



Room Service

To order from your room, dial ext. 265108. To order from your cell phone, call 304-596-5108.

To place your order, call room service from your room phone anytime between **6:30 am** and **6:30 pm**.

Your meal will be delivered within 1 hour of placing your order.

Tray Options

– Hot Plate

1 entree with 2 sides, and fruit or dessert

– Cold Plate

1 entree salad or deli sandwich, soup, and fruit or dessert

– Beverage

Choose up to 3

– Condiments

Special Diet Considerations

If your physician has ordered a special diet, or if you have been scheduled for certain tests, you may not be permitted to order from this menu, or your selections may be restricted. The Food Service operator will assist you in making appropriate choices.

For Our Patients with Diabetes

Food Services follows a flexible meal planning system called carbohydrate counting; most diets allow 2 to 4 servings per meal. The Food Service operator will assist you in making choices to fit with your diet order. Please contact your nurse before eating your food if you need an insulin shot.

Beverages

Milk - Whole (12g) (1), 2% ♥ (13g) (1), Skim ♥ (13g) (1), Chocolate ♥ (19g) (1), Soy Vanilla ♥ (18g) (1), Soy Chocolate ♥ (25g) (1.5)

Reg. Soda - Coke (25g) (1.5), Sprite ♥ (24g) (1.5), Root Beer ♥ (28g) (2), Ginger Ale ♥ (21g) (1.5), Hi-C Fruit Punch ♥ (25g) (1.5)

Diet Soda - Coke, Sprite ♥, Ginger Ale ♥, Caffeine Free Diet Coke ♥, Coke Zero
Juice ♥ - Orange (14g) (1), Apple (15g) (1), Grape (16g) (1), Cranberry (15g) (1), Prune (22g) (1.5)

Powerade - Mountain Berry Blast ♥ (10g) (0.5)

Lemonade - zero sugar ♥

Iced Tea - sweet (16g) (1), unsweetened, or decaf ♥ (0)

Hot Tea - regular or decaf ♥

Hot Coffee - regular or decaf ♥

Condiments*

Margarine ♥

Mayonnaise

Ketchup ♥

Tartar Sauce

Pepper ♥

Sweetener ♥

Jelly ♥ - regular (9g) (1) or diet (3g) (0)

Pancake Syrup ♥ - regular (20g) (1) or diet (4g) (0)

Peanut Butter ♥ (6g) (1)

Butter

Light Mayonnaise ♥

BBQ Sauce (5g)

Hot Sauce

Sugar ♥ (3g)

Creamer ♥

Cream Cheese ♥

Mustard ♥

Sour Cream

Salt

Brown Sugar ♥ (12g) (1)

Herb Seasoning Packets ♥

Clear Liquid Diet

Juice ♥ - Apple, Cranberry, Grape (see under beverages)

Broth ♥ - Chicken, Vegetable, or Beef

Fruit Ice ♥ - Orange, Lemon (29g) (2)

Gelatin ♥ - Orange, Lemon, or Lime (see front)

Popsicles ♥ - Assorted flavors

All Coffees, Teas, & Clear Sodas are available on this diet.

Full Liquid Diet

Soup - Tomato ♥, Cream of Chicken (9g) (0.5)

Cream of Wheat ♥

Pudding ♥ - Chocolate, Vanilla

Ice Cream ♥ - Chocolate, Vanilla

Yogurt ♥ - Vanilla

Sherbet ♥ - Orange (30g) (2), Raspberry (32g) (2)

All clear liquid items plus any beverage



WVUMedicine

BERKELEY MEDICAL CENTER

Room Service Dining MENU

To order from your room, dial ext. 265108. To order from your cell phone, call 304-596-5108.

BERKELEY MEDICAL CENTER

Please let us know how we are doing by scanning the QR code.



BREAKFAST

(Available all day, 6:30 a.m. to 6:30 p.m.)

LUNCH & DINNER

(Available 10:30 a.m. to 6:30 p.m.)

