



At Your Request Room Service Dining® Menu

Dial 45678 from your hospital room phone between 7:00am–7:30pm.

We will take your order, answer any questions, and deliver within 45 minutes.

KEY	♥ Heart Healthy	LS Low Sodium
	▲ Gluten Free	SF Sugar Free
		NSA No Sugar Added

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

After service hours a cold house meal may be ordered through your nurse.

Breakfast Anytime

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| <p>FRUITS ♥ ▲
Fresh: ● Orange ● Banana ● Fruit Cup ● Seasonal Fruit
Canned: ● Peaches ● Pears ● Applesauce</p> <p>CEREALS ♥
Cold: ● Total® ● Corn Flakes® ● Rice Chex® ▲ ● Cheerios® ● Raisin Bran® ● Granola
Hot: ● Cream of Wheat® ● Oatmeal
Cereal Toppings: ▲
● Flax Seed ● Brown Sugar ● Raisins</p> <p>GREEK YOGURTS ♥
● Vanilla ▲ ● Strawberry ▲ ● Yogurt Parfait (Vanilla Yogurt, Fresh Fruit, Granola)</p> <p>THE BAKERY
● Buttermilk Biscuit ● Plain Bagel ● English Muffin ♥ ● Cinnamon Roll ● Corn Muffin ● Blueberry Muffin</p> | <p>MORNING FARE
● Scrambled Eggs ▲ ● Cholesterol Free Scrambled Eggs ♥ ▲ ● Buttermilk Pancake ● Texas French Toast ● Sonoma Breakfast Quiche ● Steamed Vegetables & Brown Rice ♥ ▲ ● Breakfast Burrito</p> <p>BREAKFAST SIDES
● Home Fried Potatoes ▲ ● Cottage Cheese ♥ ▲ ● Hard Boiled Egg ▲ ● Turkey Sausage ♥ ● Veggie Sausage Pattie ♥ ● Bacon ▲</p> <p>OMELET STATION ▲
● Regular Eggs ● Cholesterol Free Eggs ♥
Omelet Extras (choose up to 3):
● Cheddar Cheese ● Diced Onion ♥ ● Mushrooms ♥ ● Tomato ♥ ● Green Pepper ♥_Bacon ● Diced Ham ● Sausage</p> |
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Lunch/Dinner Condiments available upon request

- SOUPS & APPETIZERS**
Broth: ♥ ▲ ● Vegetable ● Beef ● Chicken
Soup (Reg. or ♥): ● Tomato Basil ● Chicken Noodle ● Carrot Ginger ● Garden Vegetable
Appetizers: ● Garden Side Salad ♥ ▲ ● Chicken Tenders ▲ ● Pot Stickers

- SONOMA GARDEN**
Entrée Salads: ● Fruit & Cottage Cheese Plate ▲ ● Chef Salad ▲ ● Tuna Salad Plate ▲ ● Caesar Salad (with or without Chicken) ▲ ● Garden Salad ♥ ▲
Taco Salad: ● Plain ● Chicken ● Beef
Dressings: ● Italian (Reg. or ♥) ● French (Reg. or ♥) ● Ranch (Reg. or ♥ ▲) ● Balsamic Vinaigrette ▲ ● Honey Mustard ▲ ● Caesar ▲

- DELI BAR**
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| Breads | Garden ▲ | Cheeses ▲ | Fillings ▲ |
| ● Wheat | ● Onion ♥ | ● Cheddar | ● Ham |
| ● White | ● Lettuce ♥ | ● Provolone | ● Roast Beef |
| ● Whole Grain ♥ | ● Tomato ♥ | ● Swiss | ● Turkey ♥ |
| ● Sourdough | ● Pickles | | ● Egg Salad |
| ● Gluten Free ▲ | ● Cucumber ♥ | | ● Tuna Salad |
- Peanut Butter & Jelly on Your Choice of Bread

- GRILL FAVORITES** (Add Cheese!)
● Grilled Cheese Sandwich ● French Dip Sandwich ● Hamburger ♥ ● Turkey Burger ● Veggie Burger ♥ ● Grilled Chicken Breast Sandwich ♥

- SIGNATURE ENTRÉES**
● Puff Pastry Crusted Chicken Pot Pie ● Turkey Meatloaf ♥ ● Sliced Roast Turkey Breast ♥ ▲ ● New England Pot Roast ● Grilled Greek Style Salmon ♥ ▲ ● Lemon Herb Chicken Breast ♥ ▲ ● Baked Macaroni & Cheese

- ASIAN WOK**
Bowl: ♥ ▲ ● Asian Noodles ● Brown Rice ▲ ● White Rice ▲ ● Vegetables ▲
Toppings: ♥ ▲ ● Beef ● Chicken ● Tofu ● Vegetables
Sauce: ● Sesame Ginger ● Sweet N' Sour ▲ ● Teriyaki ● Curry

- MAMA GINA'S ITALIAN**
Pasta: ● Spaghetti ● Tortellini ● Gluten Free Pasta ♥ ▲
Sauce: ▲ ● Marinara ♥ ● Pesto ● Bolognese

- BUILD YOUR OWN PERSONAL PAN PIZZA** (Choose up to 3 toppings) ● Mozzarella Cheese ● Green Peppers ● Onions ● Mushrooms ● Black Olives ● Tomatoes ● Diced Chicken ● Pepperoni ● Sausage ● Ham

- THE TAQUERIA**
Quesadilla: ● Cheese ● Chicken
Burrito: ● Bean & Cheese ● Chicken ● Beef
Soft Taco: ● Beef ● Chicken ♥
Toppings: ● Cheese ● Lettuce ♥ ● Tomato ♥ ● Onion ♥ ● House-made Salsa ♥ ● Sour Cream

