

about perspectives dining

St. Luke's Nutrition Services Department is pleased to offer Perspectives Dining, our room service program that allows you to choose when and what you would like to eat. Perspectives Dining provides personalized service and high-quality meals, made with fresh, locally-grown food, whenever possible. Your Room Service Ambassador is available to assist you during your stay.

Heart-Healthy Menu

Our heart-healthy menu is based on the 2010 Dietary Guidelines for Americans. Menu selections are accepted after your physician has ordered your diet plan. If a certain item is not appropriate for your diet, a Perspectives Dining representative will help you find alternate choices.

Ordering Information

- ~ To request a meal or snack, dial 7600 between 7:00 a.m. and 7:00 p.m. and a Perspectives Dining representative will be happy to take your order.
- ~ Your meal can be delivered within 45 minutes or at a later time, if you prefer.
- ~ If you have questions, dial 7600 and your Room Service Ambassador will be contacted.

Funding for St. Luke's Perspective Dining is provided in part by St. Luke's Foundation.

healthy dining tips*

Indulge in fruits and vegetables

- ~ Fill half your plate with veggies
- ~ Stock up on fresh fruit and veggies for snacks
- ~ Limit high-calorie foods, rich desserts and sweetened beverages

Give your meals a makeover

- ~ Bake, roast or grill lower fat meats and poultry
- ~ Eat fish more often
- ~ Add beans to casseroles and soups to replace some of the meat

Ease up on sodium

- ~ Aim for less than 1500 mg of sodium per day
- ~ Read nutrition labels, especially on lunch meat, soup, frozen meals and pizza

Know your dairy

- ~ Choose skim or 1% milk, and fat-free or low-fat yogurt
- ~ Eat small amounts of reduced-fat natural cheese

Go for whole grains

- ~ Choose wild or brown rice instead of white rice
- ~ Stick to whole grain cereals and breads
- ~ Have popcorn without added salt or fat

Stick to the good fats

- ~ Use fats with canola or olive oil as the first ingredient
- ~ Reduce saturated and trans fats by eating healthy

*Based on the 2010 Dietary Guidelines for Americans, www.dietaryguidelines.gov



THE PATIENT.
ABOVE ALL ELSE.®



breakfast Dial 7600 to place your order.

Breakfast items are available between 7:00 a.m. and 7:00 p.m.

juice, fruit & yogurt

Juices

Orange (15) ~ Apple (15)
Grape (18) ~ Cranberry (15)
Regular or Low Sodium V8® (10)

Fruit

Banana (27) ~ Apple (17)
Grapes (14) ~ Fresh Fruit Cup (19)
Pears (15) ~ Peaches (15)
Applesauce (23)

Lite Yogurt

Strawberry-Banana (20)
Raspberry (20) ~ Blueberry (20)

Yogurt Whips

Strawberry (25) ~ Peach (25)

Yogurt Parfait

Low-Fat Vanilla Yogurt with
Mixed Fruit and Granola (55)

hot & cold cereals

Oatmeal (19) ~ **Cream of Wheat**® (21) ~ **Cream of Rice**® (21)
Toppings Brown Sugar (6) ~ Honey (17) ~ Raisins (34) ~ Walnuts (8)

Rice Chex® (23) ~ **Cheerios**® (21) ~ **Honey Nut Cheerios**® (23)
Corn Flakes (24) ~ **Raisin Bran** (45) ~ **Fruit Loops** (26)
Corn Pops® (29) ~ **Rice Krispies**® (19)

breakfast breads

Blueberry (28) or **Bran Muffin** (26) ~ **Prairie Kitchen Scones** (29)

Toppings Margarine ~ Butter ~ Honey (17) ~ Strawberry or Grape Jelly (16)
Sugar Free Jelly ~ Creamy Peanut Butter (4)

from the grill

Scrambled Egg (1) **Turkey Sausage** **French Toast** (17)
Cholesterol Free Egg (1) **Low Sodium Bacon** **Pancake** (23)
Hard Boiled Egg (1) **Hash Brown Potatoes** (15)

Toppings Syrup (13) ~ Sugar Free Syrup

Build-Your-Own Skillet Scramble

Eggs (1) ~ Low Cholesterol Eggs (1) ~ Potatoes (14) ~ Low Sodium Ham
Peppers ~ Onions ~ Tomatoes ~ Cheddar Cheese

beverages

Milk Skim (12) ~ 2% (12) ~ Chocolate 1% (30) ~ Lactose Free (13) ~ Soy (12)

Soft Drinks Coke® (23) ~ Diet Coke® ~ Sprite® (24) ~ Diet Sprite®
Sweetened Iced Tea (33) ~ Diet Iced Tea ~ Ginger Ale (22)

Caribou Coffee Regular or Decaffeinated ~ **Tea** Tazo® Calm™, Awake™ or China Green

Hot Chocolate Regular (22) or Sugar Free (15)

Non-Dairy Creamer ~ Half and Half ~ Honey (17) ~ Lemon Wedge

lunch and dinner Dial 7600 to place your order.