♥ = Heart healthy choice

(#g) = Grams of carbohydrates per serving
(#) = Carbohydrate serving
(15g carbohydrate = 1 serving)

Cereal

- Cream of Wheat ♥ (34g) (2)
- Oatmeal ♥ (27g) (2)
- Cheerios ♥ (14 g) (1)
- Rice Chex ♥ (16g) (1)
- Corn Flakes ♥ (18g) (1)
- Raisin Bran ♥ (28g) (2)
- Cream of Rice ♥ (35g) (2)
- Grits ♥ (29g) (2)
- Rice Krispies ♥ (16g) (1)



Hot Breakfast Entrees

- 2 French Toast Slices (29g) (2)
- 2 Pancakes ♥ (44g) (3) add Blueberries (8g) (0.5)
- Scrambled Eggs ♥ (0)
- Hard Boiled Eggs (0)
- Biscuit & Sausage gravy (30g) (2)

Build your own Breakfast Sandwich

- Choice of - White or Wheat Bread ♥ (14g) (1), Buttermilk Biscuit (27g) (2), Croissant ♥ (29g) (2) or English Muffin ♥ (30g) (2)
- Cheese (2g) (0) - American, Provolone, Swiss
- Protein - Egg (0) ♥, Bacon (0), Pork (0) or Turkey Sausage ♥ (0)

The Omelet Station

- Choice of - Ham, Mushroom ♥, Onion ♥, Bacon, Green Pepper ♥, Tomato ♥ (0)
- Cheese (2g) (0) - American, Provolone, Swiss ♥

On the Side

- 2 Bacon Strips (0)
- Turkey Sausage ♥ (0)
- Baked Cinnamon Apples ♥ (16g) (1)
- Pork Sausage (0)
- Home Fried Potatoes ♥ (20g) (1)

Breakfast Bakery

- White Toast (14g) (1)
- English Muffin ♥ (30 g) (2)
- Croissant ♥ (29g) (2)
- Muffin - Blueberry (34g) (2), Chocolate Chip (32g) (2), Banana Nut (34g) (2)
- Wheat Toast ♥ (14g) (1)
- 1/2 Bagel Plain ♥ (16g) (1)
- Buttermilk Biscuit (27g) (2)

Fruits & Yogurt

- Fresh Fruits ♥ - Banana (27g) (2), Apple (25g) (1.5), Grapes (28g) (2), Orange (15g) (1), Strawberries (13g) (1), Blueberries (21g) (1.5)
- Fresh Mix Fruit ♥ (Grapes, Pineapple, Honey Dew, Cantaloupe, Orange) (21g) (1)
- Pineapple Bits ♥ (15g) (1)
- Fruit Cups ♥ - Pears (18g)(1), Peaches (14g) (1), Mandarin Oranges (16g) (1), Mix Fruit (15g) (1), Fruit Cocktail (17g) (1), Tropical Fruit (23g) (1.5)
- Yogurt ♥ - Vanilla (13g) (1) Add 1/2 cup strawberries (6.5g) (0.5), blueberries (10.5g) (1)
- Vanilla Greek Yogurt ♥ (11g) (1)



Soups - 6oz.

- Chicken Noodle Soup ♥ (8g) (0.5)
- Vegetable ♥ (19g) (1) (8oz. 26g) (2)
- Cream of Chicken (9g) (0.5)
- Tomato Soup ♥ (20g) (1)
- Creamy Potato (21g) (1.5)

Salads and More

- Chef Salad ♥ (7g) (0.5)
- Garden Side Salad ♥ (2g) (0)
- Hummus w/Pita & Vegetables ♥ (38g) (2.5)
- Caesar Salad (9g) (1) Add Chicken
- Cottage Cheese ♥ (5g) (0)

Salad Dressings

- Ranch (3g) (0), Fat Free Ranch ♥ (14g) (1), Creamy Caesar (3g) (0), Creamy French (9g) (0.5), Balsamic Vinaigrette (5g) (0), Raspberry Vinaigrette (9g) (0.5), Italian (3g) (0), Fat Free Italian ♥ (4g) (0), Blue Cheese (2g) (0), Thousand Island (7g) (0.5), Honey Mustard (6g) (0.5), Light French Dressing ♥ (4g) (0), Oil and Vinegar ♥

Deli

- Choice of Bread - White and Wheat ♥ (14g) (1), Hamburger Bun ♥ (27g) (2), Wrap (34g) (2), Croissant ♥ (29g) (2), Hoagie (39g) (2.5)
- Choice of Meat - Turkey ♥, Ham, Roast Beef, Tuna & Chicken Salad ♥
- Choice of Cheese (2g) (0) - American, Swiss ♥, Provolone, Shredded Cheddar
- Choice of Vegetable - Lettuce ♥, Tomato ♥, Onion ♥, Pickle
- BLT (29g) (2)
- Chicken Caesar Wrap (51g) (3)
- PB&J Sandwich ♥ (45g) (3)

