

Chips

Baked Lays BBQ ♥
Baked Lays Plain ♥
Baked Tostitos ♥
Lays Classic

Dessert

Chocolate Chunk Cookie (1.5)
Sugar Cookie (1.5)
Vanilla Pudding ♥ (1.5)*
Chocolate Pudding* ♥ (1.5)
Vanilla Ice Cream* (1)
Chocolate Ice Cream (1.5)*
Vanilla Ice Cream, NSA (1)*

*Allowed on Full Liquid Diet

Beverages

Skim Milk ♥ (1)
2% Milk (.5)
Whole Milk (.5)
Vanilla Almond Milk ♥ (1)
Chocolate Almond Milk (1.5)
Lactose Free Milk ♥ (1)
Chocolate Milk (2)
Orange Juice ♥ (1)
Apple Juice ♥ (1)
Grape Juice (1)
Cranberry Juice ♥ (1)
Prune Juice ♥ (1)
V8 ♥ (LS) (.5)
Tomato Juice (1)
Lemonade ♥
Coffee ♥

Condiments

Ketchup
Mustard
Mayonnaise
Margarine
Sugar
Splenda
Equal
Sweet & Low
Brown Sugar (2)
Salt
Pepper
Mrs. Dash
Cream Cheese (1)
Tartar Sauce

Dorito Nacho Cheese
Cheetos Crunchy
Frito Corn Chips

Strawberry Ice Cream (1.5)*
Orange Sherbet ♥ (1.5)*
Gelatin: Red or Citrus ♥ (1)*
Shortbread Cookies ♥ (1)
Fruit and Yogurt Section
from Breakfast Available

Decaf Coffee ♥
Hot Tea ♥
Decaf Hot Tea ♥
Sweet Tea (decaf) ♥
Unsweetened Tea
Hot Cocoa (1.5)
Sugar-Free Hot Cocoa ♥ (.5)
Powerade (1)
Bottled Water ♥
Coke (1.5)
Diet Coke
Sprite (1.5)
Diet Lemon Lime Shasta
Dr. Pepper (1.5)
Diet Dr. Pepper
Gingerale (1.5)

Jelly
Diet Jelly
Barbecue Sauce (1)
Peanut Butter
Honey (.5)
Honey Mustard Sauce (.5)
Syrup (2)
Diet Syrup
Saltine Crackers (.5)
Parmesan Cheese
Sour Cream, Fat Free
Salsa
Cranberry Sauce (2)
Raisins (3)

Welcome to Room Service

To receive a meal, you must call 526-DINE (3463) from any phone between 6:00 a.m. and 6:30 p.m. Your meal will be delivered within 45 minutes of placing your order.

Special Diet Considerations

Your selections may vary depending on the diet order prescribed by your physician. The call center will be able to assist you in making the appropriate choices based on your dietary restrictions and food allergies.

To assist you in making healthier choices we have placed a ♥ next to menu items that are heart healthy.

For our diabetic or carbohydrate sensitive patients

Our menu includes the number of carbohydrate servings (1=15 grams) for each item. The average diabetic patient diet includes 3-4 carbohydrates servings per meal.

Guest Trays

Guest trays are available for \$7. To order, please notify the call center when you call to place your order. We accept Visa and Mastercard.



Place orders between 6 a.m. to 6:30 p.m.
phone 526-3463 (DINE)

UAMS®

UAMS®

BREAKFAST

Delivered from 6:45 a.m. to 10:45 a.m.

Cereal

Hot

Oatmeal ♥* (1)
Cream of Wheat ♥* (1.5)
Grits ♥ (1.5)*

Cold

Honey Nut Chex ♥ (2)
Raisin Bran ♥ (1.5)
Frosted Flakes ♥ (1.5)
CinnToast Crunch ♥ (1.5)
Honey Nut Cheerios ♥ (1)
Fruit Loops ♥ (1)

*Allowed on Full Liquid Diet

Hot Breakfast Entrées

Eggs: Scrambled, Boiled, Fried or Cheesy Eggs
(two eggs available on request)
Two Pancakes (2)
Breakfast Taco with Egg & Cheese and choice
of meat (1) (two Available on Request)
Breakfast Sandwich, Egg & Cheese
with choice of Meat and Bread

Choice of Bread

Multi Grain ♥ (1.5) White ♥ (1.5) Croissant (1.5)

On the Side

Two Bacon Strips
Turkey Sausage ♥
Breakfast potatoes (1)

Pork Sausage Patty
Sausage Gravy (1)

Breakfast Bakery

English Muffin ♥ (1.5)
Biscuit (1.5)
Fresh Baked Blueberry ♥ (1)
Fresh Baked Orange Blossom
Muffin ♥ (1)

Blueberry Bagel (4)
Plain Bagel (4)
Multi-Grain Toast ♥ (1.5)
White Toast ♥ (1.5)