- ON THE SIDE** ♥
Vegetables: ▲ ● Sliced Carrots ● Green Beans ● Peas ● Broccoli ● Summer Squash ● Seasonal Vegetable
Starches: ● White Rice ▲ ● Brown Rice ▲ ● Mashed Potatoes ▲ ● Pinto Beans ▲ ● Parsley Boiled Potatoes ▲ ● Baked Steak Fries ▲ ● Herb Quinoa ▲ ● Fresh Baked Roll ● Tortilla (Corn ▲ or Flour)

- SNACKS**
● Popcorn ▲ ● Baked Potato Chips ♥ ▲ ● String Cheese ▲ ● Cottage Cheese Cup ▲ ● Carrot & Celery Sticks ♥ ▲ ● Almonds ♥ ▲ ● Crackers (Reg. or ♥) Cheddar Snack Crackers

Desserts

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| <p>COOKIES
● Vanilla Wafers ♥ ● Graham Crackers ♥ ● Sugar ● Chocolate Chip ● Oatmeal Raisin</p> <p>YUMMY DELIGHTS
● Apple Crisp ● Chocolate Brownie ● Fresh Fruit Cup ♥ ▲ ● Angel Food Cake ♥ ● Dark Chocolate Square ♥ ▲</p> | <p>PUDDING (Reg. or NSA) ▲
● Vanilla ● Chocolate ● Tapioca</p> <p>GELATIN (Reg. or SF) ♥ ▲
● Berry ● Citrus</p> <p>FROZEN DESSERTS ▲
Ice Cream (Reg. or NSA):
● Vanilla ● Chocolate ● Orange Sherbet ● Lemon Fruit Ice ♥ ● Popsicle (Reg. or SF) ♥</p> |
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Beverages ♥ ▲

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| <p>HOT
● Coffee (Reg. or Decaf)
● Tea (Reg., Decaf or Herbal)
● Hot Chocolate (Reg. or NSA)</p> <p>MILK
● Fat Free ● 1% Low Fat ● Lactose Free ● Soy ● Chocolate</p> | <p>JUICES
● Orange ● Apple ● Prune ● LS V-8® ● Cranberry (Reg. or Diet)</p> <p>COLD
● Arnold Palmer (Reg. or Diet)
● Iced Tea (Reg. or Decaf)
● Lemonade (Reg. or Diet)</p> |
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Liquid Diets

- CLEAR LIQUID DIET** ▲
Broth: ♥ ● Vegetable ● Beef ● Chicken
Juice: ● Apple ● Cranberry (Reg. or Diet)
Gelatin (Reg. or SF): ♥ ● Berry ● Citrus
● **Lemon Fruit Ice** ♥
● **Popsicle** (Reg. or SF) ♥
● **Coffee** (Reg. or Decaf)
● **Hot Tea** (Reg., Decaf or Herbal)
● **Lemonade** (Reg. or Diet)
● **Iced Tea** (Reg. or Decaf)
● **Arnold Palmer** (Reg. or Diet)

- FULL LIQUID DIET** Includes All Clear Liquid Diet Items Plus The Following:
● **Vanilla Yogurt** ▲
● **Cream of Wheat**®
Soup (Reg. or ♥): ● Carrot Ginger ● Tomato Basil
Pudding (Reg. or NSA): ▲ ● Vanilla ● Chocolate ● Tapioca
Ice Cream (Reg. or NSA): ▲ ● Vanilla ● Chocolate ● Orange Sherbet
Milk: ▲ ● Fat Free ● 1% Low Fat Lactose Free ● Soy ● Chocolate
Juice: ▲ ● Orange ● Prune ● LS V-8®
● **Hot Chocolate** (Reg. or NSA) ▲

For Diabetic Management:

Please notify the nursing staff when you order your meal so we can best help you manage your diabetes. Timing of blood sugar checks and medications is critical in keeping your blood sugar as normal as possible. We appreciate your assistance with your medical treatment.

Frequently Asked Questions

What does NPO mean?
This diet is ordered when a patient is not allowed to eat or drink anything.

Where can my guest eat?
Guests are welcome to visit the Bistro located on the second floor. Bistro hours are 6:30am-2pm & 3-6pm Monday-Friday and 6:30am-2pm on weekends. Guests may also purchase a guest meal voucher from the Bistro for \$10 and then order from Room Service. The meal will be delivered to the patient's room.

Can my family help me order my meals?
Yes, your family members may order your meals from outside the hospital by calling (707)576-5678. They may pre-order your meals in advance as well.

Can I have my meal delivered at a specific time?
Yes, simply inform us at the time of your order.

My doctor prescribed me a special diet; how do I know what I am allowed to eat?
If your physician has prescribed a special diet, some items may not be available to you. The Room Service operator will assist you in selecting items appropriate for the diet your physician has prescribed. For most diets, your selections are monitored on a daily basis—this means that if you order a certain food item at lunch, you may not be able to get it at dinner due to its nutrient content. If you would like to receive a nutrient guide, please ask the Room Service Operator and one will be delivered to your room.

Our Health & Sustainability Commitment
Sutter Santa Rosa Regional Hospital is committed to delivering the best service possible and making sure you are very satisfied with your stay. With this in mind, we are proud to present At Your Request Room Service Dining®. This innovative program is designed with you in mind. Order the meals you want, when you want them. Enjoy your meal! As part of the Healthier Hospitals Initiative and Partnership for a Healthier America, we are pleased to support local farmers and vendors. Whenever possible we purchase local, sustainably produced foods and beverages. Our kitchen is trans fat free and we have no fryer. We offer many gluten free food items, however our kitchen is not gluten free.