From Our Grill

- Choice of Bread - White and Wheat ♥ (14g) (1), Hamburger Bun ♥ (27g) (2), Wrap (34g) (2), Croissant ♥ (29g) (2), Hoagie (39g) (2.5)
- Choice of Cheese (2g) (0) - American, Swiss ♥, Provolone, Shredded Cheddar
- Choice of Vegetable: Lettuce ♥, Tomato ♥, Onion ♥, Pickle, Bell Pepper ♥, Mushroom ♥
- Hamburger on Bun (27g) (2)
- Hot Dog on Bun (28g) (2)
- Grilled Cheese ♥ (28g) (2)
- Cheeseburger on Bun (29g) (2)
- Grilled Cheese & Ham (28g) (2)
- Grilled Chicken on Bun ♥ (27g) (2)
- 2 Chicken Tenders ♥ (24g) (1.5)
- French Fries ♥ (18g) (1)
- Veggie Burger ♥ (22g) (1.5)
- Personal Pizza (5") (49g) (3)
- Choice of - Pepperoni, Sausage, Ham, Bacon, Mushroom, Onion, Green Peppers

Entrees

- Roasted Turkey Breast ♥ (0)
- Roast Pork Loin w/ Mustard Herb Crust ♥ (9g) (0.5)
- Penne w/ Meat Sauce or Marinara Sauce ♥ (56g) (4)
- BBQ Chicken Breast ♥ (4g) (0)
- Braised Beef Pot Roast ♥ (2g) (0)
- Farmers Meatloaf ♥ (11g) (1)
- Chicken Pot Pie ♥ (23g) (1.5) With Buttermilk Biscuit (27g) (2)
- Herb Chicken Breast on Whole Wheat Bun ♥ (29g) (2)
- Beef Stir Fry ♥ (19g) (1)
- Cheese Ravioli w/ Marinara Sauce ♥ (35g) (2)
- BBQ Tofu ♥ (4g) (0)
- Herb Crusted Cod ♥ (17g) (1)
- Teriyaki Salmon ♥ (7g) (0.5)



Side Dishes

- White Rice ♥ (27g) (2)
- Brown Rice ♥ (26g) (2)
- Mashed Potatoes ♥ (17g) (1)
- Mashed Sweet Potatoes ♥ (27g) (2)
- Oven Roasted Potatoes ♥ (22g) (1.5)
- Penne Pasta ♥ (28g) (2)
- Parsley Egg Noodles ♥ (21g) (1.5)
- Mac & Cheese (16g) (1)
- Vegetables ♥ - Green Beans (4g) (0), Broccoli (5g) (0), Sliced Carrots (7g) (0.5), Corn (18g) (1), Mixed Vegetables (6g) (0.5), Roasted Zucchini (3g) (0), Peas (13g) (1)
- Baked Beans ♥ (33g) (2)
- Cole Slaw ♥ (17g) (1)
- Dinner Roll ♥ (18g) (1)
- Parmesan Breadstick ♥ (30g) (2)

Chips

- Baked Lays ♥ (22g) (1.5), Regular Potato Chips (15g) (1), Pretzels (23g) (1.5)

Desserts

- Cookie - Chocolate Chip (25g) (1.5), Oatmeal Raisin (27.5g) (2), Sugar (23g) (1.5)
- Poundcake (31g) (2)
- Brownie (33g) (2)
- Pudding ♥ - Chocolate (20g) (1), Vanilla (18g) (1)
- Ice Cream - Chocolate (17g) (1), Vanilla (18g) (1)
- Gelatin ♥ - Orange (23g) (1.5), Strawberry (23g) (1.5)
- Sherbet ♥ - Orange (30g) (2), Raspberry (32g) (2)

No Sugar Added Desserts

- Pudding ♥ - Chocolate (14g) (1), Vanilla (15g) (1)
- Ice Cream ♥ - Chocolate (16g) (1), Vanilla (16g) (1)
- Gelatin ♥ - Orange, Lemon, Lime (0)
- Unsweetened Applesauce ♥ (12g) (1)