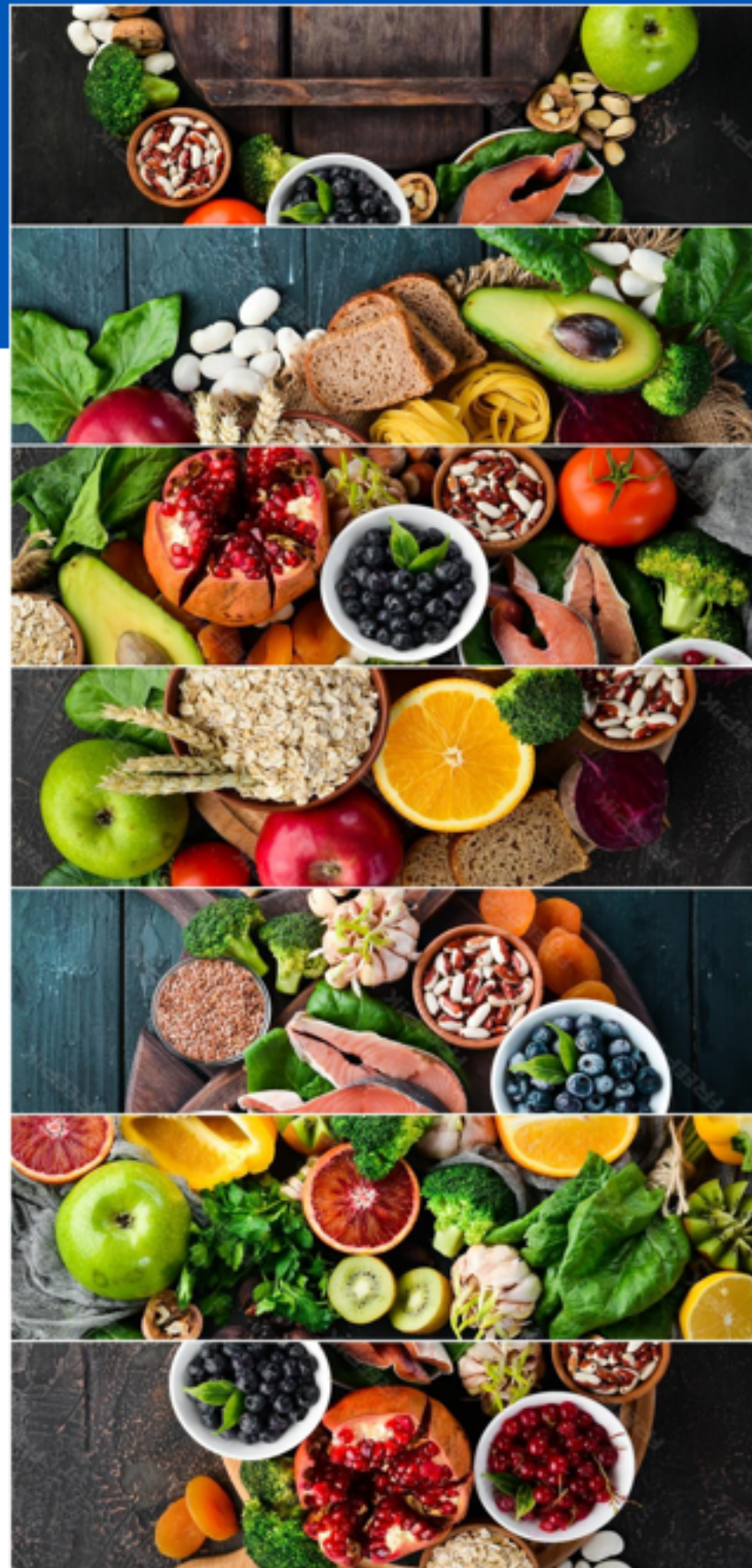




Dining Services

Frequently Asked Questions Mayo Clinic Health System

WHEN IS THE KITCHEN OPEN?

Each location's kitchen hours, meal availability, and contact information are included on the Room Service menu located in your room. If you are unable to locate a menu, please ask your nurse to provide one.

HOW CAN I CHECK NUTRIENTS OF MENU ITEMS PRIOR TO PLACING AN ORDER?

