Welcome

Bryn Mawr Hospital takes great pride in providing a comfortable, healing environment for you. You may notice "Quiet Hours" from 9:00 p.m. to 7:00 a.m. On behalf of everyone at Bryn Mawr, I extend our sincere commitment to provide you with a quality experience, and I hope you will agree that our room service menu is a unique contributor to that experience.

Thank you for choosing Bryn Mawr Hospital and best wishes to you!

Sincerely,

Andrea Gilbert

President of Bryn Mawr Hospital



Well ahead.™

To Place Your Order

To make your every meal a very positive experience, Bryn Mawr Hospital is pleased to provide the Just For You room service program—a personalized approach to menu selection. To place an order:

- You may place a meal order between 6:30 a.m. and 6:30 p.m.
- **Dial extension 2233** on your bedside phone. Family members also may order for you from home by calling 484-337-2233.
- All meals are prepared to order and will be delivered within 45 minutes.
- For your convenience, you also may preorder your meals for the day to be delivered at specified times.
- Breakfast items are available from 6:30 a.m. to 6:30 p.m.
- Lunch and dinner items are available from 11:00 a.m. to 6:30 p.m.





Navigating Your Room Service Menu

Your physician may have ordered a specific diet or a combination of diets based on your specific medical condition. Following are the most commonly prescribed diets in the hospital. If you choose a selection that does not fit into the diet your doctor prescribed, our call center representatives will guide you in selecting a suitable alternative.

Regular Diet

This diet has no restrictions. On this diet, you are able to choose any of the menu options.

Heart-Healthy Diet

Also known as the cardiac diet, this diet is lower in sodium, fat, and cholesterol than a regular diet. If followed as part of an everyday diet plan, this diet can help lower blood cholesterol levels and blood pressure, decreasing the chance of developing heart disease. On our menu, choose more foods with the heart $[\ \ \ \ \ \ \ \]$ and wheat stalk icons $[\ \ \ \ \ \ \ \ \ \ \]$, and avoid food with the salt shaker icon $[\ \ \ \ \ \ \ \ \ \ \ \ \ \ \]$.

Diabetic Diet

This diet is designed to control blood sugar levels. It provides a consistent amount of carbohydrates throughout the day and encourages whole grains, fresh fruit, and vegetable choices. Next to each food item on the menu is the amount of carbohydrates servings in parenthesis. Our call center representatives will help you stay on target with your carbohydrate allowance for each meal.

Renal Diet

This diet is ordered to help improve health while your kidneys are not functioning properly. The kidneys work to excrete food waste into the urine. When the kidneys are compromised, waste may build up in the body and cause other health problems. A renal diet will help limit foods high in potassium, sodium, phosphorus, and protein that may cause such a build up. You will want to avoid items with the salt shaker [$\frac{1}{2}$]. Our call center representative also will help guide you in making low potassium and phosphorous selections.

Low-Residue Diet

Also known as a fiber restricted diet, a low-residue diet is a temporary diet that is prescribed to allow time for your bowel to rest and heal. This diet limits whole grains, raw fruits and vegetables, nuts, and seeds. Avoid the wheat stalk icon [] on the menu while following this diet.

If you have any questions regarding your diet, please call extension 2233.



As the day begins...

"Sometimes I've believed as many as six impossible things before breakfast."

- Lewis Carroll, Alice in Wonderland

FRESH JUICES

Tomato Juice (0.5 carb), Apple Juice (1 carb), Orange Juice (1 carb), Cranberry Juice (1 carb), Prune Juice (1 carb), Grape Juice (1 carb)

FRESH FRUIT

Fruit Cup [💚] (1 carb), Orange [💚] (1.5 carbs), Apple [💚] (2 carbs), Banana [💚] (2.5 carbs)

YOGURT

Light Vanilla Yogurt [*] (1 carb), Light Lemon Yogurt [*] (1 carb), Peach Yogurt (2 carbs), Strawberry Yogurt (2 carbs)

HOT AND COLD CEREALS

Oatmeal [] [1.5 carbs), Raisin Bran [] [2 carbs), Granola [] [2 carbs), Cheerios [] (1.5 carbs), Cream of Wheat (1 carb), Corn Flakes (1 carb), Rice Krispies (1 carb), Special K (1 carb), Grits (1.5 carbs), Frosted Flakes (2 carbs)

MAIN ENTRÉES AND SIDE SELECTIONS

Heart-Healthy Eggs [♥] (0 carbs), Scrambled Eggs (0 carbs),
Home Fries (1.5 carbs), Buttermilk Pancakes (2.5 carbs),
French Toast (3 carbs), Bacon [↑ 1 (0 carbs), Sausage Link [↑ 1 (0 carbs))

Make Your Own Omelet with Choice of:

Tomatoes [\P] (0 carbs), Mushrooms (0 carbs), Onions (0 carbs), Cheese (0 carbs), Ham [\mathbb{R}] (0 carbs), Sausage [\mathbb{R}] (0 carbs), Bacon [\mathbb{R}] (0 carbs)

BREADS AND PASTRIES

Bran Muffin [] (2 carbs), Warm Cinnamon Roll (1.5 carbs), Corn Muffin (2 carbs), Blueberry Muffin (2 carbs), Bagel (2 carbs), Biscuit (2 carbs), Cinnamon Raisin Bagel (2.5 carbs)

The Lunch and Dinner Hours...

"Food is not about impressing people. It's about making them feel comfortable."