Fruit & Yogurt

Fresh Fruit Cup ♥ (1)
Banana ♥ (1.5)
Applesauce ♥ (.5)*
Red Apple ♥ (1.5)
Orange ♥ (2)
Red Grapes ♥ (1)
Yoplait Strawberry Yogurt ♥ (1.5)
Yoplait Strawberry-Banana
Yogurt ♥ (1.5)

Greek Vanilla Yogurt ♥ (1.5)*
Greek Blueberry Yogurt ♥ (1.5)
Fruit Yogurt Parfait (2)
Chilled Peaches ♥ (1)*
Chilled Pears ♥ (1)*
Chilled Fruit Cocktail ♥ (1)
Chilled Mandarin Oranges ♥ (.5)
Cottage Cheese (.5)

*Allowed on Full Liquid Diet

LUNCH & DINNER

Delivered from 11 a.m. to 7:15 P.m.

Soups

Chicken Noodle, LS* (.5) Vegetable Beef (.5)
Tomato, LS* ♥ (1.5) Cheesy Potato* (2)
Broccoli Cheese* (1.5)

*Puree variety available for Full Liquid Diets

Salad Offerings

Tossed Green Salad, Small ♥
Mixed Green Salad, Small ♥
Cottage Cheese & Fresh Seasonal Fruit Plate (2)
Turkey Chef Salad Large and Small (.5)
Spinach & Quinoa Salad, Small† (2)
Seasonal Salad†
†Add Chicken Breast

Salad Dressings

Available in Regular and Fat Free ♥: Ranch, Italian, 1000
Island, French

Deli Favorites

Turkey, Avocado with Chipotle Hummus wrap (5)
Basil Pesto Hummus Veggie Wrap† (5)
(Half portion available)
†Add Chicken Breast
Creamy Peanut Butter & Jelly Sandwich (3)
Turkey Sandwich (3)
Ham Sandwich (3)
Chicken Salad (1)
Tuna Salad (.5)

Choice of Breads

Multi Grain ♥ (1.5) White ♥ (1.5) Croissant (1.5)

Choice of Cheese

American Cheddar Swiss

Other Available Options

Lettuce Tomato Pickle Onion

From Our Grill

Hamburger (1.5) BLT (3)
Black Bean Burger (3) Grilled Chicken Sandwich (2)
Grilled Ham Sandwich (3) Grilled Cheese (3)
Grilled Turkey Sandwich (3) Chicken Tenders (1.5)
Cheese Quesadilla Turkey Burger (1.5)
(add Chicken or †Add Bacon
Vegetables) (2)

Pasta Bar

Choose your Pasta: Spaghetti or Penne ♥ (1)
Choose your Veggies: Shredded Carrots, Diced Tomato,
Chopped Broccoli, Diced Red Bell Pepper, Spinach, Sliced
Mushrooms, Diced Red Onions
Choose your Sauce: Marinara, Meat Sauce or Alfredo
Topped with: Grilled Chicken Breast or Sautéed Veggies

Ramen Noodle Bowl

Choose your Veggies: Shredded Carrots, Diced Tomato,
Chopped Broccoli, Diced Red Bell Pepper, Spinach, Sliced
Mushrooms, Chopped Cilantro ♥, Diced Red Onion
Choose your Broth: Chicken, Beef or Vegetable ♥
Topped with: Soy Sauce
†Add Chicken Breast

Pizza Slices

Cheese, Pepperoni, Veggie (3)

Entrées

Grilled Chicken Breast ♥ Baked Salmon
Roast Turkey with Gravy (.5) w/Lemon Butter
Chicken and Dumplings (2) Country Fried Steak
Meatloaf (1) with Gravy (2)
Cajun Catfish ♥ BBQ Pulled Pork
Sandwich (3)

Side Dishes

Broccoli ♥ (.5) Baked Sweet Potato (2.5)
Baby Carrots ♥ (1) Baked Potato ♥ (2)
Green Beans ♥ French Fries (3)
Corn ♥ (1.5) Mashed Potatoes ♥ (1)
Roasted Vegetable Brown Gravy ♥
Medley ♥ (.5) Pepper Gravy ♥ (.5)
Coleslaw ♥ (.5) Turkey Gravy (.5)
Black Beans (2.5) Cornbread Dressing (1.5)
Macaroni & Cheese (1) Wheat Dinner Roll ♥ (1)
White Rice ♥ (1.5) Garlic Bread (1)

Liquid Diets

Clear Liquid Diet

Broth - Chicken, Beef or Popsicle
Vegetable ♥ Beverage: Juice, Coffee,
Gelatin ♥ Tea or Lemonade

Full Liquid Diet

Includes All Clear Liquid Diet items plus any *Full Liquid
items available throughout menu.