Use a mobile phone, tablet, or laptop to scan the QR code located on the back of the printed Room Service menu. Search the guide for the food items you are interested in. Dining Services can also provide the information to you over the phone.

HOW CAN I VIEW NUTRITION FACTS OF ITEMS ON MY TRAY?

Use a mobile phone, tablet, or laptop to scan the QR code located on the tray ticket included with your meal.

HOW DO I PLACE A MEAL ORDER?

On the back page of the Room Service menu, there are instructions including contact information for the Patient Dining Call Center (PDCC). A nutrition operator will assist with a selection of meal offerings aligned with the diet order assigned by your care team. They can answer any questions regarding options and will ensure beverages and condiments are selected with your order. You also have the option of ordering the next day's meals in advance.

WHAT IS INCLUDED WITH MY MEAL?

- 1 entree
- 2 sides
- 1 fruit/dessert
- 2 beverages
- Condiments of your choice

IS THERE A CHARGE FOR MEALS?

There is no charge to inpatients for meals, snacks, or beverages received from Dining Services.

MAY MY GUESTS ORDER MEALS?

When placing your order, kindly state that you would like a meal(s) for your guest(s). Dining Services will take the order(s) and coordinate payment with your guest(s) of \$8.00 per meal.

WHEN WILL MY MEAL BE DELIVERED?

Dining Services will advise of the next available delivery time, or you may select a time for your meal to be delivered that is 60 minutes or more from the time you place the order.

WHO DO I CALL IF THERE IS AN ERROR OR OMISSION WITH MY MEAL?

Call Dining Services using the contact information included on the Room Service menu. If you are unable to locate a menu, please ask your nurse for assistance.

Menu follows on next two pages. Contact information to place meal orders is included on the final sheet.

Breakfast

Available all day



ENTREES

- Texas Toast French Toast** 35g | **Buttermilk Pancakes** 35g
Available Toppings: Banana 15g | Blueberry 5g Strawberry 5g
- Vegetable Avocado Toast** 35g
Topped with Tomatoes, Red Onion, Asparagus, Cheese Egg Add-On: Hard Boiled | Fried
- Whole Wheat English Muffin, Egg & Cheese Sandwich** 25g
Protein Add-On: Bacon | Pork Sausage
- Egg, Potato & Vegetable Skillet** 20g
- Curried Tofu Scramble** 10g

SIDES

- Breakfast Potatoes 20g
- Fried Egg | Hard-Boiled Egg
- Scrambled Eggs | Bacon
- Pork Sausage Patty | Turkey Bacon
- Turkey Sausage Link
- Cottage Cheese 5g

FRUIT

- Apple 20g | Applesauce 15g
- Banana 25g | Fresh Fruit Cup 10g
- Grapes 15g | Orange 25g
- Mandarin Oranges 10g | Peaches 10g
- Pears 15g | Stewed Prunes 15g

CEREAL

- Apple Cinnamon Cream of Wheat 25g
- Cream of Wheat® 20g | Grits 20g
- Cream of Rice® 20g | Oatmeal 20g
- Cheerios® 15g | Frosted Mini Wheats® 25g
- Raisin Bran 30g | Rice Chex® 15g
- Rice Krispies® 20g

Available Condiments:
Brown Sugar 15g | Sugar 5g Cinnamon | Raisins 5g

#g **Rounded grams of carbohydrates**
Carbohydrate grams may vary due to ingredient changes.
Your tray ticket will have accurate carbohydrate grams listed.

Lunch & Dinner

Available 10:30 a.m. to closing



ENTREES

- Roasted Salmon**
- Baked Cod**
- Chicken Marsala** 15g
- Southwestern Carnitas Bowl** 50g
- Roasted Turkey Breast with Gravy**
- Beef Pot Roast with Gravy**
- Meatloaf with Demi-Glace** 10g
- Vegetable Lasagna** 25g
- Vegetable Stir-Fry** 40g
Protein Add-On: Chicken | Salmon | Tofu Marinated Chickpeas 25g

ENTREE SALADS

- Mediterranean 20g
- Caesar 10g | Garden 5g
- Cottage Cheese & Fruit Plate 30g
- Protein Add-On: Chicken | Salmon | Tofu Marinated Chickpeas 25g*

Available Dressings:
Balsamic Vinaigrette 5g | Caesar Cilantro Lime | French 5g Honey Dijon Balsamic 10g | Italian Ranch | Oil & Vinegar

