

To place your order

From inside Beaumont Farmington Hills:
Dial extension number 3463 (DINE)

From home: Go to www.beaumont.org

Before you place your meal please verify if you have any food allergies.

For patients that are vegetarians, Halal, Kosher or have celiac disease, please notify your room service operator so they may assist you with alternative meal options.

For patients with diabetes:

The numbers next to each food item dictates the number of carbohydrate servings in each item. Please ask your room service operator how many servings you are allowed in your diet.

(#) = Carbohydrate Servings / 15 grams
carbohydrate per serving

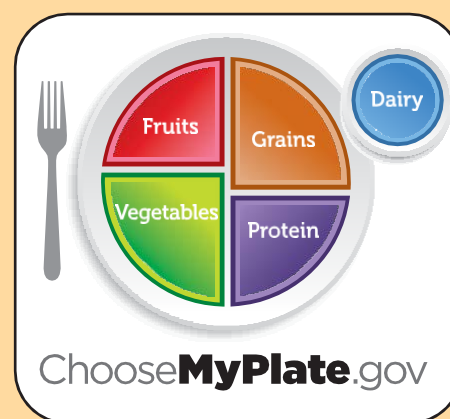
If you wish to receive further education on diabetes meal management please notify your RN and a registered dietitian can provide further diabetes information.

Please be aware that timing of blood sugar checks and medication may affect meal times and availability.

Beaumont

Your Guide to Daily Food Choices

When it comes to feeling good and being healthy, eating right makes all the difference in the world. That is why we have included the Choose My Plate which provides suggestions for the types and amounts of food you should eat each day. When you pick from each food group over the course of a day, you are sure to get all of the nutrients you need for optimum health.



Vegetables	Fruits	Grains	Protein	Dairy
Vary Your Veggies. Any vegetables or 100% vegetable juice counts as a member of the Vegetable Group. Fill half your plate with fruits and vegetables.	Focus on fruits. Whole fruit is preferable to juice, but any fruit counts: fresh, frozen, canned, 100% juice or dried. Fill your plate with fruits and vegetables.	Make at least half your grains whole. Read labels to find more whole grain foods. Whole wheat, oatmeal and brown rice are all good.	Go lean with protein. Keep portion to 1/4 of the plate. Nuts, beans, peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.	Get your calcium-rich foods. Remember to buy skim milk or 1% milk. Go easy on cheese. Skim yogurt is a good choice too.

Your clinical dietitian can provide further information for your use upon request.

Beaumont

It's not just what we do. It's how we do it.

Our goal is to exceed your expectations.

Beaumont is constantly striving to improve patient care. Our goal is to provide an outstanding experience for our patients. If any time during your stay you feel that we have not met or exceeded your expectations, please call the room service line at ext. 3463.

We want to make an immediate improvement for you.