Lunch and dinner items are available between 11:00 a.m. and 7:00 p.m.

from the soup kettle Served with Crackers (5)

Beef Barley (12) ~ **Tomato Basil** (30) ~ **Chicken Noodle** (10)
Vegetarian Chili (28)

garden selections Entrée salads available in half servings

Classic Caesar

Crisp Romaine Lettuce, Parmesan
Cheese and Croutons
*Plain or with Grilled Chicken Strips
or Shrimp* (5)

St. Luke's Salad

Mixed Greens with Mandarin Oranges,
Bell Pepper, Red Onion, Slivered Almonds
and Dried Cranberries (16)

Fresh Fruit Plate

Assorted Fresh Fruit
*Plain or with Cottage Cheese (16)
or Low-Fat Vanilla Yogurt (35)*

Side Salads

~ Garden
~ Cottage Cheese (4)
~ Fresh Vegetables with Hummus (8)
or Dill Dip (2)
~ Cheese Plate with
Assorted Crackers (18)

Salad Dressings

~ Blue Cheese (2)
~ Caesar (2)
~ Fat Free French (11)
~ Fat Free Raspberry Vinaigrette (13)
~ Lite Italian (6)
~ Lite Ranch (8)

build-your-own sandwich or wrap

Choices

Beef ~ Ham ~ Turkey
Chicken Salad (4) ~ Egg Salad (5)
Hummus (8) ~ American Cheese (.5)
Swiss Cheese (1.5) ~ Cheddar Cheese (.5)
Peanut Butter (4) ~ Jelly (16)

Bread

White (18) ~ Whole Wheat (15)
Marble Rye (22) ~ Ciabatta Roll (24)
Whole Wheat Tortilla (19)

build-your-own classic grill

Hamburger ~ **Cheeseburger** ~ **Quarter Master Bison Burger**
Grilled Chicken BBQ Sandwich (12) ~ **Grilled Cheese Sandwich** (36)
Veggie Burger (10)

Bun Whole Wheat or White (19)

condiments & toppings

Mayonnaise ~ **Lite Mayonnaise** (2) ~ **Ketchup** (4) ~ **Mustard** (0.5) ~ **Picanté**
BBQ Sauce (10) ~ **Lettuce** ~ **Tomato** ~ **Onion** ~ **Dill Pickle Slices** (1)

superior cuisine specials

Roasted Pork Loin

Tender Medallions of Roast Pork Topped
with Cranberry Glaze (4)

Crispy Chicken

Chicken Breast Prepared with Herbed
Bread Crumbs and Parmesan Cheese (8)

St. Luke's Savory Meatloaf

Homemade Meatloaf Made with
100% Lean Ground Beef (19)

Teriyaki Stir Fry

Vegetable Medley Stir-Fried in a Light
Teriyaki Sauce
Vegetarian or with Chicken or Shrimp (8)

Wild Salmon

Pan-Seared, Herbed Fish Served with
Dill Hollandaise Sauce (4)

Strip Steak

Char-Grilled Top Grade Steak (1)

penne pasta bar

Penne Pasta (18) **Sauces** Meat ~ Marinara ~ Pesto ~ Parmesan and Butter

build-your-own personal pan pizza

Cheese (50) ~ Ground Beef ~ Peppers ~ Mushrooms ~ Onions

on the side

Bread Basket

Wheat or White Dinner Roll (20)
Garlic Breadstick (16)

Rice

Brown or White (25) ~ Wild Rice Pilaf (25)

Potatoes

Mashed (17) ~ Mashed Sweet (31)
Baby Bakers (25)

Toppings Beef or Chicken Gravy (9)

Vegetables

Carrots (5) ~ Green Beans (5)
Broccoli (5) ~ Corn (15) ~ Peas (13)

Other

Pretzels (47) ~ Sun Chips® (29)
Baked Potato Chips (24)

sunset desserts

Bakery Delights

Chocolate Brownie (24)
Orange Bundt Cake (21)
Rice Pudding (20)

Cheesecake

Plain (25) or *Topped with
Raspberry Sauce* (34)

Frozen Treats

Vanilla or Chocolate Ice Cream (15)
Vanilla or Chocolate Shake (40)
Orange Sherbet (15)

Cookie Jar

Chocolate Chip (17)
Peanut Butter (15)
Lorna Doones® (19)
Oatmeal Cranberry (24)
Graham Crackers (12)
Teddy Grahams® (11)

(Food item numbers indicate carbohydrate grams.)