SIDE SALADS

- Caesar 5g | Garden 5g
- Fresh Vegetables with Hummus 25g

SOUP [BOWL | CUP]

- Chicken Noodle 25g|15g
- Three Bean Chili 40g|20g
- Tomato Basil 15g|5g
- Vegetable 20g|10g

- Broth: Beef | Chicken
- Vegetable 5g | Seasonal

Available Bread Pairings:
Whole Wheat Dinner Roll 15g Dinner Roll 15g | Cornbread 35g Garlic Breadstick 15g

HANDHELDS

- Mediterranean Wrap 50g
- Turkey Club 45g | Chicken Salad 30g
- Egg Salad 25g | Tuna Salad 25g
- Peanut Butter & Grape Jelly 50g
- Grilled Chicken Sandwich 35g
- Caprese Melt 50g | Hamburger 35g
- Cheese Quesadilla 35g
- Chicken Quesadilla 35g
- Black Bean Burger 50g
- Grilled Cheese 25g

Available Toppings & Condiments:
Lettuce | Tomato | Onion | Pickles Cheese | Ketchup 5g | Mustard | Salsa Mayonnaise | Sour Cream | Hot Sauce Pico de Gallo | BBQ Sauce 10g

ROTINI PASTA

- Chicken Alfredo 40g | Alfredo 85g
- Meatball Pomodoro 25g
- Pomodoro 75g | Primavera 60g



Lunch & Dinner

Available 10:30 a.m. to closing

Sides

VEGETABLES

- Asparagus 5g | Broccoli 5g | Corn 20g
- Carrots 5g | Green Beans 5g

POTATOES & STARCHES

- Baked Potato 50g
- Baked Sweet Potato 30g
- Roasted Potato Wedges 15g
- Mashed Potatoes 20g
- Pinto Beans 15g

GRAINS & PASTA

- Brown Rice 25g | White Rice 25g
- Cilantro Lime Rice 30g
- Macaroni & Cheese 20g

BREADS

- Whole Wheat Dinner Roll 15g
- Dinner Roll 15g | Cornbread 35g
- Garlic Breadstick 15g

GRAVIES

- Beef | Chicken | Vegetable

Desserts

CAKES & PIES

- Angel Food Cake with Strawberries 25g
- Brownie 30g | Carrot Cupcake 55g
- Mini Apple Pie 70g

COOKIES

- Chocolate Chip 25g | Sugar 25g
- Oatmeal Raisin 25g

SIMPLY SWEET

- Banana Pudding Parfait 30g
- Pudding 30g
- No Added Sugar Pudding 15g
- Gelatin 20g | Sugar Free Gelatin

FROZEN TREATS

- Ice Cream 15g | Italian Ice 20g
- Sherbet 25g | Popsicles 15g
- Sugar Free Popsicles 5g



Beverages

Available all day

HOT COMFORTS

Coffee | Decaf Coffee
Tea | Decaf Tea | Hot Cocoa 15g
Sugar Free Hot Cocoa 5g

WATER & HYDRATION

Ice Water | Bottled Water
Gatorade® 15g | Gatorlyte® 5g
Gatorade Zero®

MILK OPTIONS

Skim 10g | 2% 10g | Whole 10g
Chocolate 20g | Lactose Free 10g
Almond | Soy 25g

JUICES

Apple 15g | Cranberry 15g | Grape 15g
Orange 15g | Prune 10g | Vegetable 5g



FIZZ & FLAVOR

Carbonated Water | Iced Tea
Crystal Light Lemonade
Crystal Light Raspberry Ice
Regular Soda 25g | Sugar Free Soda



To Place Your Order

Austin: (507) 437-0650

Eau Claire: (715) 838-3150

Mankato: (507) 594-6336

New Prague: (952) 257-8663



A nutrition operator will guide you through the ordering process and assist in selecting foods and beverages to meet your dietary needs. Please identify any food allergies.

Eat & Drink For Your Health



What you eat and drink is an important part of your care plan. Mayo Clinic's Culinary Care Team consists of registered dietitians and culinary professionals working together to provide nourishment that supports health and healing.



Scan the QR code with your phone for easy access to nutrition information, or visit:
mayoclinic.org/nutrition



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Room Service Menu