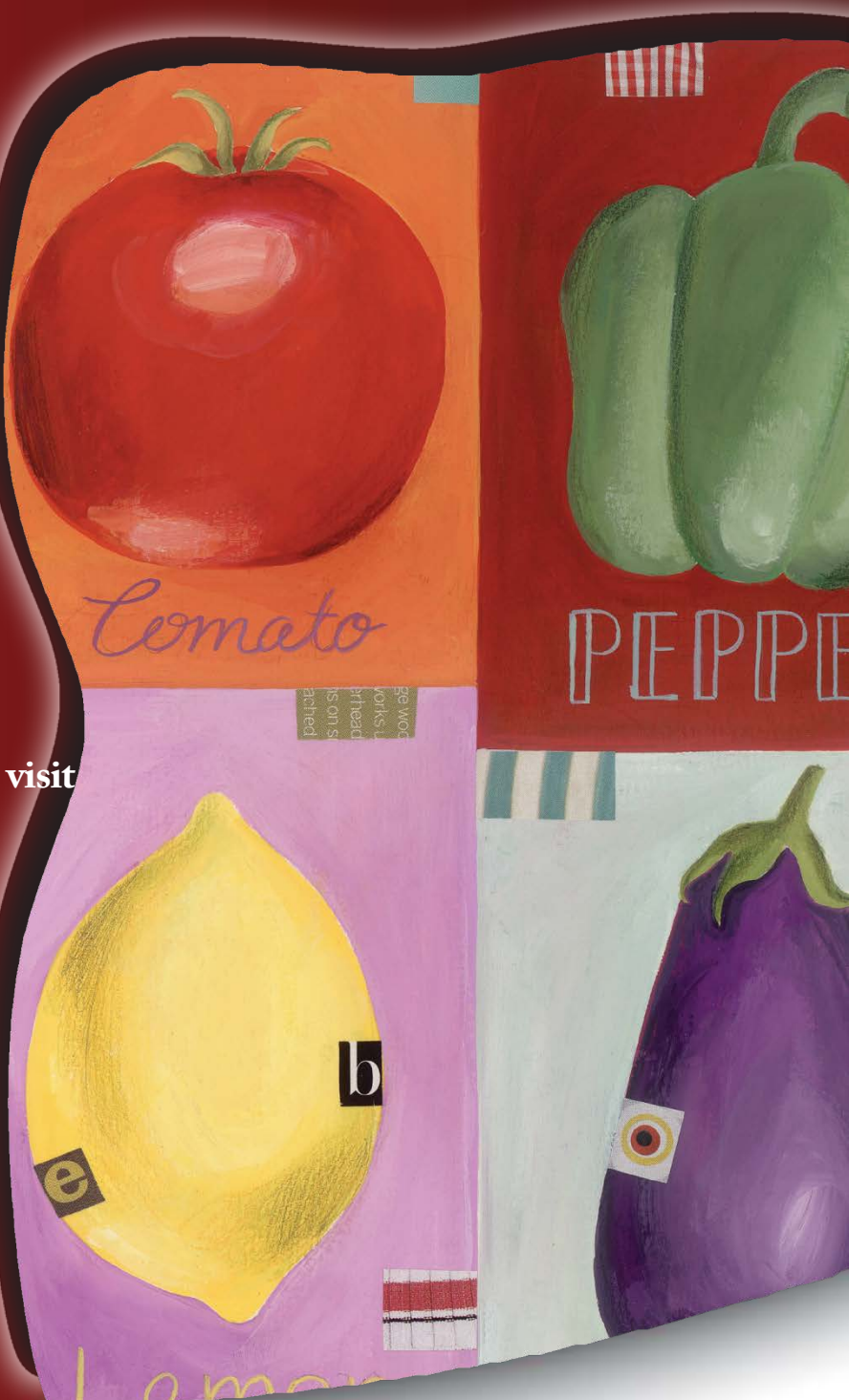
Menu

To Order:
From inside
Beaumont
Farmington Hills
Dial Extension 3463

From home
through the internet visit
www.botsford.org

Service Hours:
6:30 am - 7:00 pm

Your food will be
delivered within
45 minutes



Beaumont

Dial 3463 to place your order.

Breakfast

BREAKFAST ENTRÉES

Scrambled Eggs

♥ Scrambled Eggs Substitute

♥ Texas French Toast (2)

♥ Buttermilk Pancakes (2)

OMELET SHOPPE

(Made-to-Order) Regular Eggs • ♥ Egg Substitute

Omelet Extras:

(Choose 3 items)

Cheddar • ♥ Swiss • ♥ Provolone

♥ Tomato • ♥ Green Pepper

♥ Diced Onions • ♥ Spinach

♥ Fresh Mushrooms Diced Ham • Bacon • Sausage

♥ Grilled Turkey

CEREALS

Cream of Wheat® (1.5)

Oatmeal (2)

Rice Krispies® (1.5)

Cornflakes® (1)

Frosted Flakes® (2)

Cheerios® (1)

Raisin Bran® (2)

Bran Flakes® (1.5)

Shredded Wheat® (2)

Liquid Diets

CLEAR LIQUID DIET

♥ Broths:

Chicken • Salt Free Beef • Vegetable

♥ Juice:

Cranberry (1.5)

Apple (1) • Peach (1)

Lemonade (1)

Soda:

♥ Lemon-Lime

Cola (Reg. or ♥ Diet)

♥ Caffeine-Free Diet Cola

♥ Ginger Ale (Reg. or Diet)

Coffee (Reg. or ♥ Decaf) Hot Tea (Reg. or ♥ Decaf) Iced Tea

Finishing Touches:

♥ Popsicle: Assorted (1) (Reg. or Sugar-Free)

♥ Fruit Ice: Assorted (1)

♥ Jell-O®: Assorted (1) (Sugar-Free)

If your Doctor has prescribed a modified diet, some items may not be available.

SIDES

Pork Sausage • Bacon Slice

Turkey Sausage Patty

♥ Grilled Turkey • Hash Browns (1.5)

FRUIT

Apple (1) • Quartered Orange (1.5)

Banana (1) • Applesauce (1)

Seasonal Fruit Cup (1)

Peach Slices (1) • Pear Halves (1)

Pineapple Chunks (1)

BAKE SHOP

♥ Plain Bagel (2)

♥ Cinnamon Raisin Bagel (2)

♥ English Muffin (1.5)

Buttermilk Biscuit (1.5)

Cinnamon Roll

Muffins:

♥ Plain (1) • Blueberry (1)

♥ LOW FAT YOGURT

Vanilla (1) • Blueberry (1)

Strawberry (1)

Parfait: Vanilla (1)

Strawberry (1.5)

FULL LIQUID DIET

Includes All Clear Liquid Diet Items Plus The Following:

Tomato Soup (1)

Cream of Chicken Soup (1)

♥ Cream of Wheat® (1.5)

♥ Juice: Orange (1) • Prune (1.5)

Milk: ♥ Skim (1)

