

# BREAKFAST

## Entrées:

- Scrambled Eggs
- ♥ Scrambled Egg Substitute
- Fried Egg
- Hard Boiled Egg
- ♥ Pancake
- ♥ Belgium Waffle
- ♥ French Toast

## Sides:

- Sausage Patty
- ♥ Turkey Sausage
- Bacon
- ♥ Turkey Bacon
- ♥ Hashbrowns
- Buttermilk Biscuit
- Cream Gravy
- Sausage Gravy

## Build Your Own Breakfast:

Omelets, Burritos, Scrambles and Sandwiches

- |                            |                  |                   |                   |
|----------------------------|------------------|-------------------|-------------------|
| <b>Proteins:</b>           | <b>Starches:</b> | <b>Cheeses:</b>   | <b>Veggies:</b> ♥ |
| • Scrambled Eggs           | ♥ White Bread    | • Shredded Cheese | • Green Peppers   |
| ♥ Scrambled Egg Substitute | ♥ Wheat Bread    | • American        | • Onions          |
| • Sausage Patty            | ♥ Bagel          | • Cheddar         | • Tomatoes        |
| ♥ Turkey Sausage           | ♥ English Muffin | • Swiss           |                   |
| • Bacon                    | • Biscuit        | • Pepper Jack     |                   |
| ♥ Turkey Bacon             | ♥ Corn Tortilla  |                   |                   |
|                            | • Flour Tortilla |                   |                   |

## Bakery Items:

- ♥ Blueberry Muffin
- ♥ Banana Nut Muffin
- ♥ Plain Bagel
- ♥ English Muffin (White or Whole Wheat)
- ♥ Toast (White or Whole Wheat)
- Cinnamon Roll

## Cereals: ♥

- Oatmeal
- Cream of Wheat®
- Malt O Meal®
- Corn Flakes®
- Raisin Bran®
- Honey Nut Cheerios™
- Cinnamon Toast Crunch®

Breakfast options continue on the back. ▶

## Fruits and Yogurts:

- Fruits:** ♥
- Apple Slices
  - Banana
  - Orange
  - Blueberries
  - Strawberries
  - Grapes
  - Fresh Pineapple
  - Cantaloupe
  - Pears
  - Peaches
  - Mandarin Oranges
  - Applesauce
- Yogurts:** ♥
- Vanilla
  - Blueberry
  - Strawberry
  - Peach
  - Build Your Own Cottage Cheese and Fruit Plate: Three (3) fruits and cottage cheese
  - Build Your Own Yogurt Parfait: Your choice of yogurt, two (2) fruits and granola

## Clear Liquid Choices:

- Broth
- Gelatin
- Juice
- Sprite or Sprite Zero
- Tea
- Popsicles

## Full Liquid Choices:

- All beverages
- Strained Cream Soup or Hot Cereal
- Pudding
- Ice Cream

Some items may not be appropriate for your diet, especially if you are on a therapeutic diet. Our operators will assist you in selecting items that meet your dietary requirements.

If you do not receive your meal within 45 minutes after placing the order, please call us at 405-515-3663, or ext. 53663.

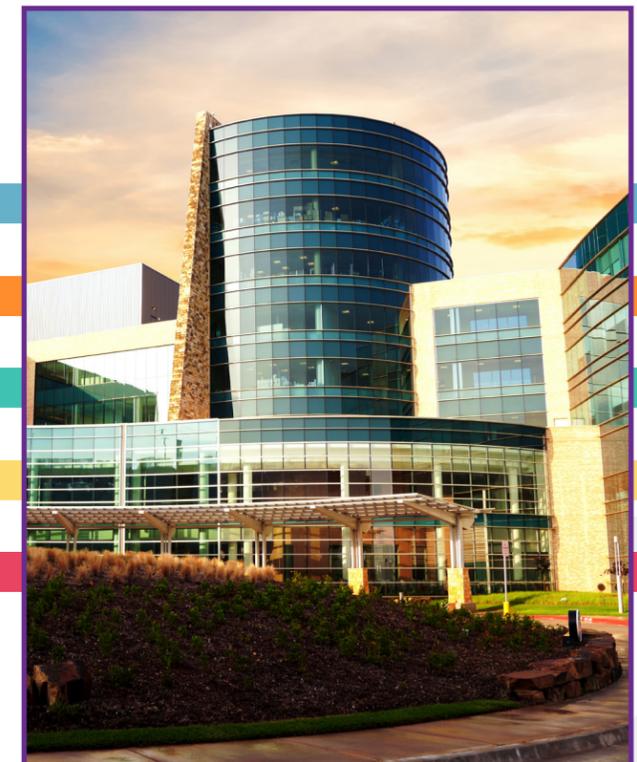
Guest trays are available for **\$7.00** and include your choice of:

- One (1) entrée
- Four (4) side items
  - Pick from hot sides, soup, salads and desserts
- Two (2) beverages



**NORMAN  
REGIONAL**  
Health System

# ROOM SERVICE DINING



Room Service Dining is available from  
**6:30 a.m. to 6:30 p.m.**

All menu items are available all day.

To order, call **405-515-3663**  
or ext. **53663.**

For faster service, please have menu items  
selected prior to calling.



