

# Welcome to MemorialCare Saddleback Medical Center's Room Service

... freshly prepared meals ordered at your convenience and delivered to your room.


If you prefer to have your meal arrive at a specific time, please let us know when you place your order. Our staff is trained to take your order, answer questions and suggest alternatives. Some items may not be permitted on your nutrition order. Our staff can offer selections for your special nutritional needs.

Your family or designee can order meals on your behalf off-site by calling (949) 452-DINE (3463) or on-site by dialing \*88 from the room phone. To view this menu online, visit our website at [memorialcare.org/SBRoomService](http://memorialcare.org/SBRoomService).

Guests are invited to dine in the Saddleback Café located on the basement level Monday through Friday, 6:45 a.m. – 7 p.m., Saturday and Sunday, 8:45 a.m. – 7 p.m.

Guests are welcome to order from this menu – Call (949) 452-DINE (3463) to place an order between 6:45 a.m. and 7 p.m. Meals can be paid for and picked up from any cashier in the Saddleback Café located on the basement level – \$10 for breakfast, \$12 for lunch or dinner.


We hope you enjoy your dining experience. If, for any reason, you are not satisfied with your meal service, please call \*88. Patient satisfaction is our highest priority.

 Dial \*88 to place your order.  
Hours: 6:45 a.m. – 7 p.m.

To coordinate medications with meals, delivery times are more structured for patients receiving insulin and some oral diabetes medications.


Breakfast: 8 – 9:30 a.m.  
Lunch: 11:30 a.m. – 1:30 p.m.  
Dinner: 4:30 – 6:30 p.m.

## Desserts


Ice cream -  
Sugar Free Available   
Vanilla, chocolate or strawberry

Cookies  
Lorna Doone®, chocolate chip or oatmeal raisin

Italian ice  
Cherry or orange

Gelatin -  
Sugar Free Available   
Red, orange or yellow

## Beverages

Lemonade  
Milk   
Nonfat, low-fat, whole, soy or almond

Juice  
Apple, orange, cranberry, prune or V8®

## Liquid diets

Clear liquid diet

Juices  
Apple or cranberry

Gelatin  
Red, orange or yellow

Broth  
Chicken, beef or vegetable

Italian ice  
Cherry or orange


Popsicle®

Coffee


Hot tea

Hot herbal tea

Ice tea


 = 15 grams of Carbohydrate



  
**MemorialCare**  
Saddleback Medical Center

Pudding -  
Sugar Free Available   
Chocolate or vanilla

Apple pie

Brownie bites


Fresh fruit   
Banana, grapes, orange slices, apples or seasonal fruit cup

Chilled fruit   
Applesauce, diced peaches, diced pears or prunes 

Sherbet

Coffee

Hot tea

Hot chocolate -  
Sugar Free Available 

Ice tea

Soda  
Ginger ale, Coca-Cola® or Diet Coke®

Full liquid diet

Includes all clear liquid choices plus the following:

Juices  
Orange, prune or V8

Cream of Wheat

Creamy tomato soup

Cream of chicken soup

Vanilla custard

Pudding  
Chocolate or vanilla

Ice cream  
Vanilla, chocolate or strawberry


Milk  
Nonfat, low-fat, whole, soy or almond

Yogurt  
Vanilla or plain

Saddleback Medical Center  
24451 Health Center Drive  
Laguna Hills, CA 92653  
[memorialcare.org/saddleback](http://memorialcare.org/saddleback)

# Room Service Dining Menu



 Dial \*88 to place your order.  
Hours: 6:45 a.m. – 7 p.m.

  
**MemorialCare**  
Saddleback Medical Center



# Breakfast (served daily until 10:30 a.m.)

## Cereals

Oatmeal  | Cream of Wheat®  | Rice Chex™   
Cheerios™  | Kellogg’s Raisin Bran® | low-fat granola

Additions: Raisins , mixed nuts or brown sugar

## Breakfast bakery

### Toast

White, wheat or sourdough

### English muffin

### Bagel

### Buttermilk biscuit

### Muffin

Bran, blueberry or banana nut

## Breakfast entrées

### All-American breakfast

Scrambled eggs, whole wheat toast and mixed fruit cup

### Breakfast burrito

Whole wheat tortilla filled with scrambled eggs, potatoes, red and yellow bell peppers and cheddar cheese  
Choose: Egg or plant-based egg alternative

### Homemade pancakes

Golden brown pancakes

### Cinnamon French toast

Freshly made French toast

### Eggs

Scrambled or hard-boiled

### Omelets (made to order)

Additions: Bell peppers, onions, tomatoes, spinach, cheddar cheese, mozzarella cheese, bacon or sausage