2% (1) • Whole (1)

Chocolate (2)

♥ Lactose Free (1)

Hot Chocolate (1)

Sugar-Free Hot Chocolate (0.5)

Pudding:

Vanilla (2)

Sugar-Free Vanilla (1)

Chocolate (1.5)

Ice Cream:

Vanilla (1) • Chocolate (1.5)

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Lunch/Dinner

GRILL FAVORITES

Hamburger (2)

Cheeseburger (2)

♥ Grilled Chicken Sandwich Grilled Ham & Cheese Sandwich (2) Hot Dog on a Bun

Grilled Cheese (2)

Fish Sandwich (3.5)

Chicken Fingers (2)

♥ Lettuce • Tomato • Onion

ASIAN STIR-FRY

(On White Rice) (1.5)

Vegetable (1.5) • Chicken (1) • Tofu (1.5)

AMERICAN COMFORTS

♥ Lemon Sage Chicken Breast

♥ Sliced Roast Turkey Breast

♥ Crispy Baked Fish (0.5)

♥ Pasta (2) with Marinara or Meat Sauce

♥ Macaroni and Cheese (3.5)

Chicken Stew and Biscuit (2.5)

♥ Farmer's Meatloaf (0.5)

SOUTH OF THE BORDER

Quesadilla: Cheese (4) • Chicken (4) • Roasted Vegetable (4)

♥ Tacos - One Chicken Taco (1)

Two Chicken Tacos (2)

Chicken Taco Salad ♥

ACCOMPANIMENTS

On the Side: ♥ Whipped Potatoes (1.5)

♥ Sweet Potato (2) • Steak Fries (1.5)

♥ Steamed White Rice • ♥ Bow Tie Pasta (2)

♥ Macaroni and Cheese (2)

Vegetables: ♥ Sliced Carrots • ♥ Green Beans

♥ Corn (1) • ♥ Broccoli • ♥ Summer Squash & Carrot Medley

BROTHS & SOUPS

♥ Broth: Chicken • Salt Free Beef • Vegetable

Soup: ♥ Chicken Noodle (1) • Tomato (1)

Cream of Chicken (1) • ♥ Vegetable (1)

SALADS

♥ Garden Salad • Chef Salad (1) • ♥ Grilled Chicken Salad (0.5)

♥ Carrot & Celery Sticks • ♥ Seasonal Fruit Plate (2)

♥ Cottage Cheese & Fruit Plate (2)

Creamy Cole Slaw (0.5)

Salad Dressings:

Italian (Reg. & ♥ FF) • French (Reg. & ♥ FF) • Ranch (Reg. & ♥ FF)

Balsamic Vinaigrette • Honey Mustard

♥ These items are Heart Healthy

♥ = Choices for Sodium / Cholesterol restricted diets (#) = Carbohydrate exchanges / 15 gm per exchange

Lunch/Dinner

DELI BAR

Create your own sandwich

MEATS & FILLINGS

Roast Beef

♥ Roast Turkey Ham

♥ Tuna Salad

Chicken Salad

BREAD BASKET

♥ White (1)

♥ Wheat (1)

♥ Rye (1) (1)

♥ Dinner Roll Biscuit (1.5)

Corn Muffin (1.5)

Crackers (1) (Reg. or ♥ Low Sodium)

SIDES

♥ Baked Potato Chips (1.5)

Potato Chips (1)

Garlic Roasted Hummus with pretzels (2.5)

Pretzels (1.5)

Beverages

MILK

Milk: ♥ Skim (1)

2% (1) • Whole (1)

Chocolate (2)

♥ Lactose Free (1)

COLD DRINKS

Iced Tea Lemonade (Sugar Free)

♥ JUICE

Apple (1) • Prune (1)

Peach (1) • Orange (1.5)

Cranberry (1.5)

SODA

♥ Lemon-Lime

Cola (Reg. or ♥ Diet)

♥ Caffeine-Free Diet Cola

♥ Ginger Ale (Reg. or Diet)

HOT DRINKS

Coffee (Reg. or ♥ Decaf) Hot Tea (Reg. or ♥ Decaf) Hot Chocolate (1.5)

Sugar-Free Hot Chocolate (0.5)

COOKIES

♥ Vanilla Wafers (1)

♥ Graham Crackers (1)

Sugar (1.5)

Chocolate Chip (1.5)

Oatmeal Raisin (1.5)

Peanut Butter (1.5)

♥ PUDDING

Vanilla (2) • Sugar-Free Vanilla (1)

Chocolate (1.5)

ICE CREAM

Vanilla (1) • Chocolate (1.5)

♥ Popsicle: Assorted (1) (Reg. or Sugar-Free)

♥ Orange Sherbet (2)

♥ Fruit Ice: Assorted (1)

♥ Jell-O®: Assorted (1) (Sugar-Free)

YOGURT PARFAIT

Vanilla (1)

Strawberry (1.5)

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