


FOOD for LIFE

"FOOD FOR LIFE" at Northwest Hospital & Medical Center offers room service meals delivered directly to your room. We are pleased to feature Northwest products such as local artisan breads, pastries and produce, as well as hormone free dairy products on our menu. Depending on the meal plan ordered by your physician, you can order from a broad selection of foods including Chicken Caesar Salad, Northwest Salmon, and even an Indian Curry. Please feel free to provide feedback on our service at any time. We are committed to providing you with an excellent dining experience - ALWAYS!

You may choose the time you want to eat, as well as your menu choices by following these easy steps:

1. Select the menu items you would like to order.

2. Dial extension 3663 (FOOD) to place your order.

- Meals can be ordered anytime between 7:00 a.m. and 8:00 p.m. and will be delivered within 45 minutes.
- Our call center staff is happy to assist you if you need help understanding the ordering process or your health condition requires some modifications to your menu. Whether you have heart or kidney issues, need a low-salt or carbohydrate controlled meal, or need to start on softer foods or a liquid diet after surgery, we have fresh tasty options for you.
- Room Service is complimentary for patients only. Room service meals are available to family members and guests for a fee. Please refer to the menu insert titled Guest Room Service Price List.
- (15) Number in parentheses equals grams of carbohydrate per serving.
-  Indicates item high in sodium. If you are on a sodium modified diet our call center staff can help you select an appropriate alternative.

BREAKFAST

Items served 7:00 a.m. to 8 p.m. except *items which are served 7:00 a.m to 10:00 a.m.

JUICE, FRUIT AND YOGURT

JUICE

Orange(13)
Apple(14)
Cranberry(15)
Low Cal Cranberry(5)
Grape(17)
Prune (20)

FRUIT

Banana(25)
Seasonal Fresh Fruit Cup(18)
Fresh Orange Sections(16)
Chilled Canned Fruit:
Peaches(14) Pears(16)
Fruit Cocktail(14) Stewed Prunes(33)

YOGURT (23)

Vanilla, Berry,
Peach, Cherry

YOGURT PARFAIT(27):

Vanilla & Berry Yogurt with Low Fat
Granola and Berries

HOT & COLD CEREALS

served with low fat milk

Old Fashioned Oatmeal(15)
Cream of Wheat(19)
All Bran(37)
Corn Flakes(18)
Rice Krispies(21)
Raisin Bran(25)
Cheerios(13)

Add: Raisins(22) Brown Sugar(28) Walnuts(0) Honey(7)
Sugar (6) Sugar Sub(0)

BREAKFAST BREADS AND MORE

Cinnamon Apple Coffee Cake(48)
Homemade Banana Bread(35)
Plain Bagel(58)
Sourdough English Muffin(30)
Blueberry Streusel Muffin(40)
Honey Bran Muffin(37)
Toasted Macrina Bread: Whole Wheat,
White Brioche, Sourdough(24ea) or Rye(17)

Add: Butter or Margarine(0) Jelly(10) Sugar Free Jelly(0)
Honey(8) Cream Cheese: *Plain, Strawberry, Chive & Onion or Low Fat* (0ea)

GRIDDLE SPECIALS

All egg dishes available made with egg substitute upon request. *Served 7:00 a.m. - 10:00 a.m.

Scrambled Egg(0)

Denver 🍴 or Vegetarian Skillet(27)

Eggs scrambled with green onions, red peppers, cheddar cheese and potatoes, with/without ham.

Two Egg Omelets:

Ham and Cheese 🍴 (5)

Tillamook Cheddar(2)

Garden(6) (tomato, Swiss cheese, green onion, mushroom)

Greek(5) (spinach, tomato and feta cheese)

*Breakfast Burrito 🍴(41)

Fresh scrambled eggs, potatoes and sausage wrapped in warm flour tortilla; served with side of salsa. Vegetarian option is available.

*Pancakes

Buttermilk(23ea)

Blueberry(22ea)

Pecan(21ea)

*Cinnamon French Toast, 2 pieces(54)

Syrup: Regular(35) or Sugar Free (0)

SIDES

*Breakfast Potatoes 🍴(15)

Bacon 🍴(0)

Pork Sausage 🍴(0)

Vegetarian Sausage 🍴(0)

Served 7:00 a.m. – 8:00 p.m.

SOUP KETTLE

Homemade Soup of the Day (call to inquire)
 Northwest's Own Homemade Meat Chili 🍴(12)
 Chicken Noodle(5)
 Cream of Tomato(8)

Mediterranean Vegetable(9)
 Organic Butternut Squash Soup(9)
 Organic Free Range Chicken Broth(1)
 Organic Vegetable Broth(2)

FROM THE GARDEN

Seasonal Mixed Greens(0) with Balsamic or Ranch Dressing

Caesar Salad 🍴(8): crisp romaine, croutons, parmesan cheese and classic or fat free Caesar dressing.

