple Oatmeal

Breakfast Entrées

- Scrambled Egg
- ♥ Low Cholesterol Scrambled Eggs
-  Pork Sausage
- Hard Boiled Egg
-  Bacon
-  Turkey Sausage

Omelet Bar

- Regular or ♥ Egg White Omelet
- With your choice of: ham, onions, ♥ green peppers,
-  American cheese, ♥ low fat Swiss, ♥ tomato

Bakery and Breads

- Gluten Free Toast
- Gluten Free Bagel

Condiments

- Ketchup, Mustard
- Parmesan Cheese
- Sugar, Brown Sugar, Sweet-and-Low, Splenda, Equal
- Salt, Pepper, Low Sodium Seasonings
- Honey Mustard Sauce
- Mayonnaise, Diet Mayonnaise
- Syrup, Diet Syrup
- Butter
- Jelly - Strawberry, Grape, Diet Berry
- Cream Cheese, Low Fat Cream Cheese
- Creamer, Non-dairy Creamer
- Lemon, Honey


Dressings

- Italian
- French
- Ranch
- Caesar
- Balsamic
- Lite French
- Lite Italian

Sweet Treats

- Cookie - Gluten Free Chocolate Chip, Gluten Free Oatmeal
- Pudding - Vanilla, Chocolate, ♥ Sugar Free Vanilla, ♥ Sugar Free Chocolate
- Jello - Cherry, Orange, Sugar Free Strawberry, Sugar Free Orange
- Ice Cream - Vanilla, Chocolate, Strawberry, ♥ Fat Free Vanilla, ♥ Fat Free Chocolate
- Water Ice - ♥ Lemon, ♥ Cherry, ♥ Orange, ♥ No Sugar Added Orange
- Sherbet - ♥ Raspberry and ♥ Orange

Beverages

- Juices - Apple, Orange, Cranberry, Grape, Prune,  Tomato, ♥ Low Sodium Tomato, Diet Cranberry Juice
- Coffee - Regular and Decaffeinated
- Tea - Regular, Decaffeinated, Green Tea, Decaffeinated Green Tea, Herbal Chamomile, Herbal Apple Cinnamon
- Hot Chocolate - Regular and No Sugar Added
- Milk- ♥ Skim, ♥ Lowfat (2%), Whole, ♥ Fat Free Chocolate, Lactaid, ♥ Soy, ♥ Rice
- Soda - Cola, Lemon-Lime, Ginger Ale, Diet cola, Diet Lemon-Lime, Diet Ginger Ale, Club
- Crystal Lite - Raspberry and Orange
- Bottled Water

Soups

- ♥ Gluten Free Vegetable
- ♥ Gluten Free Cream of Tomato
- ♥ Gluten Free Cream of Mushroom
- Gluten Free Chicken Broth (Low sodium)
- Gluten Free Beef Broth (Low sodium)
- Gluten Free Vegetable Broth
- ♥ Gluten Free Lentil

Side Salads

- ♥ Garden Salad
- ♥ Celery and Carrot Sticks
-  Cottage Cheese
- Cole Slaw

Entrée Salads

- ♥ Garden Salad
- ♥ Fresh Spinach Salad
- With choice of: ♥ Grilled Chicken,  Egg Salad
-  Cottage Cheese and Fruit Platter

Sandwiches

Create your own specialty sandwich

Sliced Meat

- Turkey
- Ham
- Roast Beef

Salads


- ♥ Egg

Cheeses

-  American
- Swiss
- Provolone

Breads


- Gluten Free Bread
- Gluten Free Roll
- Gluten Free Tortilla

-  Peanut Butter and Jelly Available

From the Grill


Chicken Breast on a Gluten Free Roll

Hamburger on a Gluten Free Roll

 Cheeseburger on a Gluten Free Roll

Eggplant Portobello on a Gluten Free Roll

 Grilled Cheese Sandwich on Gluten Free Bread

Toppings:  American cheese, Provolone, Swiss, Mozzarella,
♥ Roasted Red Peppers, ♥ Spinach

Accompaniments: ♥ Tomato, Lettuce, Sliced Onion, Pickle,
Chips, ♥ Baked Potato Chips, Gluten Free Pretzels

Gluten Free Quesadillas: Shredded Cheddar cheese,
♥ Chicken

Choice of: Tomato, Onion, Green Pepper, Mushroom, Salsa
and Sour Cream

Pizza and Pasta

Make Your Own Gluten Free Pizza

Choice of Toppings: Pepperoni, ♥ Mushroom, Onion,
♥ Green Pepper

 Gluten Free Manicotti

 Gluten Free Stuffed Shells

 Gluten Free Vegetable Lasagna

 Gluten Free Cheese Lasagna

Chef Signature Cuisine

♥ **Grilled Balsamic Chicken Breast**

Tender chicken breast marinated in balsamic vinegar, fresh herbs, garlic, and olive oil, grilled to perfection.

On the Side

♥ Baked Potato

♥ Baked Sweet Potato

♥ Brown Rice

White Rice

♥ Rice and Beans

♥ Corn

♥ Broccoli

♥ Fresh Spinach

♥ Baby Carrots

♥ Green Beans

♥ Zucchini Medley

Breads

Gluten Free Bread

Gluten Free Roll