- Ina Garten, The Barefoot Contessa

FOR STARTERS

Fresh Vegetable Sticks with Dip [*] (0.5 carb), Fresh Fruit Cup [*] (1 carb), Mixed Garden Salad (0 carbs), Caesar Salad (1 carb)

HOMEMADE SOUPS

Vegetable Soup [♥♥ №] (0 carbs), Chicken Broth (0 carbs), Vegetable Broth (0 carbs), Beef Broth (0 carbs), Cream of Tomato (0.5 carb), Old-Fashioned Chicken Noodle (0.5 carb)

DELI SANDWICHES

Fillings:

Turkey Breast [] (1 ounce = 0 carbs), Roast Beef (1 ounce = 0 carbs), Tuna Salad (1/2 cup = 0 carbs), Egg Salad (1/2 cup = 0 carbs), Chicken Salad (1/2 cup = 0 carbs), American Cheese (1 ounce = 0 carbs), Swiss Cheese (1 ounce = 0 carbs), Peanut Butter and Jelly (1.5 carbs), Ham [] (1 ounce = 0 carbs)

Breads:

Wheat Bread [** **] (1 slice = 1 carb), Multigrain Roll [** **] (2 carbs), White Bread (1 slice = 1 carb), Rye Bread (1 slice = 1 carb), Deli Wrap (1 carb)

GRILL SELECTIONS

Grilled Chicken Breast [] (1.5 carbs), Turkey Burger [] (2 carbs), Garden Burger [] (3 carbs), Hamburger (1.5 carbs), Cheeseburger (1.5 carbs), Grilled Cheese (2 carbs), Hot Dog [] (1.5 carbs)

PIZZA (5 carbs)

Build your own personal pizza with choice of:

Mushrooms, Onions, Green Peppers, Sausage [🗂], Pepperoni [🗂]



HOT ENTRÉES

| = Heart Healthy

Roasted Turkey [🌳] (0 carbs), Baked Tilapia [💚] (0.5 carb), Crispy Baked Chicken [💚] (1.5 carbs), Old-Fashioned Pot Roast (0.5 carb), Meatloaf (1 carb), Hot Open-Faced Beef Sandwich (1 carb), Hot Open-Faced Turkey Sandwich (1 carb)

Pasta Bar with Choice of:

Turkey Meatballs [🖤] (0 carbs), Vegetable Meatballs [🖤] (<1 carb), Whole Wheat Penne [🖤] (3.5 carbs), Marinara Sauce (1carb), Meatballs (1.5 carbs), Penne (2.5 carbs), Tortellini (3 carbs)

ENTRÉE SALADS

Cottage Cheese and Fresh Fruit [🌳 🦞] (1.5 carbs), Mandarin Chicken Salad [💚] (1 carb), Grilled Chicken Caesar [🎉] (1 carb), Fruit and Cheese Platter (1.5 carbs)

BREAD BASKET

Whole Wheat Bread [] (1 slice = 1 carb), White Bread (1 slice = 1 carb), Dinner Roll (1 carb), Breadstick (1.5 carbs), Country Biscuit (2 carbs), Corn Muffin (2 carbs)

VEGETABLES AND SIDES

Steamed Broccoli [🎔 🧗] (0 carbs), Green Beans [💜] (0 carbs), Steamed Carrots [🖤] (0.5 carb), Applesauce [💚] (1.5 carbs), Rice Pilaf [💚] (2 carbs), Potato Salad (0.5 carb), Cole Slaw (0.5 carb), Macaroni and Cheese (1 carb), Whipped Potatoes (1 carb), Bread Dressing (1 carb), Baked French Fries (3 carbs)

BEVERAGES

Milk:

Non-Fat Milk [💗] (1 carb), 2% Reduced-Fat Milk (1 carb), Whole Milk (1 carb), Chocolate Milk (1.5 carbs)

Juices and Iced Teas:

Tomato Juice (0.5 carb), Apple Juice (1 carb), Cranberry Juice (1 carb), Orange Juice (1 carb), Prune Juice (1 carb), Grape Juice (1 carb), Iced Tea (Regular, Decaf) (0 carbs)

Hot Drinks:

Regular or Decaf Coffee (0 carbs), Tea (Regular, Decaf, Herbal) (0 carbs), Sugar-Free Hot Chocolate (0 carbs), Hot Chocolate (1 carb)



"Stressed spelled backwards is desserts. Coincidence? I think not!" - Author Unknown

FOR THE SWEET TOOTH

Fruit:

Fresh Fruit Cup [🖤] (1 carb), Chilled Pears (1.5 carbs), Chilled Peaches (1.5 carbs)

Pudding:

Light Vanilla Pudding (1 carb), Vanilla Pudding (1.5 carbs), Chocolate Pudding (2 carbs)

Baked Goods (All cookies are Otis Spunkmeyer, baked fresh daily.):

Angel Food Cake (1 carb), Fudge Brownie (2 carbs), Chocolate Chip Cookies (2 carbs), Oatmeal Raisin Cookies (2 carbs), Peach Crisp (2 carbs), Carrot Cake (5 carbs)

Additional Treats:

Diet Gelatin (0 carbs), Gelatin (1 carb), Diet Vanilla Ice Cream (1 carb), Ice Cream (Vanilla, Chocolate, Strawberry) (1.5 carbs), Sherbet (1.5 carbs), Rice Pudding (1.5 carbs)