Spinach Salad(2): fresh spinach tossed with bacon bits 🍴, hard cooked egg, red onion, mushrooms. Served with honey mustard dressing.

The Wedge(0): iceberg lettuce wedge drizzled with Thousand Island or blue cheese dressing.

SANDWICH SHOP

Build a half or whole sandwich on Whole Wheat(24ea), White(24ea), Rye(17ea) or Sourdough Bread(24ea) from Macrina Bakery.

Served with lettuce, tomato, mayonnaise. Available by request: pickle 🍴, red onion and Dijon or yellow mustard.

All Natural Roasted Turkey, Ham 🍴 or Roast Beef(0)
 Egg, Tuna Salad or Chicken Salad(3)
 Cheddar, Swiss or Provolone Cheese(0)

NORTHWEST GRILL

Add to any grill item: cheddar, provolone, pepperjack, or Swiss cheese; mayonnaise; regular or Dijon mustard; ketchup; red onion, crisp lettuce, fresh tomato slices, pickles 🍴.

All American Hamburger(44) or Garden Burger(60) on Whole Wheat or Sesame Seed Bun

Grilled Chicken Breast Sandwich on Whole Wheat or Sesame Seed Bun(37)

French Dip(47): thinly sliced roast baron of beef on a grilled French roll. Served with au jus - a classic!

BBQ Pulled Pork Sandwich: smokey pulled pork in BBQ sauce topped with crunchy cole slaw. Served on whole wheat or sesame seed bun 🍴(54)

Grilled Cheese on Egg Bread(48): your choice of cheddar, provolone, or Swiss cheese on egg bread - rich and filling.

SIDES

Baked French Fries(34)
 Baked Sweet Potato Fries(34)
 Baked or Classic Potato Chips 🍴 (23)
 Pretzels 🍴 (23)
 Tortellini Salad 🍴(38)

Lunch & Dinner

Served 11:00 a.m. – 8:00 p.m.

FAMILY FAVORITES

Homemade Lasagna

Vegetarian 🍴(26): made with traditional Italian cheeses and spinach filling.

Beef 🍴(35): lasagna noodles with layers of rich meat sauce and four cheese filling.

Classic Macaroni and Cheese, topped with herbed breadcrumbs 🍴 (33)

Our Own Slow Roasted Turkey, with Stuffing 🍴 and **Cranberry Sauce**(33)

Hawaiian Chicken Breast(21): chicken breast sautéed and served with grilled pineapple and sweet and sour sauce.

Beef Medallions in Cabernet Sauce accompanied by Egg Noodles 🍴(25)

SEAFOOD SPECIALTIES

Northwest Salmon Filet served Grilled(0) or **Sugar Glazed**(10); accompanied by jasmine rice(23).

Seasonal White Fish: pan seared white fish stuffed with feta cheese and fresh spinach(5); served with jasmine rice(23).

INTERNATIONAL OPTIONS

Pasta Bar select from the following noodles, sauce and protein

Pastas: Spaghetti(27)

Bowtie(21)

Sauces: Marinara(11)

Alfredo(3)

Pesto with Sun Dried Tomatoes 🍴 (13)

Protein: Chicken(0)

Meatballs 🍴 (3)

Prawns(0)

Tofu(2)

Indian Vegetable Curry with choice of Chicken, Prawns or Tofu: traditional Madras curry with fresh vegetables, served over jasmine rice(42).

GARDEN OF ENTRÉE SALADS

Chicken 🍴 or **Salmon Caesar Salad**(13)

Crunchy romaine lettuce topped with grilled chicken breast or salmon, croutons, shredded parmesan and classic or low-fat Caesar dressing.

Protein Power Plate(40): French brie and Tillamook cheddar cheese, hard cooked egg, bakery fresh roll and seasonal fruit on a bed of lettuce.

Fresh Fruit & Cheese Plate(31): French brie, Tillamook cheddar, Swiss and pepperjack cheese with seasonal fresh fruits and almonds.

Seafood Louie 🍴(12): baby bay shrimp, chilled salmon, surimi, crisp lettuce, fresh cucumber, tomato wedges and hard cooked egg served with Thousand Island dressing.

A LA CARTE SIDES:

Seasonal Vegetable(varies)

Steamed Baby Carrot(6)

Creamed Spinach(9)

Broccoli Florets(4)

Julienne Vegetable Blend(7)

All vegetables are fresh and cooked to order

SWEET ENDINGS

Seasonal Fruit Crisp(50)

Freshly made - a sweet delight!