# LUNCH and DINNER

## Entrées:

- ♥ Pot Roast
- ♥ BBQ Brisket
- ♥ Meatloaf
- ♥ Country Fried Steak
- ♥ Sliced Turkey Breast
- ♥ Herb Roasted Chicken
- ♥ Lemon Dill Salmon
- Fried Catfish

## Grill Items:

- ♥ Burger (Beef or Veggie)
- ♥ Grilled Chicken Sandwich
- ♥ Philly Cheese Sandwich
- Meatball Sub
- Grilled Cheese
- Hot Ham and Cheese
- ♥ Chicken Tenders
- Personal Pizza:
- Cheese
- Pepperoni

## Sides:

- ♥ Green Beans
- ♥ Carrots
- ♥ Broccoli
- ♥ Seasoned Corn
- ♥ Zucchini & Squash
- ♥ Baked Potato
- ♥ Mashed Sweet Potato
- ♥ Mashed Potatoes with Gravy
- Macaroni & Cheese
- Potato Salad
- ♥ French Fries
- ♥ Black & Pinto Beans
- ♥ Rice (White or Cauliflower)
- ♥ Cornbread
- ♥ Dinner Roll
- ♥ Cottage Cheese
- ♥ String Cheese
- ♥ PB Crackers
- ♥ Hummus
- Chips:
- Regular Lays
- ♥ Baked Lays
- Doritos
- Cheetos
- ♥ Baked Cheetos

## Salads:

- Entrée Salads:**
- ♥ Grilled Chicken Salad
- ♥ Chicken Caesar Salad
- Country Chicken Salad
- Chef Salad
- Side Salads:** ♥
- Garden Side Salad
- Caesar Side Salad
- Raw Veggies w/Dipping Sauce
- Dressings:**
- Ranch (Regular & ♥ Fat Free)
- Caesar
- Blue Cheese
- French
- Honey Mustard (Regular)
- Italian (Regular & ♥ Fat Free)
- ♥ Raspberry Vinaigrette
- ♥ Balsamic Vinaigrette

## Soups:

- ♥ Tomato Soup
- ♥ Chicken Noodle Soup
- Potato Soup
- ♥ Vegetable Soup
- ♥ Cream of Chicken
- ♥ Cream of Mushroom

## Pasta Your Way:

- Pasta:**
- ♥ Penne Pasta
- Sauces:**
- ♥ Marinara Sauce
- Alfredo Sauce
- Proteins:**
- ♥ Grilled Chicken
- Meatballs
- ♥ Meatless Italian Sausage

## Tex-Mex Your Way:

- Bases:**
- ♥ Bowl
- ♥ Salad
- Fajita (Flour Tortilla)
- ♥ Taco (Corn Tortilla)
- Quesadilla (Flour Tortilla)
- Proteins:** ♥
- Ground Beef
- Grilled Chicken
- Fajita Chicken
- Seasoned Steak
- Additions:**
- ♥ Pinto Beans
- ♥ Black Beans
- ♥ Grilled Mexican Veggies
- ♥ Lettuce
- ♥ Tomatoes
- ♥ Onions
- Shredded Cheese
- Sour Cream
- ♥ White Rice
- ♥ Cauliflower Rice
- ♥ Salsa

## Stir Fry Your Way:

- Proteins:** ♥
- Vegetables
- Beef
- Chicken
- Rices:** ♥
- White Rice
- Cauliflower Rice
- Sauces:**
- Sweet and Sour Sauce
- ♥ Teriyaki Sauce

## Deli Items:

- Chicken Salad Sandwich
- Tuna Salad Sandwich
- ♥ Peanut Butter and Jelly Sandwich

## Create your own:

- Breads:** ♥
- White
- Wheat
- Hoagie
- Wrap
- Proteins:** ♥
- Ham
- Turkey
- Roast Beef
- Hummus
- Cheeses:**
- American
- Swiss
- Cheddar
- Toppings:** ♥
- Lettuce
- Tomato
- Onion
- Pickles

## ROOM SERVICE MENU

To order, call ext. 53663.

Room Service Dining is available from 6:30 a.m. until 6:30 p.m.

## Drinks:

- Juices:** ♥
- Apple
- Orange
- Grape
- Cranberry
- Tomato
- V8® Vegetable
- Milks:**
- 2%
- ♥ Skim
- Whole
- ♥ Lactose-Free
- Chocolate
- ♥ Soy
- ♥ Almond
- Sodas:**
- Coke
- ♥ Diet Coke
- ♥ Coke Zero
- Dr. Pepper
- ♥ Diet Dr. Pepper
- Sprite
- ♥ Sprite Zero
- Other:**
- Coffee
- ♥ Decaf Coffee
- Hot Tea
- ♥ Decaf Tea
- ♥ Unsweetened Tea
- ♥ Lemonade
- ♥ Hot Chocolate

## Desserts:

- Puddings:** ♥
- Chocolate
- Vanilla
- Banana
- Gelatins:** ♥
- Citrus
- Berry
- Frozen Items:** ♥
- Chocolate Ice Cream
- Vanilla Ice Cream
- Pineapple Dole Whip®
- Orange Sherbet
- Popsicle
- Other:**
- Iced Brownie without Nuts
- ♥ Rice Krispies Treats™
- Cakes/Pies:**
- ♥ Angel Food Cake
- ♥ Strawberry Shortcake
- Chocolate Layered Cake
- Carrot Cake
- Apple Pie
- Chocolate Pie
- Lemon Meringue Pie
- Cheesecake
- ♥ Cherry Cobbler
- Cookies:** ♥
- Sugar
- Chocolate Chip
- Oatmeal
- Vanilla Wafers
- Graham Crackers
- Sugar Free Lemon Cookie
- Sugar Free Chocolate Chip Cookie



Items marked with a heart are a healthier choice. These marked items are available to order as a lower sodium, lower fat or lower carbohydrate option.

Scan this QR code if you are counting carbohydrates or looking for more nutrition information.