## Breakfast additions

Margarine, butter, syrup, sugar-free syrup, honey, jelly, sugar-free jelly, peanut butter, low-fat cream cheese, salsa, sour cream or guacamole



## Breakfast sides

Breakfast potatoes, bacon or sausage 

## Fresh fruit

Banana, grapes, orange slices, apples or seasonal fruit cup 


## Chilled fruit

Applesauce, peach halves, pear halves  or prunes 

## Nonfat Greek yogurt


Vanilla, blueberry or plain 

## Cottage cheese

 = 15 grams of Carbohydrate

# Lunch and dinner

## Side dishes

**Vegetables:** Steamed broccoli, baby carrots, green beans, zucchini, side salad 

## Lunch/dinner entrées

### Honey mustard chicken

Freshly prepared chicken breast with honey mustard glaze

### Grilled lemon herb cod

Seasoned and freshly prepared with a lemon herb sauce

### USDA Choice steak

Grilled, seasoned and freshly prepared

### Salmon filet

Fresh salmon seasoned with garlic, grilled and poached in white wine

### Classic meatloaf

Traditional homestyle meatloaf

### Home grilled pork chop

Freshly prepared with a creamy mushroom sauce

### Penne pasta marinara

### with meatballs

Choose: Beef or vegan

## Soup kettle

### Homestyle chicken noodle

### Creamy tomato

### Garden vegetable

### Cream of mushroom

## Snack plates

### Roasted red pepper

### hummus plate



Sliced fresh vegetables with pita bread and hummus

### Seasonal fruit plate

Served with cottage cheese, yogurt or sliced cheese

### Protein power plate

Sliced cheese, hard-boiled egg, bakery fresh roll, natural peanut butter and seasonal fruit

**Sides:** Corn, mashed potatoes, white rice, steamed brown rice, dinner roll, roasted red potatoes, quinoa, pinto beans or garbanzo beans , Macaroni and cheese 

We are Called to Care for patients from all cultures and are proud to celebrate diversity.

*Please enjoy these cultural comfort food options.*

### Soegogi-Muguk 쇠고기무국

(Beef and Radish Soup)

Served with jasmine rice

### Beef Bibimbap 비빔밥

(Mixed Rice Bowl)

Sauteed veggies (spinach, bean sprouts, carrots, cucumbers) and fried egg served over jasmine rice

### Congee 米粥

(Rice Porridge)

Savory rice porridge made with ginger

### Mandarin Vegetable Stir-Fry

蔬菜炒

Choose: Chicken or tofu

### Chicken Lo Mein 雞肉撈麵


Stir-fried veggies tossed with noodles

### Chicken Kabob Plate

Served roasted red pepper hummus, fresh sliced veggies, and pita bread

### Falafel Plate

Served roasted red pepper hummus, fresh sliced veggies, and pita bread

 = 15 grams of Carbohydrate

## Specialty salads and wraps

Served as a salad or wrap 


### Farm fresh

Mixed greens with tomatoes, cucumbers, shredded carrots and rosemary croutons

### Cranberry almond

Mixed greens, dried cranberries and sliced almonds

Additions: Chicken breast, tofu, avocado or quinoa 

Dressings: Balsamic vinaigrette, creamy Italian, ranch, honey mustard, Caesar dressing or olive oil 

### Chicken Caesar

Romaine lettuce, grilled chicken, grated Parmesan cheese and Caesar dressing

### Small garden salad

Lettuce, tomato and carrot

## Gourmet panini sandwich

### Caprese

Mozzarella cheese, sliced tomato and basil with balsamic vinegar

### Chicken artichoke

Grilled chicken, marinated artichoke hearts, sun-dried tomato pesto and Swiss cheese

## Build your own sandwich

### Protein

Turkey, roast beef, chicken breast, tuna salad, chicken salad or peanut butter

### Cheese

Cheddar or Swiss

### Bread

Whole wheat, white, sourdough or whole wheat tortilla

### Condiments

Lettuce, tomato, mayonnaise, mustard, pickles or jelly

## From the grill

### Classic hamburger

### Veggie burger

### Grilled cheese sandwich

### Grilled chicken sandwich

### Tuna melt

### Cheese quesadilla

### Chicken quesadilla

### Baked fries

Additions: Cheddar cheese, Swiss cheese, lettuce, tomato, pickle, onion, ketchup, mustard, mayonnaise, salsa, sour cream or guacamole