Homemade Baked Custard(12)

Macrina Bakery Cookie

Chocolate Chunk(33), Oatmeal Apricot(35),
Ginger Molasses 🍴 (35), Peanut Butter(24)

Triple Chocolate Fudge Cake(24)

Lemon Crème Cake(32)

Angel Food Cake(23)

New York Style Cheesecake(22)

Add fresh berry topping to any cake(10)

HOT BEVERAGES

Coffee(0): Regular or decaf

Tea(0): Regular or decaf

Premium Tea(0): Earl Grey, English Breakfast

Caffeine Free Tea(0): Orange Garden, Mint, Apple
Cinnamon, Lemon Lane, Chamomile

Hot Chocolate: Regular(21) or Sugar Free(8)

Premium Coffee: Latte(8), Cappuccino(8), Americano
(0), Mocha(19)

Flavorings: Vanilla(13) or Hazelnut(6), Sugar Free Vanilla (0)

CONDIMENTS (0) unless otherwise indicated

Bacon Bits 🍴

Mustard: regular or Dijon

Mayonnaise

Ketchup(3)

Butter or Trans Fat Free Margarine

Parmesan Cheese

Red Pepper Flakes

Cream Cheese: Plain, Strawberry, Chive & Onion, Low Fat
Relish(3)

Salt 🍴, Pepper

Creamer, Non-Dairy or half and half(1-2)

Saltines(4): regular or unsalted

Honey(7)

Traditional Baked Potato(36)

Mashed Yukon Gold Potatoes 🍴(21)

Jasmine Rice(23)

Homestyle Gravy(3)

Baked French Fries(34)

Baked Sweet Potato Fries(34)

Fresh Bakery Rolls: Whole Grain(19), Herb(17),
Olive(17)

Ben & Jerry's Gourmet Ice cream

Cherry Garcia(21), Chocolate Mint(21), Vanilla(18),
Chocolate Fudge Brownie(27)

Gelatin(15): Raspberry, Orange, Lemon & Lime

Sugar Free Gelatin(0): Orange, Lemon, Lime, or
Cherry

Pudding(29): Vanilla, Chocolate, Tapioca

Low Calorie Pudding(20): Vanilla or Chocolate

Low Calorie Sorbet(8): Lemon, Orange, Strawberry

Italian Ice(20): Cherry

COLD BEVERAGESJuices: Orange(13), Apple(14), Cranberry (Regular(15) or
Low-Carb(5)), Grape(17), Prune(20)Milk: Non-Fat(11), 2%(11), Whole(11), Chocolate(25),
Vanilla Soy(14), Rice Dream(23)Soda: Pepsi(33), Diet Pepsi(0), Sierra Mist(34), Diet Sierra
Mist(0)

Athena Bottled Water(0)

Iced Tea(0): Regular or decaf

Nutritional Supplements: Ensure(41), Glucerna(30)

Salsa(3)

Jelly: regular(10) or sugar free(0)

Sour Cream

Soy Sauce(1)

Lemon Wedge

Sugar(6), Sugar Substitute(0), Brown Sugar(28),
Splenda(1)

Mrs. Dash Salt Free Seasoning

Tartar Sauce 🍴 (1)

Tabasco Sauce

Peanut Butter(4)

Liquid Diets

CLEAR LIQUID DIET (Requires minimal digestion)

BEVERAGES

Coffee(0): Regular or Decaf

Tea(0): Regular or Decaf

Premium Tea(0): Earl Grey, English Breakfast

Caffeine Free Teas(0): Lemon, Orange, Mint, Apple Cinnamon

Juice: Apple(14), Grape(17), Cranberry (Regular(15) or Low-Cal(5)

Soda: Sierra Mist(24), Diet Sierra Mist(0)

Athena Bottled Water(0)

Iced Tea(0): Regular or Decaf

Nutritional Supplement(54): Resource Fruit Beverage (Peach or Berry)

BROTHS

Organic Free Range Chicken(1)

Organic Vegetable(2)

DESSERTS

Gelatin Jewels(15): Lemon, Lime, Orange or Raspberry

Sugar Free Gelatin Jewels(0): Orange, Lemon, Lime or Cherry

Low Calorie Sorbet(8): Lemon or Strawberry

Italian Ice(20): Cherry

FULL LIQUID DIET A first step between a clear liquid diet and solid food

All items on clear liquid diet above PLUS:

BEVERAGES

Juice: Orange(13), Apricot Nectar(16), Tomato Juice 🍷(7), Low Sodium V-8 Juice(6)

Milk: Non-Fat, 2%(11), Whole(11), Chocolate(25), Soy(14), Rice(23)

Hot Chocolate: Regular(21) or sugar free(8)

Soda: Pepsi(33), Diet Pepsi(0)

Starbucks Frappuccino(37)

Nutritional Supplements: Ensure Vanilla(41), Ensure Plus Chocolate(50), Ensure Hi Protein Wild Berry(31),

Vanilla or Chocolate Glucerna Shake(29)

CEREALS & STRAINED CREAM SOUPS

Cereals(20): Thinned Cream of Wheat, Thinned Cream of Rice

Cream Soups(9): Chicken, Tomato, Butternut Squash

DESSERTS

Ice Cream: Vanilla(14) or Chocolate(16)

Pudding(29): Vanilla, Chocolate, Tapioca

Low Calorie Desserts: Vanilla or Chocolate Pudding(20), Orange Sorbet(8)

Yogurt: Plain(9), Vanilla(23)